

**SOLO AQUATICS**  
**Pacific Swimming / Zone 1 North Short Course PC-C/PC-B/PC-A+ Meet**  
**Saturday and Sunday, March 3 and 4, 2012**  
Enter online at: <http://ome.swimconnection.com/pc/solo20120303>

**Zone 1 North Team Priority**

**SANCTION:** Held under USA/Pacific Swimming Sanction No.: 12-032

*In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims of damages arising by reason of injuries to anyone during the conduct of the event.*

**NOTICE:** By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print, or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets, and live meet results.

**USE OF AUDIO AND VISUAL:** Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms, or locker rooms.

**OFFICIALS:**

Head Referee:	Bonnie Leong
Head Starter:	Karl Nakamura
Head Meet Marshal:	Robert Peck
Meet Director:	Tom McRae, solotom@yahoo.com

**LOCATION:** Menlo-Atherton High School Pool, 555 Middlefield Rd, Atherton, CA 94027. **From Highway 101:** Take the Willow Road exit toward Menlo Park. Travel West to Middlefield Road. Turn right on Middlefield Road to Ringwood Avenue. Turn right on Ringwood and turn left in the third school driveway and park in the student lots in front of gym. Pool is located behind gym. Parking is prohibited on Ringwood. Additional parking is available in the front of the school.

**COURSE:** Outdoor 15 lane by 25 yard heated pool. Up to 10 lanes will be used for competition. Warm-up, cool down area will be available during the meet. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 7'0" at the start end and 7'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

**TIME:** This is a split session meet.

**Session A (11 & Over Swimmers):** Meet will begin at 8:30 AM; warm-ups are from 7:00 – 8:15 AM.

**Session B (10 & Under Swimmers):** Meet will begin one hour after Session A finishes, but not before 12:00 pm. Warm-ups begin immediately after Session A finishes.

**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 events are timed finals. **SWIMMERS MAY COMPETE IN A TOTAL OF THREE (3) EVENTS PER DAY. Entries will be accepted until the number of splashes meets the estimated time line, in accordance with the Four-Hour Rule, based on the swimmers Age Group and Gender. Therefore, meet entries may close prior to the entry deadline stated.** All 13 – 14 and 15 & Over swimmers will compete together but will be awarded separately. All swimmers competing in the 11-12 500 Freestyles must have met the "PC-B" time standard. Swimmers entered in the 500 Free must provide their own timers and lap counters. All 13-14, 15-16, and 17-18 swimmers in the 400 IM must have met the "PC-B" time standard. No late entries. Fax entries, or entries without payment will not be accepted. No refunds will be made.

**All Coaches and Deck Officials must wear their USA Swimming (USA-S) Registration Card in a visible manner.**

**Attention High School Swimmers (February through May):** If you are a high school swimmer in competition season, you need to be unattached from this meet. It is your responsibility to be unattached from this meet. You can un-attach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**UNACCOMPANIED SWIMMERS:** Any USA-S athlete-member competing at the meet must be accompanied by a USA Swimming member-coach for the purposes of athlete supervision during warm-up, competition, and warm-down. If a coach-member of the athlete's USA-S Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USA-S Club member-coach. Any swimmer entered in the meet unaccompanied by a USA-S member-coach must be certified by a USA-S 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 and alcohol products is prohibited on the pool deck, in the locker rooms, in the spectator seating area and in all areas used by swimmers during the meet and warm-up periods. Glass bottles are not allowed in all areas of the meet venue. Pets, not including guide dogs, are strictly 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 the 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 meet registration fee). Duplicate Registrations will be refunded by mail. Swimmers in the "A" Division must have at least the listed "PC-A" time standard. Swimmers in the "B" Division must have met at least the listed "PC-B" time standard and have not met the listed "PC-A" standard. All entry times slower than the listed "PC-B" time standard will be in the "C" Division. All entry times submitted for this meet will be checked against a computer database and may change 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 the entry times and seeding per Pacific Swimming Policy. Swimmers 19 years and over may compete in 13 & Over events but may not receive awards.

**ENTRY FEES:** \$2.75 per Individual event, plus an \$8.00 participation fee per swimmer to help defray meet expenses.

**MAKE CHECKS PAYABLE TO:** SOLO  
**MAIL ENTRIES TO:** SOLO Meet Director  
P.O. Box 7266.  
Menlo Park, CA 94025

**ENTRIES: Zone 1N swimmers surface mail and online entries must be postmarked or online by Monday, February 13<sup>th</sup> in order to receive priority acceptance to the meet. No swimmers other than those in Zone 1N may enter the meet until the preference period has concluded.**

After the Zone 1N preference period has concluded, entries from other Pacific Swimming Zones or other LSCs will be accepted on a first come first served basis as long as the entry cap for the session has not been met. All other online entries must be received by 11:59PM, Wednesday, February 22, 2012. All surface mail entries must be postmarked by Monday, February 20, 2012. Hand delivered entries must be received by 6:00 pm on Wednesday, February 22, 2012. Hand entries can be delivered to the meet entries chair's address, which is listed below. **For confirmation of entries, a self-addressed stamped envelope or postcard must be provided.** See below for specific instructions for online and surface entries.

