



2010 WESERN ZONE SWIMMING CHAMPIONSHIPS

Hosted by West Coast Aquatics

August 10 – 14, 2010

- Sanction: Held under the sanction of USA Swimming, Pacific Swimming Sanction Number **10-085**
- Meet Referee: Larry Johnson, 406-581-6626, larrywjohnson@hotmail.com
- Meet Directors: Verónica Hernández, 408-540-8569, vernhernwest@gmail.com
Danica Burge, 408-355-5287, swim2win200@gmail.com
- Location: Frank Fiscalini International Swim Center, Independence High School
627 N Jackson Ave, San José, CA 95133
- Course: Outdoor 50 meter by 25 yard pool. Eight lanes of competition are available, with a separate 25 yard, 7 lane diving well for warm up and warm down. The minimum water depth at the shallow end of this pool measures 4.5 feet, with a maximum depth of 7 feet, and is in accordance with article 103.2.3 of Pacific Swimming. This competition course has been certified in accordance with 104.2.2C(4).
- Facility: Parking, arena style seating for 4,000 spectators. Lower pool deck area is open only to swimmers, coaches and officials. Two full display 8 lane score boards will be present and

PRE-MEET INFORMATION

- Pre-Meet Workouts: Space available on these dates: Saturday, August 7, 2010 – Sunday, August 8, 2010 – Monday, August 9, 2010 – Tuesday, August 10, 2010
- The pool is available for supervised warm-up (no marshals present); certified coaches must be on deck. Contact Danica Burge at least two weeks prior to the meet to schedule water time.
- Eligibility: All swimmers entered must be currently registered with USA Swimming as an athlete and must be on the LSC entry form. Proof of time shall be the responsibility of the LSC. Violations of this section shall carry a fine of \$250.00 assessed to the LSC, the swimmer will be dismissed from the meet and all points earned by that swimmer will be removed (including all relays in which the swimmer participated).
- Any swimmer who has within the 18 months prior to the start of the meet participated in one (1) individual event at a USA Swimming Championships as defined in Article 207 of the USA Swimming Rules and Regulations, excluding Disability Championships and Open Water Championships, may not compete in that event of the related relay leg.
- Any swimmer who has within the 18 months prior to the start of the meet participated in (2) or more individual events at a USA Swimming Championships as defined in Article 207 of the USA Swimming Rules and Regulations, excluding Disability Championships and Open Water Championships, may not compete in the meet.
- Each LSC may bring two (2) swimmers with disabilities who are 12 and under and two (2) swimmers with disabilities who are 13-18. These swimmers with disabilities are not required to meet the time standards for their age group events.



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Entry Limits Individual and Relay Events:

Each LSC may enter 400 individual events of which no more than 160 may be slower than the standard. An LSC which enters more than 400 individual events and/or 160 slower than the standard swims shall scratch down to the limit prior to the close of the scratch desk on Tuesday (one-half hour after the start of the 1500). Failure to comply shall be deemed to have given the Meet Referee authority to eliminate entries to comply with these entry limits. Slower than standard swims will be eliminated first. Disabled swimmers will not be included as part of the LSC's 400 or 160 limits.

Each swimmer is limited to six (6) individual events.

Each LSC is limited to one (1) non-standard swim per sex, per age group, in any event of 400 meters or longer. Entries over this limit must be scratched prior to the close of the scratch deadline for the event. In the event that such a scratch is not received, the Meet Referee has the responsibility to eliminate entries to comply with these entry limits.

Combined Age Group Relays: Those LSC's that have fewer than four (4) athletes of the same sex in two or more recognized age groups (10/un, 11/12, 13/14, 15/16, 17/18) may elect to combine these athletes into combined relay events. Athletes in such combined relays must be previously entered in the meet and must be combined solely with other athletes from age groups with less than four (4) entered athletes. Such combined relays shall swim with, be scored with, and awarded with the 17/18 age group.

Master Entry:

All entries shall be submitted only by the LSC, shall be by a USA Swimming approved Standard Database Interchange Format (SDIF) electronic file with a signed hard copy backup that includes both the qualifying and non-qualifying entry counts. If an LSC chooses not to use an SDIF format for entries, it shall pay a surcharge fee of \$2.00 per individual swimmer and relay squad in addition to the regular fees. Hand entries must be made using the Western Zone Master Entry Forms (pink for girls and blue for boys).

Entries must include: Full legal name, age, USA Swimming registration number, home club code, and LSC code. Entries shall be the swimmer's best time from the first day of competition of the prior year to the entry deadline of the current year. For a swimmer who does not have a long course time which makes the standard, the qualifying short course time shall be highlighted in Pink on the signed hard copy and shall be designated by a Y (short course yards) or M (short course meters) on both the hard copy and electronic file. Swimmers with non-qualifying times shall be highlighted in Yellow on the signed hard copy and shall be designated with a B (non-qualifying bonus swim) and L (long course meters, Y (short course yards) or M (short course meters) on both the hard copy and electronic file.

