

Pacific Swimming - Zone III Winter Championships

Trials & Finals - January 17th - 18th, 2009

Sanction: Held under USA/Pacific Swimming Sanction No. **0059**

Course: Indoor 50m heated pool, competition course 25 yd. x (up to) 10 lanes. Fully automatic timing system with touchpads will be used. Additional warm-up/down lanes will be available at all times during the meet.

Location: University of San Francisco, Koret Center Pool. Located at the corner of Turk and Parker in San Francisco. Directions from Golden Gate Bridge: **1) Take 19th exit south. 2) Right on Cabrillo St. off Park Presidio 3) Left on 15th Ave. (Do NOT use 14th Avenue! No left turn onto Fulton Ave. from 14th M-F certain hours) 4) Left on Fulton Ave. 5) Left on Parker. 6) Left into top level free parking or left on Turk and immediate left into bottom level free parking. As noted, free parking available in the USF parking lot is on a first come basis. Additional parking is available in other USF Campus lots but will require a few minutes to walk to the swim facility.**

Time: Prelims Session "A" for all days **will begin at 8:30 AM** with warm ups between 7:00 AM and 8:15 AM. Prelim Session "B" will begin 15 minutes after completion of Prelims Session "A" or 11:00 AM, whichever is later. Finals will begin no sooner than one hour after the completion of Prelims Session "B" and no earlier than 3:30PM. **An Officials meeting will be held at 7:45 am each day of the meet.**

Rules: Current USA and Pacific Swimming rules will govern the meet. All coaches and deck officials must wear their USA membership card in a visible manner. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the clerk-of-the-course. The meet will be deck seeded.

The 11&O 400 IM and 500 Free, 13&O 200 Fly, 200 Breast and 200 Back, 9-10 100 Fly and 200 Free, 11-12 100 Fly and 200 Free, all 8&U events, and all relays will be swum as timed finals. At the discretion of the Meet Director and Meet Referee, the 400 IM and the 500 free may be combined or swum alternating girls and boys heats. All other events will be swum as trials and finals, with all preliminary heats swum during one of two morning sessions and all finals swum as a third session in the afternoon. The 10 fastest times from trials, after scratches, will qualify for finals. Individual events listed as 13-OV age group will be swum together in trials but swum and scored separately as 13-14, 15-16, and 17-OV in finals. The 8-un and 9-10 relays will be swum at the conclusion of Prelim Session "B." All other relays will be swum during the finals portion of the meet.

12&U SWIMMERS MAY SWIM A MAXIMUM OF 3 EVENTS PER DAY AND A MAXIMUM OF 5 EVENTS FOR THE MEET, PLUS RELAYS. 13&O SWIMMERS MAY SWIM A MAXIMUM OF 2 EVENTS PER DAY AND A MAXIMUM OF 4 EVENTS FOR THE MEET, PLUS RELAYS.

ALL SWIMMERS IN RELAYS, INCLUDING THOSE SWIMMING RELAYS ONLY, MUST BE PRE-ENTERED IN THE MEET AND HAVE COMPLETED A CONSOLIDATED ENTRY CARD. Each team may enter as many relays as possible but only the two fastest relays from each team, in a scoring age group, will be scored or awarded. Teams will be required to pay for all relay entries that are not scratched prior to relay entry deadline each day, including relays submitted prior to the meet. Swimmers of the 500 freestyle events must provide their own timers and lap counters.

Restrictions: Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas and in all areas used by swimmers during the meet and warm-up periods. **NO GLASS CONTAINERS OF ANY KIND** are permitted in the pool area and locker rooms. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. The meet venue will be defined as the pool, the pool deck, the spectator areas, the gym, and the locker rooms and shower areas. All other areas will not be the responsibility of the meet officials.

