

SAN JOSE AQUATICS
PACIFIC SWIMMING SHORT COURSE JR+ MEET October 2-3, 2010
Enter Online: <http://ome.swimconnection.com/pc/sja20101002>

SANCTION: Held under USA Pacific Swimming Sanction No. **10-124**

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, measured in accordance with Article 103.2.3, is 7' throughout the racing course. 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 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 including 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 1650y and 1000y freestyle will be swum fastest to slowest alternating girls and boys; swimmers competing in these events must provide their own lap counters and timers. All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

RACING STARTS: Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. No deck changing. All shelters must be properly secured. No glass containers are allowed in the meet venue. No propane heater is permitted except for snack bar/meet operations.

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 for the meet. ***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 be 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.

OFFICIALS: *Meet Director: Janet Gutierrez - 408-206-0504*

Meet Referee: Jim Nachtigal

Head Starter: Clif Reyda

Meet Marshal: Margaret Doty

ENTRY FEES: \$5.50 per event, \$5.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

Make check payable to: SJA

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, **September 20, 2010** or hand delivered to the Gunderson High School Aquatic Center Pool Office by 6:30 p.m. Wednesday, September 22, 2010. *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. To enter on-line go to <http://ome.swimconnection.com/pc/sja20101002> 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, September 22, 2010.

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, 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 OCTOBER 2, 2010

WOMENS EVENT #	MINIMUM TIME Meters/yards	EVENT	MINIMUM TIME Meters/yards	MENS EVENT #
1	2:58.19/ 2:37.99	200 1M	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	500 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	1000 Free	10:25.49/11:30.99	14

EVENTS
SUNDAY OCTOBER 3, 2010

WOMENS EVENTS #	MINIMUM TIME meters/ yards	EVENT	MINIMUM TIME Meters/yards	MENS EVENT #
15	6: 17.59/ 5:35.99	400 1M	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	1650 Free	20:13.39/19:40.79	28
