

**ZONE 2 SUMMER CHAMPIONSHIPS**  
**PACIFIC SWIMMING PRELIMINARIES/FINALS SHORT COURSE MEET**  
**HOSTED BY CROW and SRVA**  
**JULY 20-21, 2024**  
Enter Online: <https://ome.fastswims.com>



**SANCTION:** Held under the sanction of USA/Pacific Swimming Sanction No. **24-099**

*In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.*

*An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.*

*USA Swimming, Inc., cannot prevent you (or your child(ren)) from being exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.*

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES, OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS, INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE, OR PROPERTY LOSS, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.**

**NOTICE:** By entering this meet, the Athlete or their guardian consents to the publication, via electronic, print, or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, webcasting, television, psych sheets, and live meet results. **The results of this meet may be posted in real time on the internet on Meet Mobile: Swim App.**

**USE OF AUDIO AND VISUAL:** Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms, or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or their designee.

**MEET PERSONNEL:**

<b>Meet Referee:</b> Mark Ryan	<b>Head Starter:</b> Christopher Lam
<b>Meet Marshal:</b> Lisa Kaplan	<b>Admin. Referee:</b> Angela Cardenas
<b>Meet Director:</b> Iain Searle ( <a href="mailto:meetdirector@crowcanyonsharks.org">meetdirector@crowcanyonsharks.org</a> )	

**LOCATION:** Chabot College Pool. 25555 Hesperian Blvd, Hayward, CA 94545.

**DIRECTIONS:** From **I-880 S** (via San Lorenzo), take exit 28 (Winton Ave) toward Winton Ave West and keep right onto W Winton Ave. Merge onto W Winton Ave. In 0.7 mi, turn left onto Hesperian Blvd. In 0.5 mi, turn right at Turner Ct into parking Lot B. The pool will be straight ahead (100 ft). From **I-880 N** (via Union City), take exit 27 (Jackson St/CA-92) toward CA-92 West and keep left, following signs for CA-92 W (San Mateo/Half Moon Bay). Merge onto CA-92 W. In 1.2 mi, take exit 25B (Hesperian Boulevard) and keep left onto Hesperian Blvd N (follow signs for Hesperian Blvd North/Chabot College). Turn left onto Hesperian Blvd. In 0.6 mi, turn left at Turner Ct into parking Lot B. The pool will be straight ahead (100 ft).

**PARKING:** \$3 on Saturday ([online](#) or dispenser), free parking on Sunday. **SATURDAY:** there will be a Flea Market on Saturday in Lot A and Lot B and no parking is allowed in these areas on Saturday so please plan accordingly. **SUNDAY:** free parking in Student Lot B. Overflow parking (free Sunday) at Faculty Lot A and Student Lot J. On-campus parking rules and regulations are enforced 24 hours, daily by Chabot College Campus Safety and Security. No overnight parking allowed. When parking off-campus, public street parking restrictions and guidelines are enforced by the City of Hayward and the Hayward Police Department.

**COURSE:** Outdoor 25-yd pool with up to ten (10) lanes available for competition. An additional eight (8) SCY lanes will be available for warm-up/warm-down throughout the competition. The minimum water depth for the shallow-end course, measured in accordance with Article 103.2.3 is 7 ft at the start end and 7 ft at the turn end. The meet host shall ensure course dimensions.

**TIME: Preliminaries** will begin at 9:00 AM each day with warm-ups from 7:30 AM to 8:45 AM each day. A special warm-up time for 8 & Under athletes will be held from 8:45 AM to 8:55 AM. **Finals** will begin approximately 1 hr 30 min after the conclusion of preliminaries and no sooner than 2:00 PM each day, with warm-ups no earlier than 1 hour before the start of the Finals Session.

