

Los Altos Mountain View Aquatic Club
ZONE 1 NORTH LONG COURSE C/B/A+ MEET
Friday May 2nd, Saturday May 3rd and Sunday May 4th, 2008
Enter online at: <http://swimconnection.com/pc/meet/lamv>

SANCTION: Held Under USA/Pacific Sanction No.: **0438**

LOCATION: Foothill College Pool, 12345 El Monte Road, Los Altos Hills. The College is west of Highway 280 on El Monte Road. Park in lots #2 or #3. The pool is at the top of the hill. NOTE: EIGHT (8) QUARTERS OR \$2 IS REQUIRED FOR PARKING. Foothill College Police will ticket you if you park without a permit.

COURSE: Outdoor, up to 8 x 50M competition lanes and two short warm up lanes.

TIME: Meet begins on Friday at 4:45pm with warm-up from 3:30-4:30pm. On Saturday and Sunday, Session A will begin at 8:30am with warm-up from 7:00am to 8:15am. Session B will begin one hour after Session A finishes but not before 1:00pm, Session B warm-up will begin immediately after Session A finishes.

RULES: Current USA Swimming 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 age 12 and under should complete competition within four (4) hours.** All events are timed finals. All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. The meet will be limited to the first 225 swimmers Friday and 350 swimmers in each Session A and B or when the estimated time line exceeds the Four Hour Rule per age group 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 refund will be made for any mandatory scratches. If a meet entry contains entries for both open and closed sessions, the swimmer will be entered in the open session(s) and a refund issued for the closed session(s) events. Check <http://swimconnection.com/pc/meet/lamv> for session open or closed status. **The 400 IM, 400 Free, and 1500 Free require a minimum "B" entry time in order to enter.** The 1500 Free will be swum fast to slow alternating women and men. At the Referee's discretion, the 1500 Free may swim 2 to a lane. 1500 Free swimmers must provide their own lap timers and 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 during warm-up periods. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.

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 "A" time standard. Swimmers in the "B" Division must have met at least the listed "B" time standard and have not met the listed "A" time standard. All entry times slower than the listed "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. Swimmers over the age of 18 may participate in 17-18 events providing they have met the 17-18 time standards, but may not receive awards. 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.

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 barred from competing in the next individual event in which the swimmer is entered in this meet. The penalty will not apply if the swimmer scratches before the event is seeded or if the Referee accepts proof that the failure to swim was caused by illness, injury or other circumstances beyond the control of the swimmer.

OFFICIALS: Referee: Joyce Lanphere Starter: Marvin Lanphere
Meet Director: Jose Bonpua , (408) 732-3432 jbonpua@sbcglobal.net
Head Meet Marshal: Sharon Jones

ENTRIES OPTION 1 - ONLINE MEET ENTRIES: Enter at: <http://swimconnection.com/pc/meet/lamv> to receive an immediate confirmation of acceptance via email. The “billing information” email should be brought to the meet as proof of entry. Online entry requires payment by credit card. The cost of using Online Meet Entries is \$1 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. Online entries will be open to Zone 1 North teams only until April 14th, 2008. All online entries will close on April 23rd, 2008 or until sessions close.

ENTRIES OPTION 2 - MAIL ENTRIES: Entries must be on a SAMMS Consolidated Entry Card, filled out completely using the **best long course** time (50 meter course) for each event. No conversion from short course is permitted. A swimmer with an A time in short course is an A swimmer in long course. Zone I North Team entries that are postmarked by midnight Monday, April 14th, 2008 will be given priority acceptance. The entries of other Pacific Zones or LSCs will not be considered until after, April 14th, 2008. All entries must be postmarked by midnight April 21st, 2008 or hand delivered by April 23rd, 2008 to the entries chair listed below. All entries will be considered in the order that they were received. No refunds will be made, except for mandatory scratches and entries received for closed sessions. Please include a SASE for entry confirmation.

RELAY ENTRIES: Will be accepted at the Clerk of the Course by an announced time each day.

ENTRY FEES: \$2.25 per event, plus \$5.00 participation fee per swimmer to help cover meet expenses. \$7.00 per relay team entry. Make check payable to **LAMV** and mail with entry card to:

May Chen
316 O'Connor St.
Menlo Park, CA 94025

AWARDS: The top 8 finishers of the A, B, and C Division of each event will be awarded ribbons. Standard “A” medals will be awarded to “C” or “B” swimmers achieving a new “A” time standard in each event regardless of place achieved in the event. Some 13 & over events will be swum together but awarded separately. 6 and under will be awarded separately. Ribbons will be given to the first through third place for each relay event. No awards for 19/over.

ADMISSION: Free. Three day program available for \$4.00.

HOSPITALITY: Lunches and refreshments will be provided for officials, coaches and timers. A snack bar will be available.

Friday May 4 th , 2008							
Girls #	B Time	A Time	Age	Event	B Time	A Time	Boys #
1	7:32.09	6:27.59	11-12	400 IM *	7:28.29	6:24.29	2
3	7:02.69	6:02.29	13-14	400 IM *	6:43.89	5:46.19	4
3	6:55.99	5:56.59	15-16	400 IM *	6:24.99	5:29.99	4
3	6:54.39	5:55.19	17-18	400 IM *	6:19.79	5:25.49	4
5	3:05.69	2:39.19	11-12	200 Free	3:01.69	2:35.69	6
7	2:57.99	2:32.59	13-14	200 Free	2:49.19	2:24.99	8
7	2:54.29	2:29.39	15-16	200 Free	2:42.09	2:18.99	8
7	2:52.79	2:28.09	17-18	200 Free	2:38.99	2:16.29	8