Entries for swimmers with disabilities shall be identified as such, shall be submitted with a time and highlighted on the hard copy of the LSC's meet entry.

Qualifying times are stated at sea level. Times achieved at an altitude of 3,000 feet or above may be adjusted in accordance with the current edition of the USA Swimming Rules and Regulations.

All times entered on the Master Entry Form must have the proper course designation circled (L, Y, or M for qualifying or B plus L, Y, or M for non-qualifying). Seeding will be based accordingly:

- Long Course Meters qualifying times (L)
- Short Course Yards qualifying times (Y)
- Short Course Meters qualifying times (M)
- Non-qualifying (Bonus Event) times (B plus L, Y, or M)



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- Entry Errors: The following procedure applies to and only to a swimmer whose entry is incorrect due to an administrative entry error on the LSC master entry form. The error(s) may be corrected it:
- The LSC entering the swimmer can prove, with documentary evidence, to the satisfaction of both the Meet Director(s) and the Meet Referee that the administrative error is due exclusively to the error of the LSC and not in any way the fault of the swimmer.
 - Such documentary evidence must be submitted to the Meet Director(s) or Meet Referee prior to the general meeting (no exceptions) where it will be subject to approval.
 - If approved, the swimmer shall be seeded correctly.

Entry Deadline: **The SDIF file and signed hard copy entries must be Received by 12:00 noon on Wednesday, August 4, 2010. Use of express mail is recommended.** Late entries will be accepted in accordance with the Western Zone Swimming Championship Regulations, Section IV.5.8.10.

Entry Fees: \$5.00 per individual event. (\$1.25 per entry to zone treasury)
\$12.50 per relay entry. (\$2.90 per relay to zone treasury)
If SDIF format s not used for entries there is a surcharge of \$2.00 per swimmer and relay team in addition to the regular fees above.
Make checks payable to West Coast Aquatics

Mail Entries to: Verónica Hernández
2540 Yerba Hills Court
San José, CA 95121
(408) 540-8569 (cell)
vernhernwest@gmail.com

CONDUCT OF THE MEET

Rules: Current USA Swimming/Western Zone rules shall govern the meet.

Warm-Up Rules: USA Swimming warm-up rules will be in effect. NO DIVING OR RACING STARTS permitted from the blocks or sides of the pool. Swimmers must enter the water slowly, feet first. Racing starts will be permitted only when sprint lanes are opened by the meet referee. Warm-ups will be under the control of the Meet Marshals. Attached is a copy of Pacific Swimming warm-up rules.

A warm-up schedule will be presented at the general meeting before the start of competition on Tuesday, August 10, 2010. LSC's will be assigned time and lanes for prelims. USA Swimming open lane warm-up rules will be in effect for finals which will begin one hour preceding finals.

Warm-up will begin at 9:00 am on Tuesday exclusively for the 1500 freestyle participants.

Meet Schedule: Tuesday, August 10, 2010 Warm-up: 9:00 am Meet Start: 10:00am
Relay Warm-up: One (1) hour before the start of relays
Relay Start Time: No sooner than two hours after the completion of the 1500
Wednesday – Saturday, August 11-14, 2010
Prelims Warm-up: 7:00 am Meet Start: 8:30 am
Finals Warm-up: One (1) hour before finals start
Finals Start: No sooner than two (2) hours after completion of prelims