Eligibility: The meet is open only to swimmers registered in Zone 3 of Pacific Swimming who meet the qualifying time standards (see listed times on meet sheet next to event listing) and fall within one of the designated age groups. **Teams not registered with USA Swimming (USA-S) and Pacific Swimming (PC) for the year 2009 can NOT be represented in this meet. Their swimmers may compete as unattached if the individual swimmer has current 2009 USA-S/PC membership.** Additionally, Zone 3 swimmers 19 years and older may compete in the 13-OV individual events (but not relays), score and win awards. Swimmers must be current members of USA-S and enter their name and registration number on the meet entry card as they are shown on their Registration Card. If this is not done, it may be difficult to match the swimmer with the registration and times database. The meet host must check all swimmer registrations against the SWIMS database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail. Swimmers who are currently unattached but training with a Zone III club may compete as unattached by submitting entries with the team entry.

Check In: Swimmers must check in at the Clerk of Course. Close of check-in for any event shall be no more than 30 minutes before the estimated start time of the first heat of that event. Swimmers who do not check in will not be allowed to compete in the event. Relays must be entered and paid for at Clerk of Course by the announced time each day.

Scratches: *(Preliminaries & Timed Finals)* - Any Swimmer who has checked-in for an individual event and fails to swim that event will be barred from competing in the next individual event in which the swimmer is entered in the meet. The penalty will not apply if the swimmer scratches before the event is seeded or if the Referee accepts proof that the failure was caused by illness, injury or other circumstances beyond the control of the swimmer.

(Finals) - The Pacific Swimming scratch rules will be in effect. A copy of these rules will be posted at the Clerk of Course. A copy may be obtained from the Meet Director prior to the meet by providing a self-addressed, stamped envelope. **A swimmer shall be barred from competing for the remainder of the meet if he or she fails to compete in the final that he or she originally qualified for, unless properly scratched.** This rule includes a fine of \$25 for any swimmer originally qualifying for a final but failing to compete in that final if the final is the swimmer's last competition of the meet. Exceptions are as noted in the Pacific Swimming Scratch Rule.

Entries: **Team entries** must be postmarked by Wednesday, January 7th, 2009 or hand delivered by January 8th, 2009. The address will be provided to coaches as a separate attachment and should not be included with the meet flier distribution. Teams are required to email their entries via Hy-Tek file format. The Zone will provide meet file format for entries. No refunds will be made, except for mandatory scratches.

Entries must be on the attached Consolidated Entry card. Entered times must be submitted in yards. Swimmers must meet entry times. "No Time" entries will not be accepted. Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. Incomplete or illegible entries may require that a collect call be made in order to accept entries. **TEAM ENTRIES WILL BE ACCEPTED ACCOMPANIED BY A TEAM CHECK MADE OUT TO ZONE 3 TO COVER THE AMOUNT OF THE TEAM'S ENTRIES.**

Online Entries: You may also enter this meet online. Enter at: <http://www.swimconnection.com/pc/meet/zone3> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% times the Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing fee, enter the meet using a mail entry. Online entries will **not** be accepted after **January 8, 2009**. Entering online is a convenience, is completely voluntary, and is in no way required or expected in order to enter this meet. **Please bring a copy of your online entry confirmation to the meet.**

Entry Fee: \$2.25 per event, \$5.00 participation fee per swimmer to help defray meet expenses. Relay fee of \$7.00 per entry.

Awards: Finals - Pins 1st through 10th. Relays - Pins 1st through 3rd. Team trophies to 1st through 3rd place.

