

SAN JOSE AQUATICS  
ZONE 1 SOUTH LONG COURSE C/B/A+ MEET  
June 12-13, 2010  
<http://ome.swimconnection.com/pc/SJA20100612>

**SANCTION:** Held under USA/Pacific Swimming Sanction No10-074

**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: the pool is located at the back of the school. Parking is available in the front, back and around the school; but illegally parked vehicles will be ticketed.

**COURSE:** 50 meter X 25 yard outdoor, heated pool. Up to nine competition lanes are available. A separate warm up/down pool is available. The minimum water depth, measured in accordance with Article 103.2.3, is 7' at the Odd start end and 4' 6" at the Even start end. The competition course has been certified in accordance with Article 104.2.2C(4). The copy of the certification is on file with USA Swimming.

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

**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 (USA-S) 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 the listed "A" time standard. Swimmers in the "B" division must have met at least the listed PC "B" time standard. All entries slower than the PC "B" time standard will be in the "C" division. Meet is open to all qualified swimmers. ***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 award. 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:** As of February 24, 2010, Pacific Swimming has adopted a new 'No Show' policy. At age-



## Saturday, June 12, 2010

Event No.		Age Group	Event	Girls "PC-B"	Girls "PC-A"	Boys "PC-B"	Boys "PC-A"
Girls	Boys						
1	2	8-Un	100 Free	2:07.79	1:46.49	2:04.79	1:40.09
3	4	13-14	200 Back	3:32.09	3:12.49	3:24.39	3:05.49
		15-16	200 Back	3:29.99	3:10.59	3:11.69	2:53.99
		17-18	200 Back	3:39.79	3:19.49	3:27.19	3:07.99
5	6	11-12	200 Fly	3:49.49	3:28.39	3:47.49	3:26.49
7	8	10-Un	200 Free	3:42.49	3:21.99	3:41.69	3:21.29
9	10	13-14	200 Free	3:03.59	2:46.59	2:55.39	2:39.19
		15-16	200 Free	3:02.19	2:45.39	2:46.79	2:31.39
		17-18	200 Free	3:06.59	2:49.39	2:45.59	2:30.29
11	12	11-12	200 Free	3:15.99	2:57.89	3:16.29	2:58.19
13	14	10-Un	50 Free	45.89	41.59	47.19	42.79
15	16	8-Un	50 Breast	1:12.49	1:01.89	1:12.49	1:01.39
17	18	13-14	200 IM	3:28.59	3:09.39	3:19.79	3:01.39
		15-16	200 IM	3:27.69	3:08.49	3:10.99	2:53.39
		17-18	200 IM	3:31.69	3:12.19	3:11.59	2:53.89
19	20	11-12	200 IM	3:42.59	3:22.09	3:44.29	3:23.59
21	22	10-Un	50 Back	54.09	49.09	55.49	50.29
23	24	13-14	200 Fly	3:35.99	3:15.99	3:28.09	3:08.89
		15-16	200 Fly	3:31.39	3:11.89	3:15.99	2:57.89
		17-18	200 Fly	3:43.79	3:23.19	3:21.79	3:03.19
25	26	11-12	50 Breast	54.09	49.09	54.09	49.09
27	28	10-Un	100 Breast	2:13.29	2:00.99	2:15.69	2:03.19
29	30	13-14	400 Free	6:27.39	5:51.59	6:16.69	5:41.99
		15-16	400 Free	6:28.49	5:52.59	5:56.99	5:24.09
		17-18	400 Free	6:43.59	6:06.39	5:58.59	5:25.49
31	32	11-12	400 Free	6:52.79	6:14.69	6:57.19	6:18.69

## SATURDAY EVENT SUMMARY

8-Un	10-Un	11-12	13 -18
100 Free	200 Free	200 Fly	200 Back
50 Breast	50 Free	200 Free	200 Free
	50 Back	200 IM	200 Fly
	100 Breast	50 Breast	400 Free

### Sunday, June 13, 2010

Event		No.		Age Group	Event	Girls "PC-B"	Girls "PC-A"	Boys "PC-B"	Boys "PC-A"
Girls	Boys								
33	34	13-14	400 IM	7:30.29	6:48.69	7:09.99	6:30.29		
		15-16	400 IM	7:25.19	6:44.19	6:50.79	6:12.89		
		17-18	400 IM	7:49.59	7:06.29	7:06.99	6:27.69		
35	36	11-12	400 IM	7:51.59	7:08.09	7:55.59	7:11.69		
37	38	10-Un	200 IM	4:13.29	3:49.89	4:16.29	3:52.69		
39	40	8-Un	50 Free	58.19	48.19	58.19	46.09		
41	42	13-14	50 Free	39.39	35.69	37.59	34.09		
		15-16	50 Free	39.09	35.39	35.39	32.09		
		17-18	50 Free	39.39	35.69	34.69	31.39		
43	44	11-12	100 Free	1:30.09	1:21.79	1:29.29	1:21.09		
45	46	10-Un	50 fly	51.99	47.19	52.49	47.59		
47	48	8-Un	50 fly	1:06.99	58.99	1:06.99	58.39		
49	50	13-14	100 Breast	1:50.99	1:40.79	1:46.09	1:36.29		
		15-16	100 Breast	1:50.39	1:40.19	1:39.99	1:30.69		
		17-18	100 Breast	1:53.79	1:43.29	1:40.89	1:31.59		
51	52	11-12	100 Back	1:44.49	1:34.89	1:45.99	1:36.19		
53	54	10-Un	100 Back	1:57.69	1:46.79	1:58.19	1:47.29		
55	56	8-Un	50 Back	1:06.99	57.89	1:06.99	56.69		
57	58	13-14	100 Back	1:38.09	1:28.99	1:34.69	1:25.89		
		15-16	100 Back	1:37.29	1:28.29	1:29.59	1:21.29		
		17-18	100 Back	1:43.99	1:34.39	1:31.29	1:22.89		
59	60	11-12	100 Breast	1:57.59	1:46.69	1:56.39	1:45.59		
61	62	10-Un	50 Breast	1:00.89	55.29	1:01.69	55.99		
63	64	13-14	100 Fly	1:35.49	1:26.59	1:31.69	1:23.19		
		15-16	100 Fly	1:34.69	1:25.89	1:24.89	1:17.09		
		17-18	100 Fly	1:36.49	1:27.59	1:25.59	1:17.69		
65	66	11-12	100 Fly	1:43.59	1:33.99	1:43.99	1:34.39		
67	68	OPEN	800 Free	14:05.09	*	13:52.99	*		

**\* Open events will be limited to those swimmers who have an entry time equal to or faster than the event's listed seed time. These events may be swum 2 swimmers per lane with the agreement of the Meet Director and Referee.**

#### SUNDAY EVENT SUMMARY

8-Un	10-Un	11-12	13-18	OPEN
50 Free	200	400 IM	400 IM	800 Free
50 Fly	50 Fly	100 Free	50 Free	
50 Back	100 Back	100 Back	100 Breast	

