

# West Coast Aquatics

## Fall Classic Short Course C/B/A+ Meet

Saturday and Sunday, October 9 - 10, 2010

Enter online at <http://ome.swimconnection.com/pc/west20101009>

**SANCTION:** Held under USA/Pacific Swimming Sanction # **10-131**

**LOCATION:** The Frank Fiscalini International Swim Center, at Independence High School, is located at 627 North Jackson Avenue, San José, CA 95133. From Interstate-680, exit McKee Road and head West, away from the foothills. Turn Right at Jackson Avenue, which is the first light. Turn left into the parking lot at the second traffic light, which is the pool parking lot. From Highway-101, Exit McKee Road and head East, toward the foothills. Go down McKee to the 7<sup>th</sup> traffic light which will be Jackson Ave. Turn Left on Jackson. At second light turn left into the pool parking lot.

**COURSE:** 25 yard by 50 meter outdoor, heated pool. Up to 17 lanes of competition available, to be allocated based on the number of entries. Separate 25 yard, 7 lane diving well for warm up and warm down. The minimum water depth at the start and turn ends of this pool is in accordance with article 103.2.3., measuring from 4.5 to 7.0 feet. This competition course has also been measured and certified in accordance with 104.2.2C(4).

**RACING STARTS:** Any swimmer entered in the meet who is 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 insure compliance with this requirement. Swimmers without coach supervision must contact the Meet Director or Meet Referee to be assigned to a coach on deck

**TIME:** Meet begins at 9:00 am each day. Warm-up is from 7:30 to 8:45 am each day.

**RULES:** Current USA and Pacific Swimming rules will govern this 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 in the 12 and Under age group should complete competition within four (4) hours. 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. Events are timed finals, swimmers may compete in five (5) events per day. If local conditions warrant it, the Head 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.

**All coaches and deck officials must wear their USA Swimming (USA-S) 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 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 Independence High School. Animals are prohibited in the pool deck area at all times, with the exception of disabled assistance animals. No propane containers, other than provided for the snack bar, are allowed in all areas of the meet venue. No glass containers are allowed in the pool facility. Except for coaches' seating 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.

**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 PC "A" time standard. Swimmers in the "B" division must have met at least the listed PC "B" time standard. All entries slower than the listed PC "B" time standard will be in the "C" division. 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 19 years of age and over may participate in 15 -18 age group events, but may not receive awards or score points. Such swimmers must have met the time standards for the 17 - 18 age group.

**CHECK-IN:** The meet will be deck seeded. Swimmers must check-in with the Clerk of the Course. Events will be closed no earlier than 30 minutes before the estimated start time of each event. Swimmers who do not check-in will not be allowed to compete in the event.

**DISTANCE:** The 500 Free will be swum in heats fastest to slowest. **Swimmers competing in the 500 freestyle must provide their own timers and lap counters.**

**ENTRIES:** Swimmers may enter this meet online or by mail. Online meet entry is in no way required or expected in order to enter this meet. Entry forms must be completely filled out, including best SHORT COURSE times for each event. Entries must be submitted in YARDS. No Time (NT) entries Will Be accepted. No Refunds will be made except for mandatory scratch downs. No late entries will be accepted. No faxed entries will be accepted. Entries without payment will not be accepted.

**Z1S swimmers that get their entries in by 11:59 PM, Sunday, September 19, 2010, will be given priority into the meet. Z1S swimmers who do not get their entries in by this date and all other swimmers will be accepted into the meet in the order their entries are received, if the meet capacity has not been reached or until it does.**

**Online Meet Entries:** Enter at: <http://ome.swimconnection.com/pc/west20101009> to receive immediate confirmation of acceptance by email. The "billing information" email should be brought to the meet as proof of entry. Online entry requires payment by credit card using our secure site. 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 this system are completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. Online entries must be completed by 11:59PM PST, on Wednesday, September 29, 2010. No entries will be accepted after this time.

**Postal System Mailed Entries:** Entries must be completed on the attached SAMMS Consolidated Entry Form. Entry times must be completely filled out including best SHORT COURSE times for each event. Entered times must be submitted in YARDS. All entries must be postmarked by midnight Monday, September 27, 2010, or hand delivered by 7:00 PM on Wednesday, September 29, 2010 to 2540 Yerba Hills Court, San José, CA 95121. All entries will be considered in the order in which they were received. No late entries will be accepted. No refunds will be made. Enclose a self addressed and stamped envelope if you wish to receive confirmation of entry.