Scoring: Finals – 11, 9, 8, 7, 6, 5, 4, 3, 2, 1 Relays – 22, 18, 16, 14, 12, 10, 8, 6, 4, 2

Admission: Free. Two day program available for \$5.00

Officials: Head Referee: Paul Reidl Head Marshal: Ruben DiRado
Head Starter: Chuck Johnson Meet Director: Cameron Tyson

Summary of Events


See next page to determine when your event(s) is(are) scheduled to be swum

SATURDAY

8-UN	9-10	11-12	13-OV
100 IM	200 Free	400 IM	200 Free
25 Back	50 Back	50 Free	200 Fly
50 Breast	100 Breast	100 IM	100 Back
25 Free	50 Free	100 Breast	200 Breast
	100 Fly	50 Back	100 Free
		200 Free	400 IM
		100 Fly	200 Free Rly
100 Med. Rly	200 Med. Rly	200 Med. Rly	400 Med. Rly

SUNDAY

8-UN	9-10	11-12	13-OV
50 Free	100 Back	500 Free	200 IM
25 Fly	100 IM	200 IM	100 Fly
50 Back	50 Breast	100 Back	200 Back
25 Breast	100 Free	50 Breast	100 Breast
	50 Fly	100 Free	50 Free
		50 Fly	500 Free
			200 Med. Rly
100 Free Rly	200 Free Rly	200 Free Rly	400 Free Rly

 Shaded events indicate timed finals only (NOT trials/finals events)

Zone 3 Championship -- January 17th & 18th, 2009

SATURDAY JANUARY 17, 2009				
Prelim Session "A" - Begins at 8:30 am				
GIRLS			BOYS	
Event #	Qualifying Time	EVENT	Qualifying Time	Event #
105	2:13.49	13-14 200 Free	2:19.49	106
	2:26.39	15-16 200 Free	2:13.99	
	2:31.19	17&O 200 Free	2:13.19	
107	2:59.19	13-14 200 Fly	2:40.99	108
	2:49.79	15-16 200 Fly	2:34.29	
	2:58.69	17&O 200 Fly	2:40.69	
109	1:15.39	13-14 100 Back	1:16.79	110
	1:19.79	15-16 100 Back	1:12.69	
	1:23.19	17&O 100 Back	1:12.49	
111	2:55.99	13-14 200 Breast	3:04.69	112
	3:16.19	15-16 200 Breast	2:56.29	
	3:20.29	17&O 200 Breast	2:59.79	
113	1:04.99	13-14 100 Free	1:03.99	114
	1:07.79	15-16 100 Free	1:01.29	
	1:09.59	17&O 100 Free	1:00.69	
115	6:01.99	11-12 400 IM	5:51.99	116
	5:40.59	13-14 400 IM	5:27.59	
	5:36.99	15-16 400 IM	5:10.19	
	6:15.19	17&O 400 IM	5:40.59	

SUNDAY JANUARY 17, 2009				
Prelim Session "A" - Begins at 8:30 am				
GIRLS			BOYS	
Event #	Qualifying Time	EVENT	Qualifying Time	Event #
125	2:32.19	13-14 200 IM	2:40.99	126
	2:45.49	15-16 200 IM	2:31.79	
	2:52.59	17&O 200 IM	2:33.09	
127	1:13.79	13-14 100 Fly	1:12.59	128
	1:15.59	15-16 100 Fly	1:07.89	
	1:16.79	17&O 100 Fly	1:08.49	
129	2:32.19	13-14 200 Back	2:47.49	130
	2:50.29	15-16 200 Back	2:38.29	
	3:02.29	17&O 200 Back	2:45.09	
131	1:25.49	13-14 100 Breast	1:23.99	132
	1:29.89	15-16 100 Breast	1:19.29	
	1:32.59	17&O 100 Breast	1:20.39	
133	30.09	13-14 50 Free	29.59	134
	31.29	15-16 50 Free	27.99	
	32.19	17&O 50 Free	27.99	
135	6:25.99	11-12 500 Free	6:25.99	136
	6:02.89	13-14 500 Free	5:46.59	
	5:57.19	15-16 500 Free	5:32.49	
	6:41.59	17&O 500 Free	6:07.09	