* The 400 IM, 400 Free and 1500 Free require a minimum B time to enter

11-12 Boys swim in Session A

11-12 Girls swim in Session B

Saturday May 5 th , 2008 Session A							
Girls #	B Time	A Time	Age	Event	B Time	A Time	Boys #
9	2:07.79	1:46.59	8/U	100 Free	2:04.79	1:40.09	10
11	1:43.99	1:21.89	9-10	100 Free	1:41.59	1:20.59	12
			11-12	50 Breast	51.09	43.09	14
15	1:06.99	58.99	8/U	50 Fly	1:06.99	58.39	16
17	55.09	42.09	9-10	50 Fly	52.89	40.99	18
			11-12	50 Fly	43.49	36.59	20
21	1:06.99	57.89	8/U	50 Back	1:06.99	56.69	22
23	55.99	43.69	9-10	50 Back	56.79	44.19	24
			11-12	100 Back	1:39.29	1:23.59	26
27	N/A	N/A	10/U	200 M-Relay	N/A	N/A	28
			11-12	200 M-Relay	N/A	N/A	30

Saturday May 5 th , 2008 Session B								
Girls #	B Time	A Time	Age	Event	B Time	A Time	Boys #	
31	49.09	42.09	11-12	50 Breast				
33	1:30.19	1:17.29	13-14	100 Fly	1:23.99	1:11.99	34	
35	1:28.49	1:15.89	15-16	100 Fly	1:20.59	1:09.09	36	
35	1:27.79	1:15.19	17-18	100 Fly	1:18.49	1:07.29	36	
37	42.69	36.59	11-12	50 Fly				
39	38.19	32.79	13-14	50 Free	35.69	30.59	40	
41	37.69	32.29	15-16	50 Free	34.19	29.39	42	
41	37.49	32.19	17-18	50 Free	33.49	28.69	42	
43	1:42.39	1:26.29	11-12	100 Back				
45	3:19.99	2:51.39	13-14	200 Back	3:08.59	2:41.59	46	
47	3:15.19	2:47.29	15-16	200 Back	2:59.99	2:34.29	48	
47	3:13.99	2:46.29	17-18	200 Back	2:56.29	2:31.09	48	
49	N/A	N/A	11-12	200 M-Relay				
51	24:06.39	20:39.79	13-14	1500 Free *	23:35.29	20:13.09	52	
51	23:53.09	20:28.39	15-16	1500 Free *	22:36.79	19:22.99	52	
51	23:39.89	20:17.09	17-18	1500 Free *	22:10.89	19:00.79	52	

Sunday May 6 th , 2008 Session A							
Girls #	B Time	A Time	Age	Event	B Time	A Time	Boys #
55	58.19	48.19	8/U	50 Free	58.19	46.09	56
57	45.29	36.49	9-10	50 Free	44.49	36.19	58
			11-12	50 Free	38.39	32.99	60
61	1:12.49	1:01.89	8/U	50 Breast	1:12.49	1:01.39	62
63	1:01.59	48.29	9-10	50 Breast	1:01.59	48.49	64
			11-12	100 Breast	1:50.49	1:33.59	66
67	4:13.89	3:20.59	9-10	200 IM	4:10.69	3:18.89	68
			11-12	100 Fly	1:38.19	1:22.09	70
71	N/A	N/A	10/U	200 Fr-Relay	N/A	N/A	72
			11-12	200 Fr-Relay	N/A	N/A	74

Sunday May 6 th , 2008 Session B								
Girls #	B Time	A Time	Age	Event	B Time	A Time	Boys #	
75	39.19	33.69	11-12	50 Free				
77	1:22.89	1:11.09	13-14	100 Free	1:17.69	1:06.59	78	
79	1:21.09	1:09.59	15-16	100 Free	1:14.79	1:04.09	80	
79	1:20.69	1:09.19	17-18	100 Free	1:13.19	1:02.69	80	
81	1:49.99	1:33.79	11-12	100 Breast				
83	1:43.99	1:29.09	13-14	100 Breast	1:37.49	1:23.59	84	
85	1:42.29	1:27.69	15-16	100 Breast	1:33.99	1:20.59	86	
85	1:42.19	1:27.59	17-18	100 Breast	1:31.49	1:18.39	86	
87	1:38.69	1:22.89	11-12	100 Fly				
89	3:17.69	2:49.49	13-14	200 Fly	3:06.59	2:39.89	90	
91	3:12.09	2:44.69	15-16	200 Fly	2:57.59	2:32.19	92	
91	3:09.49	2:42.39	17-18	200 Fly	2:54.49	2:29.49	92	
93	N/A	N/A	11-12	200 Fr-Relay				
95	6:09.39	5:16.59	13-14	400 Free *	5:56.49	5:05.59	96	
95	6:04.19	5:12.19	15-16	400 Free *	5:42.19	4:53.29	96	
95	6:00.99	5:09.39	17-18	400 Free *	5:36.39	4:48.39	96	

* The 400 IM, 400 Free, and 1500 Free require a minimum "B" time in order to enter.

Event Recap				
8-Under	9-10	11-12	13-14	15-18
Friday				
		400 IM *	400 IM *	400 IM *
		200 Free	200 Free	200 Free
Saturday				
100 Free	100 Free	50 Breast	100 Fly	100 Fly
50 Fly	50 Fly	50 Fly	50 Free	50 Free
50 Back	50 Back	100 Back	200 Back	200 Back
10/U 200 Medley Relay	200 Medley Relay		1500 Free *	
Sunday				
50 Free	50 Free	50 Free	100 Free	100 Free
50 Breast	50 Breast	100 Breast	100 Breast	100 Breast
	200 IM	100 Fly	200 Fly	200 Fly
10/U 200 Free Relay	200 Free Relay		400 Free *	