**ENTRY FEES:** \$5.00 participation fee per swimmer, and \$2.75 per individual event. Fees must be included with entries. Please, make checks (Check or Money Order Only, No Cash) payable to **West Coast Aquatics**.

<b>OFFICIALS:</b>	Head Referee:	Brian Malick
	Head Starter:	Soren Soe
	Head Marshal:	Lan Ho
	Meet Director:	Verónica Hernández e-mail: <a href="mailto:vernhernwest@gmail.com">vernhernwest@gmail.com</a>

**AWARDS:** One set of ribbons will be awarded for 1st through 8th places in each age group and division (C, B and A+). Standard "A" medals shall be awarded to swimmers attaining new "PC-A" times in each event, regardless of the place achieved in the event. Events that contain multiple age group participants will be awarded separately, unless it is a 10 & Under event. The 10 & Under events will be awarded as one age group. Swimmers 19 years of age and older will not receive awards. A team representative must pick up their swim team's awards at the conclusion of the meet at the awards desk. Awards will not be handed out to individuals, unless the swimmer is unattached. Awards will not be mailed.

**ADMISSION:** Free. A two day program will be available for purchase at the meet for \$5.00.

**HOSPITALITY:** Meals and refreshments will be provided for working officials and coaches. Refreshments will be provided for timers.

**SNACK BAR:** A full snack bar with food and drinks will be available.

Girls Event #	PC "B" Time	PC "A" Time	Saturday Events Age Group, Event Description	PC "B" Time	PC "A" Time	Boys Event #
1	3:21.29	3:02.69	11-12 200 Butterfly	3:19.99	3:01.49	2
3	3:11.29	2:53.59	13-14 200 Butterfly	3:03.99	2:46.99	4
5	3:08.89	2:51.19	15-16 200 Butterfly	2:54.59	2:38.29	6
	3:18.59	3:00.29	17-18 200 Butterfly	2:58.59	2:42.19	
7	1:54.59	1:35.29	8 & Under 100 Freestyle	1:51.59	1:28.99	8
9	1:29.29	1:21.09	10 & Under 100 Freestyle	1:29.29	1:21.09	10
11	1:18.89	1:11.59	11-12 100 Freestyle	1:17.99	1:10.79	12
13	1:15.89	1:08.79	13-14 100 Freestyle	1:10.79	1:04.29	14
15	1:15.29	1:08.39	15-16 100 Freestyle	1:07.89	1:01.59	16
	1:16.29	1:09.19	17-18 100 Freestyle	1:07.09	1:00.79	
17	29.99	24.79	8 & Under 25 Breaststroke	29.99	24.29	18
19	54.09	49.09	10 & Under 50 Breaststroke	54.09	49.09	20
21	47.99	43.59	11-12 50 Breaststroke	46.69	42.29	22
23	1:37.19	1:28.19	13-14 100 Breaststroke	1:31.99	1:23.49	24
25	1:38.69	1:29.49	15-16 100 Breaststroke	1:27.99	1:19.79	26
	1:43.99	1:34.39	17-18 100 Breaststroke	1:29.29	1:21.09	
27	59.99	51.59	8 & Under 50 Backstroke	59.99	50.49	28
29	1:42.59	1:33.19	10 & Under 100 Backstroke	1:45.29	1:35.59	30
31	1:31.99	1:23.49	11-12 100 Backstroke	1:31.99	1:23.49	32
33	3:06.39	2:49.09	13-14 200 Backstroke	2:59.99	2:43.39	34
35	3:07.99	2:50.59	15-16 200 Backstroke	2:53.29	2:37.29	36
	3:22.59	3:03.89	17-18 200 Backstroke	3:03.39	2:46.49	
37	26.99	21.59	8 & Under 25 Butterfly	26.99	20.49	38
39	45.99	41.69	10 & Under 50 Butterfly	45.49	41.19	40
41	40.39	36.69	11-12 50 Butterfly	39.99	36.29	42
43	1:25.69	1:17.79	13-14 100 Butterfly	1:20.69	1:13.19	44
45	1:23.59	1:15.89	15-16 100 Butterfly	1:15.19	1:08.19	46
	1:25.29	1:17.39	17-18 100 Butterfly	1:15.99	1:08.89	
47	23.49	19.49	8 & Under 25 Freestyle	23.49	18.39	48
49	8:27.69	7:40.99	10 & Under 500 Free	8:14.39	7:28.79	50
51	7:42.69	6:59.99	11-12 500 Free	7:41.99	6:59.39	52
	7:14.59	6:34.49	13-14 500 Free	6:55.89	6:17.49	
	7:09.19	6:29.59	15-16 500 Free	6:48.19	6:10.49	
	7:26.59	6:45.39	17-18 500 Free	6:48.19	6:10.49	