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures will be available at the Clerk of Course.
- The local facility guidelines, restrictions, and interpretation of the local public health guidelines shall be followed at this meet.
- All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- All individual events are preliminary heats and finals.
- All relay events are timed finals.
- All preliminary heats will swim FAST to SLOW, with the fastest heats circle seeded per Rule 102.5.1 and the fastest seed time in Heat 1.
- All final heats will swim SLOW to FAST (Consolation B-Final, Championship A-Final, in that order).
- All relay heats will swim SLOW to FAST at the conclusion of Finals. There will be a 10 minute break before the start of Relays
- Athletes may compete in up to **three (3) individual events** plus **one (1) relay** per day.
- If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be made for any mandatory scratches.
- Scratch downs may be required if the estimated timeline for preliminaries **exceeds three** hours.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- **Medical Supervision:** Chabot College Pool is staffed by certified lifeguards. Lifeguards are certified in first aid, CPR with AED, and aquatic lifesaving. The nearest emergency room is at St Rose Hospital (27200 Calaroga Ave, Hayward, CA 94545).

**UNACCOMPANIED ATHLETES:** Any USA Swimming Athlete-Member competing at the meet must be accompanied by a USA Swimming Member-Coach for the purposes of Athlete supervision during warm-up, competition, and warm-down. If a Coach-Member of the Athlete’s USA Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the Athlete or the Athlete’s legal guardian to arrange for supervision by a USA Swimming Member-Coach. The Meet Director or Meet Referee may assist the Athlete in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the Athlete’s USA Swimming Club Member-Coach.

**RACING STARTS:** Athletes must be certified by a USA Swimming Member-Coach as being proficient in performing a racing start or must start the race in the water. It is the responsibility of the Athlete or the Athlete’s legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:**

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas, and in all areas used by Athletes, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- No propane heaters are permitted, except for snack bar and meet operations.
- Deck Changes are prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns, and blunt objects are strictly prohibited in the meet venue and its surrounding areas. If observed, the Meet Referee or their designee may ask that these devices be stored safely away from the public or removed from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, Athlete/Coach areas, spectator areas, and open ceiling locker rooms) any time Athletes, Coaches, Officials, and/or Spectators are present.
- No dogs or other pets, except ADA service animals, are permitted.

**ELIGIBILITY:**

- Athletes must be current members of USA Swimming 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 Athlete with the registration and times database. The meet host will check all Athlete registrations against the SWIMS database and if not found

to be registered, Athletes shall be required to register online via USA Swimming's online member registration before being allowed to swim in the meet.

- Only athletes registered to a **Zone 2 club**, or competing unattached but practicing with a Zone 2 club, are permitted to enter this championships.

**Note:** Athletes who falsify their entry form by listing a club to which they are not legitimately associated will be rejected from the meet. Further, entry fees will **not** be refunded and they may be referred to the Pacific Swimming Administrative Review Board for disciplinary action.

- **Disqualifier by Event:** An athlete who has achieved the 2024 Summer Far Western time standard or faster in an event prior to the entry deadline may **not** compete in that event, nor that distance & stroke in a relay leg.
- Entries with **"NO TIME"** will be **REJECTED**. Athletes with "No Time" may submit coach-verified entry times for seeding purposes.
- Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.
- The Athlete's age will be the age of the Athlete on the first day of the meet.
- Athletes 19 years of age or older may compete in the meet as exhibition only (not eligible for finals). Such athletes must meet the eligibility criteria for the 15 & over age group.
- Clubs are permitted to enter and compete with unlimited relays, but only the fastest two (2) relay teams will score points.
- Relay events may be seeded together, without regard to athletes' ages or gender, in the order of submitted entry time. Places, awards, and published results for these events will be separate for each age group and gender (Article 102.1.5)
- **10&UNDER EVENTS:** Events 17, 18, 47, 48, 57, 58 will swim as 10&Under in Prelims but will swim and be scored as 8&Under and 9-10 in Finals. Order of heats in Finals is 8&Under Consolation Final (B), 8&Under Championship Final (A), 9-10 Consolation Final (B), 9-10 Championship Final (A).

