

SAN JOSE AQUATICS  
ZONE 1 South SHORT COURSE C/B/A+ MEET  
March 13-14, 2010

**SANCTION:** Held under USA/Pacific Swimming Sanction No. 10-025

**LOCATION:** Gunderson High School, Chynoweth Avenue at 622 Gaundabert Lane, San Jose, CA. From Highway 85 exit Santa Teresa, turn right onto Thornwood, turn right onto Winfield, and turn right onto Chynoweth. Gunderson High School is on the right; pool is located at the back of the school.

**COURSE:** 25 yard x 50 meter outdoor, heated pool. Up to 18 competition lanes are available. A separate warm up/down pool is available. The minimum water depth at the start and turn ends of this pool is in accordance with article 103.2.3. Gunderson pool ranges from 4 ½ feet -7 feet at the start end and is the same range at the turn end.

**TIME:** Meet begins at 9:00 am; warm-ups from 7:30am to 8:45am.

**RULES:** Current USA and Pacific Swimming rules will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk of Course. **All swimmers ages 12 and Under should complete competition within four (4) hours.** Events are timed finals. Swimmers may compete in five events per day. All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. *Entries will be accepted until the number of splashes exceeds the estimated time line, per the Four Hour Rule, based on swimmer's age and gender.* 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.

**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 during warm-up periods. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue, which encompass the entire campus of Gunderson High School. No deck changing. Animals are prohibited in the pool deck area at all times, with the exception of disabled assistance animals. Except for coaches' sitting next to the pool, no chairs, canopies, tents, or "camping" on the competition deck area is allowed. All chairs, canopies, tents, or other setups must be in designated setup areas only. **No Glass, no propane heater (except snack bar/meet operations), no overnight camping, and no parking in red zones.**

**ELIGIBILITY:** 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 in the "A" division must have met at least the listed PC "A" time standard. Swimmers in the "B" division must have met at least the listed PC "B" time standard. All entries slower than the listed PC "B" time standard will be in the "C" division. ***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.*** Disabled swimmers 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. *Swimmers over the age of 18 may participate in 13/over events but may not receive awards. Such swimmers must have met the 17/18 time standards*

**CHECK-IN:** The meet will be deck seeded. Swimmers must check in at the Clerk of Course. Close of check-in for all events shall be no more than 30 minutes before the estimated time of the start of the first heat of the event. Swimmers who do not check in will not be allowed to compete in the event.

**SCRATCHES:** Any swimmer who has checked in for an individual event and fails to swim that event will be scratched from the meet unless the swimmer returns to the clerk of the course and repeats the check-in process for all remaining events. Failure to swim an event after re-check-in will result in being barred from the next individual event in which a swimmer is entered on that day or the next day, whichever is first. The penalty will not apply if the swimmer scratches the event before the event is seeded, or if the Referee accepts proof that the failure was caused by illness, injury, or other circumstances that were beyond the control of the swimmer.

**DISTANCE:** The 500 Freestyle events will be swum fastest to slowest. Swimmers must provide their own timers and lap counters.

**OFFICIALS:**

Head Referee: [Soren Soe](#)

Head Starter: [Mike Davis](#)

Meet Director: [Janet Gutierrez](#)

Phone: 408-206-0504

[Stevejan5@sbcglobal.net](mailto:Stevejan5@sbcglobal.net)

Head Meet Marshal: Sue Sherrin

**ENTRIES:** There are two ways to enter this meet: 1) Consolidated Entry Cards hand delivered or sent by surface mail, or 2) Online entries.

**1.) Consolidated Entries.** Entries must be on a Consolidated Entry Card. Entry Cards must be completely filled out including best short course time for each event. Entered times must be submitted in yards.

Entries must be postmarked by midnight, Monday, March 1, 2010, *or Hand-delivered by: Wednesday, March 3, 2010 before 6:30pm . Note these entries must be delivered to the SJA Pool Office, not the Gunderson High School Office. Entries delivered to the high school office will not be accepted.*

**2.) Online Meet Entries:**

Enter at: <http://ome.swimconnection.com/pc/sja20100313> to receive immediate confirmation of acceptance via email. **\*No online entries after (Wednesday, March 3, 2010).** The "billing information" email should be brought to the meet as proof of entry. Online entry requires payment by credit card using vendor's secure site. The cost of using Online Meet Entries is 1.00 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Fees collected by the use of this system are completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming.