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- Time Line:** A projected time line will be established by the referee and distributed at the general meeting Tuesday morning. A time line will be included in the session heat sheets each day. There will be an additional 10 minute break before the 800 freestyle events on Saturday.
- Format:** Preliminaries and finals except for the following:
- 1500 and 800 freestyle events (swum as timed finals)
 - Will be combined and seeded according to entry time.
 - Will be swum fastest to slowest, alternating women and men.
 - Will be awarded by age group.
 - All relay events (swum as timed finals at the end of each final's session)
All relay forms with declared entry times must be **returned to the Administrative Referee or Clerk of the Course by 12:00 Noon** on the day of the relay event in order to be seeded. The Meet Referee and Administrative Referee, in concurrence, may re-seed any relay with an unrealistic entry time to the first heat with a "no time" entry time. Eight swimmers may be listed on the relay form. The order of the swimmers may be changed up to the time the lead swimmer is called to the block.
- Scratch Procedure:** Swimmers are considered checked in for all events unless scratched, except the 1500 and 800 meter freestyle events.
1. The scratch procedure and no show rule for the meet shall be the National Championship procedure and rule in the current USA Swimming Rules and Regulations.
 2. The scratch book will be at the Clerk of the Course during the meet.
 3. The scratch book closing:
 - a. The scratch book will close one-half (1/2) hour after the start of the 1500 freestyle events on Tuesday for Wednesday's preliminary events.
 - b. The scratch book will close one-half (1/20 hour after the start of the finals on Wednesday, Thursday, and Friday for the next day's preliminary events.
 4. **The 1500 and 800 meter freestyle events require Positive Check-in in order to be seeded.**
 - a. Check-in for the 1500 meter freestyle will close at 8:00 am, Tuesday, August 10, 2010.
 - b. Check-in for the 800 meter freestyle will close one-half (1/2) hour after the start of finals on Friday, August 13, 2010.
 - c. Seeding for both distance events will be posted by 9:00 am the day the events are to be swum.
- Scoring:**
- | | | | | | | | | |
|--------------------|----|----|----|----|---|---|---|---|
| Individual Events: | 9 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| Relay Events: | 18 | 14 | 12 | 10 | 8 | 6 | 4 | 2 |
- Awards:** Team awards 1st through 8th place.
Medals 1st through 8th place for individual events.
Medals 1st through 3rd place and ribbons 4th through 8th place for relay events.
- The **Adam Szmidt Team Sportsmanship Award** is given for overall team spirit and good sportsmanlike attitude. Sportsmanship and spirit, not performance or team score, are the criteria.
1. Criteria, in the order of importance, are:
 - a. Sportsmanship
 - b. Total team support
 - c. Consistent positive attitude throughout the entire meet and all meet activities



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Awards Continued:

- d. Appearance (uniform, shorts, suits, etc.)
2. Each LSC is responsible to name one coach and one athlete to the selection committee.
3. Awards will be presented at the conclusion of the last day of competition.

IMPORTANT MEET INFORMATION

Programs: Souvenir programs will be available for purchase at the meet for \$8.00. The program includes the sheets for the entire meet.
Heat sheets cost: Prelims \$2.00 per session Finals \$2.00 per session
Results for the entire meet will cost \$5.00

Clerk of the Course: The host shall provide a Clerk of Course desk at the pool for the duration of the meet. The desk shall be open from 12 noon to 5pm on Monday, the day prior to the start of competition, from 7 am to 5 pm on Tuesday and from 7 am to the close of the scratch book for each of the remaining days of competition.

Credentials: Credentials will be available at the Clerk of Course desk during the time periods listed above. Only credentialed coaches and officials will be allowed on the competition deck.

Meetings: The general meeting will be held Tuesday, August 10, 2010, 8:00 am in front of the lower deck office.

- One coach and one representative from each participating LSC must attend this meeting.
- The Meet Referee and the Meet Director(s) shall chair the meeting.

Additionally, at the discretion of the Meet Referee, a coaches' meeting may be held sometime during the course of the meet.

All officials are expected to attend an officials meeting after the general meeting and prior to each session to which they are assigned.

The Annual Zone Dinner Social and Forum, Thursday, August 12th, is at the Double Tree Hotel following finals (see attachment for details). Cost per person will be \$40.00 (tax and tip included). Pre-order and pre-payment are required by August 4, 2010. Use enclosed reservation form.

Hospitality: A Hospitality Room will be set up for credentialed coaches, managers and officials. Refreshments will be provided for the morning and evening sessions, and lunch will be provided each day. Refreshments only will be available for timers.

Swimmers Meals: Please see our website (www.westcoastaquatic.org) for more information about catered meals, or go to Elegant Events Catering Inc. 408-971-1880 at www.elegantevents.com. Please ask to speak with Sheila.

After-meet Activity: Swimmers' Party will be held at Silver Creek SportsPlex (800 Embedded Way San José, CA 95148) following Saturday finals, approximately 7:00 pm to 11:00 pm. This activity is open to all participants, coaches, officials and family members and friends. The cost is \$25.00 pre-sale of \$30.00 at the door per person. See attachment for details. **Pre-orders and pre-payments are due by August 4, 2010.** Use the enclosed reservation form.

Concessions: Concession stands will be open throughout the meet at the venue.

Vendors: A variety of vendors, including Sports Basement, Shady Sun Glasses, Illusions swim suits, and more will be available throughout the meet.

Meet T-shirts: See attach flyer for pre-order and on deck information.

Photographers: Barry Wallace Photography will be taking the team pictures. See attached for pre-order form. He will be contacting teams to schedule times.

Franchi Velasquez will be taking action shots throughout the meet. Photos will be available at the venue for purchase.

