

**SAN JOSE AQUATICS
PACIFIC SWIMMING LONG COURSE JR+ MEET
May 31-June 1, 2008**

Enter Online: <http://swimconnection.com/pc/meet/sja>

SANCTION: Held under USA/Pacific Swimming Sanction No.: **0568**

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 9 competition lanes available. A separate warm up/down pool is available.

TIME: Meet begins at 9:00 am each day, warm-ups from 7:30 to 8:45 a.m. each day.

RULES: Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course. All events are timed finals. Swimmers may compete in up to five 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 made for any mandatory scratches. The 1500 and 800 freestyle will be swum fastest to slowest alternating girls and boys. Swimmers competing in the 1500/800 Free must provide their own lap counters and timers. **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

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 swimmers, during the meet and during warm-up periods. Glass bottles, 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 must have met the listed Junior time standard.*** Meet is open to all qualified swimmers with the following exceptions: swimmers who have provable times in one or more events may enter two additional ***bonus*** events during the meet along with the provable event(s). ***All bonus events must use real times and must be circled on the entry form.*** Swimmers with a qualifying time in the 1500 or 800 freestyle may enter both events. In each case, the non-qualifying events should be entered with actually achieved times ***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 welcomed to attend this meet and should contact the Meet Director or Head Referee regarding special accommodations on the entry times and seeding per Pacific Swimming policy.

CHECK-IN: The meet will be deck seeded. **Swimmers must check in for the first two events each day by 30 minutes before the meet begins. Swimmers in later events must check in at least 30 minutes prior to the estimated start of that 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 (No Show) will be barred from competing in the next individual event in which the swimmer is entered in the meet. The penalty will not apply if the swimmer scratches before the event is seeded or if the Referee accepts proof that the failure was caused by illness, injury or other circumstances beyond the control of the swimmer.

OFFICIALS: *Meet Director:* Andy King : sjaoffice@aol.com, 408-227-5884

Referee: Don Power *Head Starter:* Jeff Well *Head Meet Marshal:* Sue Sherrin

ENTRY FEES: \$4.50 per event, \$5.00 participation fee per swimmer. **NO REFUNDS.**

Make check payable to: SJA and mail with entries to: MEET ENTRIES
PO BOX 36205
SAN JOSE, CA 95158

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry for each event. ENTRY TIMES FOR INDIVIDUAL EVENTS SHALL BE ACHIEVED AND SUBMITTED USING THE APPROPRIATE METER OR YARD TIME. ANY ENTRY TIME SHALL BE NOTED BY (LCM) OR (SCY), TO THE RIGHT OF THE SEED TIME. DO NOT CONVERT TIMES. Entries with “**NO TIME**” **will be rejected.** Entries must be postmarked by midnight, Monday, **May 19, 2008** or hand delivered to the Gunderson High School Aquatic Center Pool Office by 6:30 p.m. Wednesday May 21, 2008. *Entries mailed or delivered to the Gunderson High School Office WILL BE REJECTED.* No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

ONLINE ENTRIES: You may enter this meet online or by U.S. Mail. Enter at: <http://swimconnection.com/pc/meet/SJA> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing 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 a swimmer by Pacific Swimming.** Online entries will be accepted until 11:59 pm, May 21, 2008.

AWARDS: None

ADMISSION: Free. A two-day program will be available for \$5.00.

REFRESHMENTS: A snack bar will be available serving hot breakfast, hot lunches, including salads and other nutritious items and beverages. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

SATURDAY EVENTS

GIRLS EVENT #	MINIMUM TIME METER/YARD	EVENT	MINIMUM TIME METER/YARD	BOYS EVENT #
1	6:17.59/5:35.99	400 IM	6:05.29/5:24.79	2
3	2:36.39/2:18.49	200 Free	2:26.99/2:09.99	4
5	1:23.39/1:13.99	100 Back	1:20.89/1:11.69	6
7	5:26.39/6:01.79	400 Free	5:15.59/5:49.49	8
9	3:24.89/3:02.59	200 Breast	3:13.79/2:52.49	10
11	1:21.69/1:12.39	100 Fly	1:16.59/1:07.79	12
13	11:08.19/12:19.49	800 Free	10:25.49/11:30.99	14

SUNDAY EVENTS

GIRLS EVENTS #	MINIMUM TIME METER/YARD	EVENT	MINIMUM TIME METER/YARD	BOYS EVENT #
15	2:58.19/2:37.99	200 IM	2:48.49/2:29.59	16
17	1:12.19/1:03.79	100 Free	1:07.49/59.49	18
19	1:34.29/1:23.89	100 Breast	1:28.29/1:18.39	20
21	3:02.69/2:42.39	200 Fly	2:54.09/2:34.59	22
23	2:57.79/2:37.99	200 Back	2:56.19/2:36.49	24
25	33.49/29.49	50 Free	31.39/27.59	26
27	21:20.59/20:47.89	1500 Free	20:13.39/19:40.79	28

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