

**2026 PEGGY RAMIREZ MEMORIAL ZONE 3 WINTER CHAMPIONSHIPS**  
**PACIFIC SWIMMING SHORT COURSE YARDS MEET**  
**JANUARY 31<sup>st</sup> – FEBRUARY 1<sup>st</sup>, 2026**  
Enter Online at: <http://ome.fastswims.com>



**SANCTION:** Held under USA Pacific Swimming Sanction No. **26-011**

*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.*

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

**USE OF AUDIO AND VISUAL:** Photography and video recording from behind or beside the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual electronic 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 his/her designee. Flash photography during the start of a race is prohibited in any location.

<b>MEET PERSONNEL:</b>	<b>Meet Referee:</b> Sarah Obbagy	<b>Head Starter:</b> Andy Downs
	<b>Meet Marshal:</b> Lehla Irwin	<b>Admin Official:</b> Barbie Gonzalez
	<b>Meet Directors:</b> Kevin Twohey [ <a href="mailto:kevin@wavesaquatics.com">kevin@wavesaquatics.com</a> ]   707-363-6221]	
	Hannah Martin [ <a href="mailto:hannahm@sonomasplash.com">hannahm@sonomasplash.com</a> ]	

**LOCATION:** Sonoma Valley High School. 20000 Broadway, Sonoma, CA 95476

**DIRECTIONS:** <https://maps.app.goo.gl/HafVeVioR4Tmj827A> | <https://maps.apple/p/w19mBzbE6thQ0Q>

**COURSE:** Outdoor 25-yard pool with up to 10 lanes available for competition. Additional lanes shall be available for warm-up/cool-down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 6' at the start end and 6' at the turn end. The Meet Host shall ensure the required course dimensions.

**TIME:** The meet shall begin at 10:00 a.m. each day, with warm-ups from 8:30 a.m. to 9:45 a.m. each day.

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall be posted at the Clerk-of-Course.
- The local facilities 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 events, except the "King/Queen of the Zone" Challenge events, are timed finals seeded fastest to slowest.
- Athletes may compete in a **MAXIMUM of 3** individual events per day.
- If local conditions warrant, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be given for any mandatory scratch downs.
- Events may be combined at the discretion of the Meet Referee
- **All Coaches and Officials shall be Certified by USA Swimming and shall provide verification to the Meet Referee.**
- Red Cross certified lifeguards, backboards, rescue tubes, automated external defibrillator (AED), and minor first aid supplies will be available.

**"KING/QUEEN OF THE ZONE" 100 FREESTYLE & 100 IM CHALLENGE:**

- Open to athletes who enter the "King/Queen of the Zone" Challenge.

- “King/Queen of the Zone” Challenge events shall swim as preliminary heats, semifinals, and finals heats. The fastest 20 athletes from the preliminaries in each “King/Queen of the Zone” event shall qualify for the semifinals. The 10 fastest athletes from the semifinals shall qualify for finals.
- The fastest 3 preliminary heats, and all semifinal heats of the “King/Queen of the Zone” Challenge shall be circle-seeded.
- A scratch desk shall be available for athletes who wish to scratch semifinals and/or finals.

**DISTANCE:**

- Check-in and Seeding: Entrants in the 400 IM and 500 Free must check-in and confirm their intention to compete by 11:00 AM each day at the scratch desk. Seeded heat sheets will be published within one hour following the close of the event.
- All Athletes in the 500 Free must provide their own lap counters and timers. All Athletes in the 400 IM must provide their own timers.

**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:** Each athlete 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 without the use of the backstroke ledge. When not accompanied by a member-coach, it is the responsibility of the Athlete or the Athlete’s legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:** The following restrictions apply to all areas of the meet venue including the pool deck, locker rooms, spectator seating or standing areas, and all areas used by Athletes during the meet and during warm-up periods.