**ENTRY FEES:** \$6.00 per individual event entry plus a \$10.00 participation fee per Athlete. \$16.00 per relay event entry. Entries will be rejected if payment is not sent at the time of request. No refunds will be made, except for mandatory scratch downs.

**ONLINE ENTRIES:** To enter on-line go to <http://ome.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service fee, 6.5% of the total Entry Fees plus \$0.75 per transaction, regardless of number of athletes. Please note that the service fee is a separate fee from the Entry Fees. If you do not wish to pay the service fee, enter the meet using a mail entry. Entering online is a convenience, is completely voluntary, and is in no way required or expected of an athlete by Pacific Swimming. Online entries will be accepted through Wednesday, **July 10, 2024** at 11:59 PM. **LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.**

**MAILED OR HAND-DELIVERED ENTRIES:** Entries must be on the attached Consolidated Entry Form. Forms must be filled out completely and printed clearly with the athlete's best time. Entries must be **postmarked on or before Monday July 8, 2024**, or **hand-delivered before Wednesday July 10, 2024 at 4:30 PM**. *Late entries will not be accepted.* Request for confirmation of receipt of entries should include a self-addressed envelope.

**Check payable to:** Pacific Swimming, Zone 2

**Mail/Hand-Deliver Entries to:** Sharks Meet Director, Attn: Iain Searle, 711 Silverlake Drive, Danville, CA 94526

**RELAY ENTRIES:** In order to verify athlete registration, all relay athletes who are not also entered in at least one individual event in this meet must be entered either online at <https://ome.fastswims.com/> or on the attached Club Relay Entry form. Only *coaches* should enter club relays. Individual athletes should not enter relay events. Coaches may submit Relay entries online (see "Online Entries") by the online entry deadline or in-person at the meet by 11:00 AM each day.

**CHECK-IN (PRELIMINARIES):** The preliminary heats will be deck-seeded. Athletes must check in at the Clerk of Course. No event shall close more than 30 minutes before the scheduled start of any preliminaries session. Prior to 10:30 AM, close of check-in for each event shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Close of check-in for all remaining events for that day shall be at 10:30 AM. Athletes who do not check in will not be seeded and will not be allowed to compete in that event. Athletes who wish to withdraw from an event after the event is seeded shall inform the Referee on the starting end of the competition course. Any athlete who fails to compete in an individual preliminary heat in which that athlete has not been properly scratched will not be penalized.

**SCRATCHING FROM FINALS:** Scratches from finals shall be submitted to the Administrative Referee on-deck at the Scratch Desk. An athlete qualifying for FINALS (B-final or A-Final) may, within thirty (30) minutes after announcement of the qualifiers for that event,

either ① declare their intention not to compete or ② notify the Administrative Referee that they may not intend to compete and further declare their final intention within thirty (30) minutes following their last individual preliminary event. Any athlete qualifying for a FINAL (B- or A-Final) in an individual event who fails to compete in said final shall be barred from all further individual competition for that day, excluding relays. If that athlete has no remaining individual competition for that day, then the athlete shall be barred from their next individual preliminary event.

#### SCORING:

For **individual** events,

Place	1	2	3	4	5	6	7	8	9	10
<b>Championship (A)</b>	24	21	20	19	18	17	16	15	14	13
<b>Consolation (B)</b>	11	9	8	7	6	5	4	3	2	1

For **relay** events,

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
<b>Pts</b>	48	42	40	38	36	34	32	30	28	26	22	18	16	14	12	10	8	6	4	2

Only the fastest two (2) relay teams from each club will score points.