**Option 1: Online Meet Entries:**

1. Using your browser go to: <http://ome.swimconnection.com/pc/solo/20120303>
2. Follow entry instructions:
  - a. Enter all swimmers
  - b. Make online credit card payment for meet entries at our secure site.
  - c. **You will receive confirmation of acceptance** into the meet at time of payment. This confirmation should be brought to the meet as proof of entry.

*Note: Entering the meet online is completely voluntary and is in no way required or expected in order to enter the meet. Swim Connection LLC charges a processing fee for this service equal to \$1 per swimmer plus 5% of the 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.*

**Option 2: Surface Mailed Entries:**

1. Entries must be on the attached Consolidated Entry Form. Complete a separate form for each swimmer using the best short course yards time for each event.
2. Mail entry form and fees to the above listed address, or drop off at Menlo-Atherton HS pool before 5:00pm.
3. **No late entries, fax entries, or entries without payment will be accepted. No refunds will be made.**

**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 60 minutes before the estimated time of the start of the first heat of the event. No event shall be closed more than 30 minutes before the scheduled start of the session. 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 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 circumstance that were beyond the control of the swimmer.

**AWARDS:** Individual events will be awarded in the A, B, and C division. Ribbons for First through Eighth place will be given to the following age groups: 6 & Under, 7-8, 9-10, 11-12, 13-14, 15 & O. 13-14 and 15 & O Swimmers will compete together but will be awarded separately. Swimmers 19 years of age and older will not receive awards. "A" time medals will be given to swimmers achieving a new "PC – A" times, regardless of place achieved in the event. All awards must be picked up at the meet by coaches at the end of each session. Awards will not be mailed.

**ADMISSION:** Free. A two day program will be available for a reasonable fee.

**SNACK BAR:** A Snack Bar will be open each day.

**HOSPITALITY:** Generous and friendly hospitality provided for officials, coaches, and volunteers. Lunches will be available for officials and coaches.

**TIMERS:** All participating teams are expected to provide lane timers based upon the number of swimmers registered to swim each day. Team timing lanes will be assigned and coaches will be notified of assignments during the week prior to the meet.

**MINIMUM OFFICIALS:** Teams must follow Zone 1 North rules for providing officials. Each team must provide officials for each session according to the number of swimmers entered in that session, following the table below. Teams that do not provide sufficient officials must provide coaches to act in the place of officials.

Number of swimmers per team per session	# of trained and certified officials required
0-24	0
25-50	1
51-75	2
76 -100	3
101 and up	4 and up (1 for every 25 swimmers)

### EVENT SUMMARY

Girls #	Saturday Session A	Boys #
1	11 – 12 100 Free	2
3	13 & O 100 Free	4
5	11 – 12 200 Breast	6
7	13 & O 200 Back	8
9	11 – 12 50 Fly	10
11	13 & O 200 IM	12
13	11 – 12 100 Back	14
15	13 & O 100 Fly	16
17	11 – 12 200 IM	18
19	13 & O 400 IM	20
Girls #	Saturday Session B	Boys #
21	9 – 10 100 IM	22
23	8 & U 50 Back	24
25	9 – 10 100 Breast	26
27	8 & U 25 Breast	28
29	9 – 10 50 Free	30
31	8 & U 50 Free	32
33	9 – 10 100 Fly	34
35	8 & U 25 Fly	36
37	9 – 10 200 Free	38

Girls #	Sunday Session A	Boys #
39	13 & O 200 Free	40
41	11 – 12 200 Free	42
43	13 & O 100 Back	44
45	11 – 12 50 Breast	46
47	13 & O 100 Breast	48
49	11 – 12 100 Fly	50
51	13 & O 200 Fly	52
53	11 – 12 50 Free	54
55	13 & O 50 Free	56
57	11 – 12 500 Free	58
Girls #	Sunday Session B	Boys #
59	9 – 10 100 Free	60
61	8 & U 100 Free	62
63	9 – 10 50 Breast	64
65	8 & U 25 Back	66
67	9 – 10 50 Back	68
69	8 & U 25 Free	70
71	9 – 10 50 Fly	72
73	8 & U 50 Breast	74
75	9 – 10 200 IM	76

**SOLO Short Course PC-  
C/PC-B/PC-A+  
Menlo-Atherton High  
School**

**March 3 - 4, 2012**

**Consolidated Entry Card**

Name:		
Last:	First:	MI:
Club Abbr.	Club Name:	
Age:	Date of Birth:	Age Group:
USA-S Reg #:		Amt Paid:
Sex (Circle):	Boy	Girl
Event #	Distance/Stroke	Entry Time
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
Entries # _____ X \$2.75 =     \$ _____ Swimmer Participation Fee:    + \$ 8.00 ENTRY FEE TOTAL:                = \$ _____		
Coach:		
Swimmer's Address:		
Phone #:		
E-Mail:		