- No smoking, “vaping,” or use of tobacco products.
- No Sale and/or use of alcoholic beverages, or recognition of alcoholic sponsors.
- No glass containers.
- No propane heaters, except for snack bar/meet operations.
- No animals except physician-certified “service assistance” animals are permitted. Please show certification when asked by meet officials or marshals.
- Shelters are permitted in designated outdoor areas only, and must be properly secured at all times, or may be removed by meet management.
- Deck Changes are prohibited. There will be restricted areas of the deck. Cooperation of athletes, families, and coaches will be appreciated.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), fireworks of any kind, blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection 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.

**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.

- The meet is open to qualified athletes that are members of Zone 3 Clubs only. Athletes who are unattached but training with a Zone 3 Club are eligible to compete.
- Athletes shall have met the “Zone 3” time standard in events where a time standard is required.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such Athletes must have met standards listed for the 15-18 age group if applicable.
- Entries with “**NO TIME**” shall be **REJECTED**.

- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding 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.

**PROOF OF TIME:** All entry times may be verified against the USA Swimming SWIMS database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. Entry times must have been achieved prior to the closing date of entries for the meet. If a time cannot be proven prior to the meet, the Athlete shall not be seeded in the event until the entry time has been proven. When possible, the Coaches shall be notified of the Athletes who have not proven their entry time. No refunds shall be given if a time cannot be proven.

**CHECK-IN:** Entrants in the 400 IM and 500 Free must check-in and confirm their intention to compete by 11:00 AM each day at the scratch desk. All other events shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event.

- The scratch deadline for Saturday's events is **Friday 30 January 2026 at 12:00 PM.**
- The scratch deadline for Saturday's events is **Saturday 31 January 2026 at 12:00 PM.**

**SCRATCHES:** If a swimmer is registered for more than 3 events in a day, they must scratch any additional events prior to the scratch deadline. If a swimmer fails to scratch out of any additional events, they will be seeded into the first 3 events they are registered for that day and scratched out of any additional events for that day. **THIS MEET IS SEEDED AFTER THE SCRATCH DEADLINE.**

To scratch events, coaches shall fill out the [Zone 3 Championships Scratch Form](https://forms.gle/vdCLbAoLs8BpWZpy8) located online at: <https://forms.gle/vdCLbAoLs8BpWZpy8> prior to each day's deadline, as listed above in "Check-In". Scratches entered on the online form will receive a receipt e-mail confirmation upon completion.

- **No-Shows:** Any athlete not reporting for or competing in an individual event shall not be penalized. **Athletes who must withdraw from an event after it is seeded are requested to inform the scratch desk immediately.**
- "King/Queen of the Zone" Challenge participants who scratch or no-show a "King/Queen of the Zone" round become ineligible for all subsequent rounds. They are still subject to the daily event limits.

**ENTRY TIMES:** Entries must be submitted using the athlete's best short-course yards time for each event.

**ENTRY FEES:** \$4.50 per individual event plus a \$10.00 participation fee per Athlete plus a \$20.00 facility surcharge per Athlete. \$9.00 per relay. Entries shall be rejected if payment is not sent at time of request. No refunds shall be given except in the case of a mandatory scratch-down.

**MEFAP ENTRY FEES:** \$10.00 participation fee. Registered Pacific Swimming Outreach Athletes are eligible for the Meet Entry Fee Assistance Program (MEFAP). For more information on Outreach Qualification: <https://www.pacswim.org/userfiles/kcfinder/files/Outreach%20Qualifications%202025%20rev%2011.13.25.pdf>

**RELAY ENTRIES:** Relays shall be pre-entered by using FastSwims. Entries for each session will close by the applicable deadline listed below, NO LATE ENTRIES WILL BE ACCEPTED. NO DECK ENTRIES OR ENTRY CHANGES WILL BE ALLOWED. **Relay-only athletes shall be accepted.**

**ONLINE ENTRIES:** To enter online go to <http://ome.fastswims.com> to receive an immediate entry confirmation. **The "billing information" email should be brought to the meet as proof of entry.** 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 processing fee is a separate fee from the Entry Fees. Online entries will be accepted through **Wednesday 21 January 2026.**

**MAILED OR HAND DELIVERED ENTRIES:** Not accepted.

**Checks are payable to:** "Zone 3" and shall be hand delivered to the meet director at the meet.

**AWARDS:** Ribbons shall be awarded for 1<sup>st</sup> – 8<sup>th</sup> places in individual events for the following age groups: 8&U, 9-10, 11-12, 13-14, 15-18. Ribbons shall be awarded for 1<sup>st</sup> – 3<sup>rd</sup> places in relay events. High Point Awards shall be awarded for the following age groups: 8&U, 9-10, 11-12, 13-14, 15-18. No awards shall be awarded for Athletes 19 years of age and older. Each club is asked to collect awards at the meet and supply a mailing address.