SATURDAY JANUARY 17, 2009				
Prelim Session "B" - Begins at least 15 minutes after end of Session "A" and no sooner than 11:00 am				
GIRLS			BOYS	
Event #	Qualifying Time	EVENT	Qualifying Time	Event #
203	31.29	11-12 50 Free	32.79	204
205	2:49.99	9-10 200 Free	2:58.69	206
207	2:00.29	8&U 100 IM	1:55.59	208
209	1:18.69	11-12 100 IM	1:23.99	210
211	42.89	9-10 50 Back	48.89	212
213	25.49	8&U 25 Back	24.99	214
215	1:30.09	11-12 100 Breast	1:32.39	216
217	1:43.29	9-10 100 Breast	1:57.49	218
219	1:00.79	8&U 50 Breast	1:00.29	220
221	37.59	11-12 50 Back	38.99	222
223	34.99	9-10 50 Free	40.09	224
225	21.39	8&U 25 Free	20.19	226
227	2:27.99	11-12 200 Free	2:36.19	228
229	1:43.99	9-10 100 Fly	1:48.29	230
231	1:22.79	11-12 100 Fly	1:23.39	232
233		8&U 100 Medley Relay		234
235		9-10 200 Medley Relay		236

SUNDAY JANUARY 18, 2009				
Prelim Session "B" - Begins at least 15 minutes after end of Session "A" and no sooner than 11:00 am				
GIRLS			BOYS	
Event #	Qualifying Time	EVENT	Qualifying Time	Event #
239	2:50.19	11-12 200 IM	2:58.79	240
241	1:32.39	9-10 100 Back	1:44.79	242
243	47.29	8&U 50 Free	44.99	244
245	1:21.09	11-12 100 Back	1:23.99	246
247	1:30.09	9-10 100 IM	1:42.29	248
249	23.69	8&U 25 Fly	22.49	250
251	41.09	11-12 50 Breast	43.29	252
253	46.79	9-10 50 Breast	54.19	254
255	56.69	8&U 50 Back	55.49	256
257	1:08.39	11-12 100 Free	1:12.29	258
259	1:18.69	9-10 100 Free	1:27.69	260
261	27.29	8&U 25 Breast	26.69	262
263	34.89	11-12 50 Fly	36.79	264
265	41.19	9-10 50 Fly	45.09	266
267		8&U 100 Free Relay		268
269		9-10 200 Free Relay		270

SATURDAY JANUARY 17, 2009				
Finals Session - Begins at least 60 minutes after completion of Session "B" and no sooner than 3:30pm				
GIRLS			BOYS	
Event #	Qualifying Time	EVENT	Qualifying Time	Event #
201		11-12 200 Medley Relay		202
101		13-14 200 Free Relay		102
103		15-18 200 Free Relay		104
203		11-12 50 Free		204
105		13&O 200 Free		106
209		11-12 100 IM		210
211		9-10 50 Back		212
109		13&O 100 Back		110
215		11-12 100 Breast		216
217		9-10 100 Breast		218
113		13&O 100 Free		114
221		11-12 50 Back		222
223		9-10 50 Free		224
117		13-14 400 Medley Relay		118
119		15-18 400 Medley Relay		120

SUNDAY JANUARY 18, 2009				
Finals Session - Begins at least 60 minutes after completion of Session "B" and no sooner than 3:30pm				
GIRLS			BOYS	
Event #	Qualifying Time	EVENT	Qualifying Time	Event #
237		11-12 200 Free Relay		238
121		13-14 200 Medley Relay		122
123		15-18 200 Medley Relay		124
239		11-12 200 IM		240
241		9-10 100 Back		242
125		13&O 200 IM		126
245		11-12 100 Back		246
247		9-10 100 IM		248
127		13&O 100 Fly		128
251		11-12 50 Breast		252
253		9-10 50 Breast		254
131		13&O 100 Breast		132
257		11-12 100 Free		258
259		9-10 100 Free		260
133		13&O 50 Free		134
263		11-12 50 Fly		264
265		9-10 50 Fly		266
137		13-14 400 Free Relay		138
139		15-18 400 Free Relay		140

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