Except for mandatory scratches, no refunds will be made. No late entries will be accepted.

Z1S swimmers that get their entries in by 11:59 PM, Monday, February 22, 2010, will be given priority into the meet. Z1S swimmers who do not get their entries in by this date and all other swimmers will be accepted into the meet in the order their entries are received, if the meet capacity has not been reached or until it does.

**ENTRY FEES: \$2.75 per individual event entry. Participation Fee: \$5.00 per swimmer.**

**Make check payable to SJA or San Jose Aquatics and mail with entries to:**

Janet Gutierrez

PO Box 36205

San Jose, CA 95158

408-206-0504

[stevejan5@sbcglobal.net](mailto:stevejan5@sbcglobal.net)

**AWARDS:** Awards for Age Group events will be given for 1<sup>st</sup> through 8th place for each age group in each of the three divisions ("C", "B", & "A"). 6 & Under swimmers will swim in the 8& UN events, but will be awarded separately (1<sup>st</sup>-8<sup>th</sup> place, one class of awards only). Standard "A" medals shall be awarded swimmers attaining new A time in each event, regardless of the place achieved in the event. Swimmers 19 and over will not receive awards.

**ADMISSION:** Free. A two-day day program available for \$4.00

**HOSPITALITY/SNACKBAR:** A full, healthy snack bar will be available each day. Hot breakfast, hot lunch and numerous other food and drink items will be available for your enjoyment. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

## MEET SUMMARY

	<b>8 &amp; UN</b>	<b>9 - 10</b>	<b>11 - 12</b>	<b>13 &amp; UP</b>	<b>11-Up</b>
<b>SATURDAY:</b>	25 Free	100 Free	200 Fly	200 Fly	
	50 Fly	50 Fly	50 Breast	50 Free	
	50 Breast	50 Breast	100 Free	200 Breast	
	100 I.M.	100 I.M.	200 Back	100 Back	
	25 Back	100 Back			400 IM
<b>SUNDAY:</b>	50 Back	50 Back	50 Back	200 Back	
	25 Fly	100 Fly	50 Fly	100 Fly	
	50 Free	50 Free	50 Free	100 Free	
	25 Breast	100 Breast	200 I.M.	100 Breast	
	100 Free	200 Free	100 Breast		500 Free

<b>SATURDAY, MARCH 13</b>						
<b>GIRLS</b>			<b>AGE GROUP/ EVENT</b>	<b>BOYS</b>		
<b>PC-B</b>	<b>PC-A</b>	<b>EVENT #</b>		<b>EVENT #</b>	<b>PC-A</b>	<b>PC-B</b>
3:11.29	2:53.59	1	13-14 200 FLY	2	2:46.99	3:03.99
3:08.59	2:51.19		15-16 200 FLY		2:38.49	2:54.59
3:18.59	3:00.29		17-18 200 FLY		2:42.19	2:58.59
3:21.29	3:02.69	3	11-12 200 FLY	4	3:01.49	3:19.99
1:29.29	1:21.09	5	9-10 100 FREE	6	1:21.09	1:29.29
23.49	19.49	7	8-UN 25 FREE	8	18.39	23.49
35.09	31.79	9	13-14 50 FREE	10	29.79	32.79
34.69	31.39		15-16 50 FREE		28.09	30.99
35.59	32.29		17-18 50 FREE		28.09	30.99
47.99	43.59	11	11-12 50 BREAST	12	42.29	46.69
45.99	41.69	13	9-10 50 FLY	14	41.19	45.49
59.99	52.59	15	8-UN 50 FLY	16	52.09	59.99
3:33.19	3:13.49	17	13-14 200 BREAST	18	3:04.09	3:22.79
3:31.99	3:12.39		15-16 200 BREAST		2:57.89	3:15.99
3:42.59	3:22.09		17-18 200 BREAST		3:01.49	3:19.99
1:18.89	1:11.59	19	11-12 100 FREE	20	1:10.79	1:17.99
54.09	49.09	21	9-10 50 BREAST	22	49.09	54.09
1:04.99	55.29	23	8-UN 50 BREAST	24	54.79	1:04.99
1:26.69	1:18.59	25	13-14 100 BACK	26	1:14.99	1:22.69
1:27.99	1:19.79		15-16 100 BACK		1:12.59	1:19.99
1:32.09	1:23.59		17-18 100 BACK		1:13.09	1:20.49
1:31.29	1:22.89	27	11-12 100 I.M.	28	1:21.19	1:29.49
1:42.59	1:33.19	29	9-10 100 I.M.	30	1:33.19	1:42.59
2:09.99	1:49.29	31	8-UN 100 I.M.	32	1:45.09	2:09.99
3:05.39	2:48.29	33	13-14 200 I.M.	34	2:39.69	2:55.99
3:03.99	2:46.99		15-16 200 I.M.		2:33.19	2:48.79
3:11.29	2:53.59		17-18 200 I.M.		2:33.69	2:49.29
3:18.59	3:00.29	35	11-12 200 BACK	36	2:54.19	3:11.99
1:42.59	1:33.19	37	9-10 100 BACK	38	1:35.59	1:45.29
27.99	23.19	39	8-UN 25 BACK	40	22.69	27.99
7:01.09	6:22.19	41	11-12 400 I.M.	42	6:22.19	7:01.09
6:37.49	6:00.79		13-14 400 I.M.		5:47.29	6:22.59
6:34.59	5:58.19		15-16 400 I.M.		5:37.59	6:11.89
6:57.19	6:18.69		17-18 400 I.M.		5:43.69	6:18.59