**SCORING:** Individual Events: 11-9-8-7-6-5-4-3-2-1  
Relay Events: 22-18-16-14-12-10-8-6-4-2

**ADMISSION:** Free.

**SNACK BAR & HOSPITALITY:** A snack bar will be available each day. Hospitality will be offered to officials, coaches, and timers.

**TIMERS:** Clubs will be assigned lanes based on the number of athletes from each club participating in the meet.

**MEET MOBILE:** Heat/Lane Assignments and Results may be posted to Meet Mobile throughout the meet. Please note that any and all information posted to Meet Mobile, including H/L Assignments and Results, is **UNOFFICIAL** and subject to change at any point throughout the meet. This service is provided as a convenience but not required. Due to circumstances beyond the host team's control, Meet Mobile may not function correctly, or cease functioning completely, throughout the meet. The printed and posted Heat/Lane Assignments and Results shall be considered official.

**MINIMUM OFFICIALS:** At least seven days prior to the start of the meet, meet management (Meet Director and/or Meet Referee) shall contact a representative from each club participating in the meet, and provide a preliminary inventory of the officials that club is required to provide for each session. Each club shall, by the start of the meet, provide the Meet Director or designee a list of Officials who have agreed to represent that club during each session of the meet.

At the meet, meet management shall conduct an inventory of officials, and shall compare the number of athletes entered in each session by each club with the number of officials present representing each club. If meet management certifies that a club has not provided sufficient officials for any session of the meet in accordance with the table below, excluding finals in a prelims and finals meet, the club shall be fined \$100 per missing official per session of the meet.

Club Athletes Entered in Session	Trained and Carded Officials Required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5

**NOTE:** Zone 3 shall include assigned and working Colorado, Intermediary/ Chief Timing Judge, and Computer operator in the count of officials for a session although these positions are not carded. Zone 3 shall accept Carded Apprentices in the count of officials. Clubs may use officials "borrowed" from other clubs, or unattached officials at the meet who agree, to fulfill their obligation under the rule.

## SCHEDULE OF EVENTS

<b>SATURDAY 31 JANUARY 2026</b>		
<b>Girls Event #</b>	<b>Age Group &amp; Event</b>	<b>Boys Event #</b>
101	15&O Mixed 200 Free Relay	101
102	13-14 Mixed 200 Free Relay	102
103	11-12 Mixed 200 Free Relay	103
104	10&U Mixed 200 Free Relay	104
<b>King/Queen of the Zone Challenge 100 Free</b>		
105	15&O 100 Free Prelims	106
107	13-14 100 Free Prelims	108
109	11-12 100 Free Prelims	110
111	10&U 100 Free Prelims	112
113	8&U 25 Free	114
115	15&O 100 Breast	116
117	13-14 100 Breast	118
119	12&U 100 Breast	120
121	8&U 25 Breast	122
123	15&O 50 Back	124
125	13-14 50 Back	126
127	11-12 50 Back	128
129	10&U 50 Back	130
131	15&O 100 Fly	132
133	13-14 100 Fly	134
135	12&U 100 Fly	136
137	8&U 25 Fly	138
139	400 I.M.*	140
*swum together but scored separately		
<b>King/Queen of the Zone Challenge 100 Free</b>		
105	15&O 100 Free Semi-Finals (Top 20)	106
107	13-14 100 Free Semi-Finals (Top 20)	108
109	11-12 100 Free Semi-Finals (Top 20)	110
111	10&U 100 Free Semi-Finals (Top 20)	112
105	15&O 100 Free Finals (Top 10)	106
107	13-14 100 Free Finals (Top 10)	108
109	11-12 100 Free Finals (Top 10)	110
111	10&U 100 Free Finals (Top 10)	112