**AWARDS:** For individual and relay events, medals for 1<sup>st</sup>–3<sup>rd</sup> places and ribbons for remaining Championship Final placements. For individuals, a trophy for individual high-point winner for each age group (8&U, 9–10, 11–12, 13–14, and 15&O) and gender. For clubs, pennant for 1<sup>st</sup>–3<sup>rd</sup> places (combined scores) in large- and small-club divisions. All athletes achieving an “A” time for the first time will be awarded a standard A-medal, regardless of place achieved.

**ADMISSION:** Free. No programs will be sold at this meet.

**SNACK BAR & HOSPITALITY:** A snack bar may be available throughout the competition. Coaches and working officials will be provided breakfast, lunch, and refreshments.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be available or accessible before or after meet hours.

**MINIMUM OFFICIALS (PRELIMINARIES):** The Meet Referee shall conduct an inventory of Officials and shall compare the number of athletes entered in that session against the number of Officials that worked representing that club per session of the meet. Those clubs that have not provided sufficient Officials for that session of the meet, in accordance with the table below, shall be fined \$100 per missing Official per session.

Number of athletes entered in session	Minimum number of trained & carded officials
1–10	0
11–25	1
26–50	2
51–75	3
76–100	4
Every 20 athletes over 100	+1

#### EVENT SUMMARY

Saturday					Sunday				
8&U	9–10	11–12	13–14	15&O	8&U	9–10	11–12	13–14	15&O
100 IM	100 IM	200 IM	200 IM	200 IM	50 FR	100 FR	100 FR	100 FR	100 FR
50 BR	50 BR	50 BR	100 BR	100 BR	50 FL	50 FL	50 FL	100 FL	100 FL
25 FR	50 FR	50 FR	50 FR	50 FR	50 BK	50 BK	50 BK	100 BK	100 BK
25 BR					25 FL				
					25 BK				

# SCHEDULE OF EVENTS:

SATURDAY JULY 20, 2024					
De-qual Time	Girls	Age Group	Event	Boys	De-qual Time
2:13.69y / 2:32.89m	1	15 & over	200 IM	2	2:03.09y / 2:21.29m
2:15.89y / 2:34.09m	3	13–14	200 IM	4	2:07.49y / 2:26.69m
2:25.09y / 2:48.79m	5	11–12	200 IM	6	2:24.09y / 2:46.19m
1:17.09y	7	9–10	100 IM	8	1:16.89y
	9	8 & under	100 IM	10	
1:09.69y / 1:20.89m	11	15 & over	100 Breast	12	1:03.89y / 1:12.89m
1:11.39y / 1:22.69m	13	13–14	100 Breast	14	1:05.49y / 1:14.69m
34.99y / 39.49m	15	11–12	50 Breast	16	34.09y / 38.89m
40.29y / 45.89m	17 <sup>#</sup>	10 & under	50 Breast	18 <sup>#</sup>	39.99y / 45.59m
	19	8 & under	25 Breast	20	
25.19y / 29.19m	21	15 & over	50 Free	22	22.79y / 26.29m
25.49y / 29.59m	23	13–14	50 Free	24	23.79y / 27.29m
26.79y / 30.99m	25	11–12	50 Free	26	26.19y / 30.39m
30.59y / 34.79m	27	9–10	50 Free	28	30.19y / 34.39m
	29	8 & under	25 Free	30	
10 minute break					
	100*	8 & under	100 Med Rel	100*	
	101	10 & under	200 Med Rel	102	
	103	11–12	200 Med Rel	104	
	105	13–14	200 Med Rel	106	
	107	15 & over	200 Med Rel	108	

