

**SAN JOSE AQUATICS**  
**PACIFIC SWIMMING LONG COURSE JR+ MEET**  
**June 6-7, 2009**  
**Enter Online: <http://swimconnection.com/pc/meet/sja>**

**SANCTION:** Held under USA/Pacific Swimming Sanction No.: **0739**

**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 five events per day (includes bonus events). 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. The 1500 meter and 800 meter freestyle will be swum fastest to slowest alternating girls and boys. Swimmers competing in the 1500 meter and 800 meter freestyle must provide their own lap counters and timers. The 1500 and 800 meter freestyle may be swum two to a lane. **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

**RESTRICTIONS:** Glass containers of all kinds, sale and use of alcoholic beverages and tobacco products are prohibited in all areas of the meet venue defined as 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.

**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 who have provable times in one or more events may enter two additional **bonus** events along with the provable event(s). Swimmers with a qualifying time in the 1500 or 800 meter freestyle may enter both events. ***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.

**PROOF OF TIME:** Proof of time will be required for this meet per Pacific Swimming rule Section 5.B.2.a. Swimmers are eligible to enter all events in Junior meets in which they have equaled or bettered the listed Junior time standards. They may not swim in more than five (5) events per day (including bonus events). Swimmers 13 years of age or over will be considered qualified for these meets without proof of time. Proof of Time using the USA SWIMS Database

as a standard will be used to verify Junior qualifying times for **all swimmers 12 years of age and under**. The Junior qualifying times for 12 and under swimmers must have been achieved prior to the closing date for entries into the meet. When a time can not be proven prior to the meet, the swimmer will not be allowed to check-in for the event until the entry time has been proven. When possible the coaches will be notified of their swimmers who have not proven their entry time. Entry times must have been achieved prior to the closing date for entries for the meet. No refunds will be given if a time cannot be proven.

**CHECK-IN:** The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Close of check-in for all individual 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 seeded and will not be allowed to compete in that event.

**SCRATCHES:** Any swimmer who has checked-in for an individual event and fails to swim that event (No Show) 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 meet day, whichever is first. 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. There is no penalty for swimmers not checking in for a particular event

**OFFICIALS:** *Meet Director: Janet Gutierrez - 408-206-0504 & Gordon Smith - 408-978-0222*  
*Meet Referee: Brian Malick*  
*Head Starter: Frank Suchomel*  
*Head Meet Marshal: Sue Sherrin*

**ENTRY FEES:** \$5.50 per event, \$5.00 participation fee per swimmer.  
Entries will be rejected without payment.

**Make check payable to:** SJA and mail with entries to:

Janet Gutierrez  
Swim Meet Entries  
PO BOX 36205  
San Jose, Ca 95158

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be entered using the current Pacific Swimming procedure: *“A swimmer who qualifies Senior or Junior in a specific stroke and distance will be considered qualified in the same stroke and distance in all courses. If the time was made SCY and it is a SCM or an LCM meet, enter your SCY time. If the time was made SCM and it is a SCY or an LCM meet, enter your SCM time. If the time was made LCM and it is a SCY or an SCM meet, enter your LCM time. When entering a meet, if your qualifying time is in yards enter the yards time and put a Y after the time. If the qualifying time is in Short Course meters enter that time with an S after it. If the qualifying time is in long course meters then enter that time with an L after it.” No time conversions will be accepted. All bonus events must use real times and must be circled on the entry form.*

Entries with **“NO TIME” will be rejected.** Entries must be postmarked by midnight, Monday, **May 25, 2009** or hand delivered to the Gunderson High School Aquatic Center Pool Office by 6:30 p.m. Wednesday May 27, 2009. *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 through. Wednesday, May 27, 2009.

**AWARDS:** None

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

**REFRESHMENTS:** A snack bar will be available serving hot breakfast, hot lunches, including **Tri-tip sandwiches**, 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.

**NO PARKING IS ALLOWED EXCEPT IN DESIGNATED PARKING AREAS!!!!!!**

**POLICE OFFICERS WILL BE ON HAND TO TICKET AND/TOW PARKING VIOLATORS!**

**EVENTS**  
**SATURDAY JUNE 6, 2009**

WOMENS EVENT #	MINIMUM TIME Meters/yards	EVENT	MINIMUM TIME Meters/yards	MENS EVENT #
1	2:58.19/ 2:37.99	200 IM	2:48.49/ 2:29.59	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	1:12.19/ 1:03.79	100 Free	1:07.49/ 59.49	12
13	11:08.19/ 12:19.49	800 Free	10:25.49/ 11:30.99	14

**EVENTS**  
**SUNDAY JUNE 7, 2009**

WOMENS EVENTS #	MINIMUM TIME meters/ yards	EVENT	MINIMUM TIME Meters/yards	MENS EVENT #
15	6:17.59/ 5:35.99	400 IM	6:05.29/ 5:24.79	16
17	1:34.29/ 1:23.89	100 Breast	1:28.29/ 1:18.39	18
19	3:02.69/ 2:42.39	200 Fly	2:54.09/ 2:34.59	20
21	2:57.79/ 2:37.99	200 Back	2:56.19/ 2:36.49	22
23	1:21.69/ 1:12.39	100 Fly	1:16.59/ 1:07.79	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