<b>SUNDAY 1 FEBRUARY 2026</b>		
<b>Girls Event #</b>	<b>Age Group &amp; Event</b>	<b>Boys Event #</b>
201	15&O Mixed 200 Medley Relay	201
202	13-14 Mixed 200 Medley Relay	202
203	11-12 Mixed 200 Medley Relay	203
204	10&U Mixed 200 Medley Relay	204
<b>King/Queen of the Zone Challenge 100 I.M.</b>		
205	15&O 100 I.M. Prelims	206
207	13-14 100 I.M. Prelims	208
209	11-12 100 I.M. Prelims	210
211	10&U 100 I.M. Prelims	212
213	15&O 50 Free	214
215	13-14 50 Free	216
217	11-12 50 Free	218
219	10&U 50 Free	220
221	15&O 100 Back	222
223	13-14 100 Back	224
225	11-12 100 Back	226
227	8&U 25 Back	228
229	15&O 50 Breast	230
231	13-14 50 Breast	232
233	11-12 50 Breast	234
235	10&U 50 Breast	236
237	15&O 50 Fly	238
239	13-14 50 Fly	240
241	11-12 50 Fly	242
243	10&U 50 Fly	244
245	500 Free*	246
*swum together but scored separately		
<b>King/Queen of the Zone Challenge 100 I.M.</b>		
205	15&O 100 I.M. Semi-Finals (Top 20)	206
207	13-14 100 I.M. Semi-Finals (Top 20)	208
209	11-12 100 I.M. Semi-Finals (Top 20)	210
211	10&U 100 I.M. Semi-Finals (Top 20)	212
205	15&O 100 I.M. Finals (Top 10)	206
207	13-14 100 I.M. Finals (Top 10)	208
209	11-12 100 I.M. Finals (Top 10)	210
211	10&U 100 I.M. Finals (Top 10)	212

**Zone 3 Winter Champs Minimum Qualifying Time Standards are listed on the next page**

**\*Entrants in the 400 IM and 500 Free must check-in and confirm their intention to compete by 11:00 AM each day**

The scratch deadline for Saturday's events is **Friday 30 January 2026 at 12:00 PM.**  
The scratch deadline for Sunday's events is **Saturday 31 January 2026 at 12:00 PM.**

# **ZONE 3 WINTER CHAMPS MINIMUM QUALIFYING TIME STANDARDS**

GIRLS					EVENT	BOYS				
8&U	10&U	11-12	13-14	15-18		8&U	10&U	11-12	13-14	15-18
					25 FR					
43.99	43.99	33.99	30.19	29.49	50 FR	43.99	43.99	33.79	28.59	26.29
1:39.99	1:39.99	1:39.99	1:05.89	1:03.79	100 FR	1:39.99	1:39.99	1:13.69	1:02.09	57.59
7:16.89	7:16.89	7:16.89	6:22.79	6:22.79	500 FR	6:59.89	6:59.89	6:59.89	5:58.19	5:58.19
					25 BK					
					50 BK					
1:33.99	1:33.99	1:29.19	1:16.89	1:14.69	100 BK	1:30.09	1:30.09	1:26.29	1:13.49	1:07.49
					25 BR					
					50 BR					
1:46.89	1:46.89	1:39.39	1:28.69	1:25.89	100 BR	1:42.29	1:42.29	1:39.09	1:22.99	1:16.89
					25 FL					
					50 FL					
1:41.39	1:41.39	1:25.79	1:16.79	1:14.39	100 FL	1:38.99	1:38.99	1:25.39	1:12.69	1:07.19
1:49.29	1:49.29	1:33.19	1:19.09	1:19.09	100 I.M.	1:49.29	1:49.29	1:29.69	1:15.89	1:15.89
6:43.49	6:43.49	6:43.49	6:16.79	6:16.79	400 I.M.	6:28.49	6:28.49	6:28.49	5:47.89	5:47.89