SUNDAY, MARCH 14						
GIRLS			AGE GROUP/ EVENT	BOYS		
PC-B	PC-A	EVENT #		EVENT #	PC-A	PC-B
3:06.39	2:49.09	43	13-14 200 BACK	44	2:43.39	2:59.99
3:07.99	2:50.59		15-16 200 BACK		2:37.29	2:53.29
3:22.59	3:03.89		17-18 200 BACK		2:46.49	3:03.39
42.69	38.69	45	11-12 50 BACK	46	38.69	42.69
47.99	43.49	47	9-10 50 BACK	48	43.49	47.99
59.99	51.59	49	8-UN 50 BACK	50	50.49	59.99
1:25.69	1:17.79	51	13-14 100 FLY	52	1:13.19	1:20.69
1:23.59	1:15.89		15-16 100 FLY		1:08.19	1:15.19
1:25.29	1:17.39		17-18 100 FLY		1:08.89	1:15.99
40.39	36.69	53	11-12 50 FLY	54	36.29	39.99
1:45.29	1:35.59	55	9-10 100 FLY	56	1:37.99	1:47.99
26.99	21.59	57	8-UN 25 FLY	58	20.49	26.99
36.29	32.89	59	11-12 50 FREE	60	32.69	35.99
1:15.89	1:08.79	61	13-14 100 FREE	62	1:04.29	1:10.79
1:15.29	1:08.39		15-16 100 FREE		1:01.59	1:07.89
1:16.29	1:09.19		17-18 100 FREE		1:00.79	1:07.09
40.29	36.49	63	9-10 50 FREE	64	36.59	40.39
51.99	42.99	65	8-UN 50 FREE	66	40.89	51.99
3:17.29	2:59.09	67	11-12 200 I.M.	68	2:59.09	3:17.29
29.99	24.79	69	8-UN 25 BREAST	70	24.29	29.99
1:37.19	1:28.19	71	13-14 100 BREAST	72	1:23.49	1:31.99
1:38.69	1:29.49		15-16 100 BREAST		1:19.79	1:27.99
1:43.99	1:34.39		17-18 100 BREAST		1:21.09	1:29.29
1:43.39	1:33.89	73	11-12 100 BREAST	74	1:33.19	1:42.59
1:57.29	1:46.49	75	9-10 100 BREAST	76	1:47.69	1:58.59
1:54.59	1:35.29	77	8-UN 100 FREE	78	1:28.99	1:51.59
3:17.29	2:59.09	79	9-10 200 FREE	80	2:57.89	3:15.89
7:42.69	6:59.99	81	11-12 500 FREE	82	6:59.39	7:41.99
7:14.59	6:34.49		13-14 500 FREE		6:17.49	6:55.89
7:09.19	6:29.59		15-16 500 FREE		6:10.49	6:48.19
7:26.59	6:45.39		17-18 500 FREE		6:10.49	6:48.19

You can enter this meet online at at  
<http://ome.swimconnection.com/pc/sja20100313>

If you enter online, you will:

- Receive information of space available before beginning the entry process.
- Submit entries and payment.
- Receive acceptance confirmation at the time of registration