SUNDAY JULY 21, 2024					
De-qual Time	Girls	Age Group	Event	Boys	De-qual Time
54.99y / 1:02.69m	31	15 & over	100 Free	32	50.09y / 57.19m
55.39y / 1:03.09m	33	13–14	100 Free	34	51.69y / 59.79m
59.09y / 1:08.59m	35	11–12	100 Free	36	57.29y / 1:06.19m
1:08.09y / 1:17.59m	37	9–10	100 Free	38	1:07.59y / 1:17.09m
	39	8 & under	50 Free	40	
1:00.49y / 1:09.29m	41	15 & over	100 Fly	42	54.99y / 1:02.49m
1:01.39y / 1:10.69m	43	13–14	100 Fly	44	57.79y / 1:05.59m
29.49y / 33.69m	45	11–12	50 Fly	46	28.89y / 32.99m
33.99y / 38.49m	47 <sup>#</sup>	10 & under	50 Fly	48 <sup>#</sup>	33.99y / 38.49m
	49	8 & under	25 Fly	50	
1:00.89y / 1:10.79m	51	15 & over	100 Back	52	55.19y / 1:04.59m
1:01.79y / 1:11.69m	53	13–14	100 Back	54	59.09y / 1:07.99m
31.09y / 35.49m	55	11–12	50 Back	56	30.59y / 34.59m
35.49y / 40.49m	57 <sup>#</sup>	10 & under	50 Back	58 <sup>#</sup>	35.79y / 40.79m
	59	8 & under	25 Back	60	
10 minute break					
	200*	8 & under	100 Free Rel	200*	
	201	10 & under	200 Free Rel	202	
	203	11–12	200 Free Rel	204	
	205	13–14	200 Free Rel	206	
	207	15 & over	200 Free Rel	208	

All relay heats will swim SLOW to FAST at the conclusion of Finals.

\*8 & Under relays will swim and score as a *combined* format and may be composed of either single-, mixed-, or combined-gender (competition category).

<sup>#</sup>All 10&Under events (Events 17/18, 47/48, 57/58) will swim as 10&Under in Prelims but will swim and be scored as 8&Under and 9-10 in Finals.

*Pacific Swimming – Hosted by CROW and SRVA*  
**Zone 2 Short Course Summer Championship**  
**July 20–21, 2024**  
**Consolidated Entry Form**

Name: Last															First															Middle														
Club Abbr.					UNATT TEAM ABBR										Club Name																													
Age					Date of Birth										Sex M   F					LSC – (PC)																								
USA-#																																												
Event #			Distance / Stroke										Entry Time										Circle one																					
													:   .										SCY / LCM																					
													:   .										SCY / LCM																					
													:   .										SCY / LCM																					
													:   .										SCY / LCM																					
													:   .										SCY / LCM																					
													:   .										SCY / LCM																					
													:   .										SCY / LCM																					
													:   .										SCY / LCM																					
													:   .										SCY / LCM																					
													:   .										SCY / LCM																					
# of entries _____ × \$6.00 =     \$ _____ Participation Fee                     \$ 10.00 <b>Total</b> \$ _____																																												
Coach																																												
Athlete's Address																																												
Home Phone															Cell Phone																													
Email																																												

**Club Relay Entry Form: Held under the sanction of USA Swimming**

Club: \_\_\_\_\_

Club Abbrev.: \_\_\_\_\_

**Relay-Only Athletes**

Name (Last, First MI)	DOB	Gender	USA-S ID

#	Event	A (Entry Time)	B (Entry Time)	C (Entry Time)	D (Entry Time)	E (Entry Time)	F (Entry Time)
100	8U 100 Med Rel						
101	G 10U Med Rel						
102	B 10U Med Rel						
103	G 11-12 Med Rel						
104	B 11-12 Med Rel						
105	G 13-14 Med Rel						
106	B 13-14 Med Rel						
107	G 15OV Med Rel						
108	B 15OV Med Rel						
200	8U 100 Free Rel						
201	G 10U Free Rel						
202	B 10U Free Rel						
203	G 11-12 Free Rel						
204	B 11-12 Free Rel						
205	G 13-14 Free Rel						
206	B 13-14 Free Rel						
207	G 15OV Free Rel						
208	B 15OV Free Rel						

Total # Relay Entries \_\_\_\_\_ × \$16.00 = \$ \_\_\_\_\_ (Total Amount Due)