<b>Event Summary</b>	8&Un	10&Un	11-12	13-14	15-18
Saturday	100 Free	100 Free	200 Fly	200 Fly	200 Fly
	25 Brst	50 Brst	100 Free	100 Free	100 Free
	50 Back	100 Back	50 Brst	100 Brst	100 Brst
	25 Fly	50 Fly	100 Back	200 Back	200 Back
	25 Free	500 Free	50 Fly	100 Fly	100 Fly
			500 Free	500 Free	500 Free

Girls Event #	PC "B" Time	PC "A" Time	Sunday Events Age Group, Event Description	PC "B" Time	PC "A" Time	Boys Event #
53	2:52.39	2:36.49	11-12 200 Freestyle	2:53.59	2:37.49	54
55	2:42.59	2:27.59	13-14 200 Freestyle	2:34.59	2:20.39	56
57	2:42.59	2:27.59	15-16 200 Freestyle	2:27.99	2:14.29	5
	2:47.59	2:32.09	17-18 200 Freestyle	2:27.99	2:14.29	
59	27.99	23.19	8 & Under 25 Backstroke	27.99	22.69	60
61	47.99	43.49	10 & Under 50 Backstroke	47.99	43.49	62
63	42.69	38.69	11-12 50 Backstroke	42.69	38.69	64
65	1:26.69	1:18.59	13-14 100 Backstroke	1:22.69	1:14.99	66
67	1:27.99	1:19.79	15-16 100 Backstroke	1:19.99	1:12.59	68
	1:32.09	1:23.59	17-18 100 Backstroke	1:20.49	1:13.0	
69	1:04.99	55.29	8 & Under 50 Breaststroke	1:04.99	54.79	70
71	1:57.29	1:46.49	10 & Under 100 Breaststroke	1:58.59	1:47.69	72
73	1:43.39	1:33.89	11-12 100 Breaststroke	1:42.59	1:33.19	74
75	3:33.19	3:13.49	13-14 200 Breaststroke	3:22.79	3:04.09	76
77	3:31.99	3:12.39	15-16 200 Breaststroke	3:15.99	2:57.89	78
	3:42.59	3:22.09	17-18 200 Breaststroke	3:19.99	3:01.49	
79	59.99	52.59	8 & Under 50 Butterfly	59.99	52.09	80
81	1:45.29	1:35.59	10 & Under 100 Butterfly	1:47.99	1:37.99	82
83	36.29	32.89	11-12 50 Freestyle	35.99	32.69	84
85	35.09	31.79	13-14 50 Freestyle	32.79	29.79	86
87	34.69	31.39	15-16 50 Freestyle	30.99	28.09	88
	35.59	32.39	17-18 50 Freestyle	30.99	28.09	
89	51.99	42.99	8 & Under 50 Freestyle	51.99	40.89	90
91	40.29	36.49	10 & Under 50 Freestyle	40.39	36.59	92
93	3:17.29	2:59.09	11-12 200 Individual Medley	3:17.29	2:59.09	94
95	3:05.39	2:48.29	13-14 200 Individual Medley	2:55.99	2:39.69	96
97	3:03.99	2:46.99	15-16 200 Individual Medley	2:48.79	2:33.19	98
	3:11.29	2:25.59	17-18 200 Individual Medley	2:49.29	2:33.69	
99	2:09.99	1:49.29	8 & Under 100 Individual Medley	2:09.99	1:45.09	100
101	3:42.59	3:22.09	10 & Under 200 Individual Medley	3:44.39	3:23.59	102

<b>Event Summary</b>	8 & un	10 & Un	11-12	13-14	15-18
Sunday	25 Back	50 Back	200 Free	200 Free	200 Free
	50 Brst	100 Brst	50 Back	100 Back	100 Back
	50 Fly	100 Fly	100 Brst	200 Brst	200 Brst
	50 Free	50 Free	50 Free	50 Free	50 Free
	100 IM	200 IM	200 IM	200 IM	200 IM