Host Hotels: Please see our website page for all details on hotels and reservations. www.westcoastaquatics.org

Officials Certification: This meet will be designated as a "Qualifying Meet" and National Evaluators, Dan McAllen and George Cleveland, will be in attendance for officials' certification and re-certification. Those desiring initial certification or re-certification above the LSC level should download the new application for this purpose from the Western Zone Website at www.westernzoneswimming.org. There will be opportunities to be evaluated for N2 & N3 level positions; however there may not be enough resources to accommodate all such requests. All applications for evaluation should be e-mailed to the meet referee.

Attachments:

Pacific Swimming Warm-up Procedures

1. General Warm-up (initial period)

- a. All lanes to be used for general warm-up. Circle swimming only.
- b. Swimmers must enter the pool feet first while maintaining at least one hand on the pool deck until both feet touch the water (3-point entry). NO DIVING or JUMPING allowed from the blocks or the edge of the pool.
- c. No sprinting or pace work allowed during general warm-up session.

2. Specific Warm-up (upon request of coaches, and with concurrence of Meet Referee or designee)

a. The number of push/pace and race start lanes, and when they are made available, will be determined by the Meet Referee or his designee. In general, the outermost lane(s) should be used for push/pace, the next inner lane(s) for race starts, and the remaining lanes for general warm-up. For instance, for a 6-lane pool, lanes 1 and 6 would be for push/pace, lanes 2 and 5 for race starts, and lanes 3 and 4 for general warm-up. Any configuration is acceptable provided safety of swimmers is not compromised.

1) Push/Pace Lanes: For short course, push off for 1-2 lengths of the pool from starting end; circle swimming only, under direct coach supervision. For long course, push off from either end, circle swimming permissible if considered safe by the Meet Referee and if swimmers are under the direct supervision of their coach by walking along with the swimmers.

2) Race Start Lanes: Sprint lanes for race starts from blocks, deck, or for backstroke starts in specified lanes at designated times. Direct coach supervision is required. Swim in one direction, one length of pool only.

3) General warm-up lanes: Circle swimming only.

b. Except for lanes designated for Race Starts, swimmers must enter the water feet first while maintaining at least one hand on pool deck until both feet touch the water (3-point entry). NO DIVING or JUMPING.



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Daily Event Summary by Age Group

Age Group	10 & Under	11 and 12	13 - 14 15 - 16 17 - 18
Tuesday		400 Freestyle Relay	1500 Freestyle 400 Freestyle Relay
Wednesday	100 Backstroke 100 Breaststroke 50 Freestyle 200 Medley Relay	100 Backstroke 100 Breaststroke 50 Freestyle 400 Medley Relay	200 Backstroke 200 Breaststroke 50 Freestyle 400 Medley Relay
Thursday	50 Butterfly 200 Individual Medley	400 Freestyle 50 Butterfly 200 Individual Medley	100 Butterfly 200 Freestyle 400 Individual Medley
Friday	100 Butterfly 50 Breaststroke 200 Freestyle	100 Butterfly 50 Breaststroke 200 Freestyle 200 Medley Relay	200 Butterfly 100 Breaststroke 400 Freestyle 200 Medley Relay
Saturday	50 Backstroke 100 Freestyle 200 Freestyle Relay	50 Backstroke 100 Freestyle 200 Freestyle Relay	100 Backstroke 100 Freestyle 200 Individual Medley 800 Freestyle 200 Freestyle Relay



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Western Zones 2010

Dinner & Forum

Thursday, August 12, 2010

7:30 PM

Double Tree Hotel (Western Zones host hotel)

2050 Gateway Place

San Jose, CA 95110

Dinner will be served at 7:30 or 30 minutes after the completion of finals whichever is latest.

Buffet dinner with a no host bar

of persons attending dinner: _____ x \$40.00 = _____

LSC: _____

Contact Person: _____

Contact Phone number: _____

Contact email address: _____

RSVP by July 14, 2010

Make checks payable to West Coast Aquatics

Enclose check with reservation form to:

Verónica Hernández

Western Zone Reservations

P.O. Box 32188

San Jose, CA 95152



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Western Zones 2010

Swimmer's Social Event
Saturday, August 14, 2010

Silver Creek SportsPlex

The largest indoor sports complex in North America

800 Embedded Way, San Jose CA 95148

7:00 PM to 11:00 PM

**This social is open to everyone attending
2010 Western Zone Championships.**

Cost for the social includes:

- ✓ Dinner buffet and drinks
 - ✓ Entrance into the facility
 - ✓ Full access to all games and activities inside the sportsplex
- Western Zone attendees will have full private access to the sportsplex.

of persons attending social: _____ x \$25.00 = _____

LSC: _____

Contact Person: _____

Contact Phone number: _____

Email Address: _____

RSVP by July 14, 2010

Make checks payable to West Coast Aquatics

Enclose Check with reservation form to:

Verónica Hernández

Western Zones

P.O. Box 32188

San Jose, CA 95152