

West Coast Aquatics
Race to JO's – C/B/A+ Meet
Friday – Sunday, March 2 – 4, 2012
Enter online at <http://ome.swimconnection.com/pc/west20120302>

SANCTION: Sanctioned by USA Swimming/Pacific Swimming # **12-034**

In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for 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. The results of this meet will be posted in real time on the Internet at (meet results URL). By entering the meet, the athlete or his/her guardian consents to this publication.

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

OFFICIALS:	Head Referee:	Jeanette Soe
	Head Starter:	Carole Keighley
	Head Marshal:	Danica Burge
	Meet Director:	Verónica Hernández, vernhernwest@gmail.com

LOCATION: Frank Fiscalini International Swim Center at Independence High School, 627 North Jackson Avenue, San José, CA 95133. From Interstate-680, exit McKee Road and head west, away from the foothills. Turn right at first light, which is Jackson Avenue. Turn left into the parking lot at the second traffic light, which is just after the football stadium. From Highway-101, exit McKee Road and head east, toward the foothills. Go down McKee to the 7th 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 16 lanes of competition are available on Saturday and Sunday, and 10 lanes on Friday, with a separate 25 yard, 7 lane diving well for warm up and warm down all three days. The minimum water depth at the shallow end of this pool measures 4.5 feet, with a maximum depth of 7 feet, and is in accordance with article 103.2.3. This competition course has not yet been certified in accordance with 104.2.2C(4).

TIME: Meet begins at 4:15 PM on Friday, with a warm-up at 3:15 PM. On Saturday and Sunday the meet will begin at 9:00 AM, with warm-up from 7:30 to 8:45 AM. Gates for seating and set up will open no earlier than 2:30 PM on Friday, 6:00 AM on Saturday, and 6:30 AM Sunday.

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 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. **Each swimmer is limited to four (4) individual events per day on Saturday and Sunday, and two (2) events on Friday.** The meet will be limited to the first 30 swimmers of each gender for the 1650 Free and the 400 IM. The 1650 Freestyle and the 400 IM will be swum in heats alternating girls and boys from fastest to slowest. The 500 and 1000 Freestyle will be swum in heats fastest to slowest on two courses. **Swimmers competing in any of these four distance events must provide their own timers and lap counters.** Saturday and Sunday, the meet will be limited to 1000 swimmers, or until the estimated time line meets the Four Hour Rule. If 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.

HIGH SCHOOL SWIMMERS (February through May): If you are a high school swimmer and have competed in a high school season meet, you need to swim "unattached" from your club team at 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 USAS 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 USAS 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 Swimming 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 USAS Club Member-Coach. The swimmer must be certified by a USA Swimming member-coach as being proficient in performing a racing starter, or must start all races in 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 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 allowed on deck. 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 the 11 & Up category, but may not receive awards or score points. **Zone 1 South attached swimmers will be given priority to entering this meet. Only Zone 1 South swimmers will be accepted through Wednesday, February 8, 2012. The meet will be open to other zone swimmers starting 2/9/2012.**

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. Entry times in long course meters will be accepted for events never swum in yards, but will be swum before actual yard swims. "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.

ENTRY FEES: \$8.00 participation fee per swimmer, and \$2.75 per individual event. Fees must be included with entries. Checks or Money Orders only.

Make check payable to: West Coast Aquatics
Mail with entries to: WEST Meet Director
2540 Yerba Hills Court
San Jose, CA 952

Online Meet Entries: Enter at: <http://ome.swimconnection.com/pc/west20120302> 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 the 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, February 22, 2012. 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 yards times for each event. All entries must be postmarked by midnight Monday, February 20, 2012, or hand delivered by 8:00 PM on Wednesday, February 22, 2012 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.

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. The 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 an event. No event shall be close 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: The meet will be deck seeded. Swimmers entered in an individual event in a C/B/A+ meet, that is seeded on the deck, and who have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding, for that event has begun, that they wish to scratch. Failure to swim an event will result in being barred from their next individual event in which the swimmer is entered on that day or the next meet day, whichever is first. Exception: No penalty shall apply for failure to withdraw or compete in an individual event if the referee is notified in the event of illness or injury and accepts the proof thereof, or it is determined by the referee that the No-Show is caused by circumstances beyond the control of the swimmer.

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 limited number of two day programs will be available for purchase at the meet for a reasonable price.

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

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

SEATING: There will be no seating outside of the pool deck for this swim meet. Seating in the parking lot area, in front of the gym, and behind the bleacher area will not be permitted. The pool deck will open at 6:00 AM on Saturday and 6:30 AM on Sunday.

Summary of Events for Friday
11 & Up
400 IM
1650 Free

Summary of Events for Saturday		
10 & Under	12 & Under	11 & Up
	50 Brst	200 Back
100 Fly		100 Fly
	50 Back	200 Brst
100 Free		100 Free
200 IM		200 IM
500 Free		500 Free

Summary of Events for Sunday		
10 & Under	12 & Under	11 & Up
	100 IM	100 Back
100 Back		200 Free
200 Free		100 Brst
100 Brst		50 Free
50 Free	50 Fly	200 Fly
		1000 Free

Use the following URL to find the time standards: http://www.pacswim.org/12_A-B-SC.pdf

Girls Event #	Friday Events Age Group, Event Description	Boys Event #
1	11 & Up 400 Individual Medley	2
3	11 & Up 1650 Freestyle	4

Girls Event #	Saturday Events Age Group, Event Description	Boys Event #
5	12 & Under 50 Breaststroke	6
7	11 & Up 200 Backstroke	8
9	10 & Under 100 Butterfly	10
11	11 & Up 100 Butterfly	12
13	12 & Under 50 Backstroke	14
15	11 & Up 200 Breaststroke	16
17	10 & Under 100 Freestyle	18
19	11 & Up 100 Freestyle	20
21	10 & Under 200 Individual Medley	22
23	11 & Up 200 Individual Medley	24
25	10 & Under 500 Freestyle	26
27	11 & Up 500 Freestyle	28

Girls Event #	Sunday Events Age Group, Event Description	Boys Event #
29	12 & Under 100 Individual Medley	30
31	11 & Up 100 Backstroke	32
33	10 & Under 100 Backstroke	34
35	11 & Up 200 Freestyle	36
37	10 & Under 200 Freestyle	38
39	11 & Up 100 Breaststroke	40
41	10 & Under 100 Breaststroke	42
43	11 & Up 50 Freestyle	44
45	10 & Under 50 Freestyle	46
47	11 & Up 200 Butterfly	48
49	12 & Under 50 Butterfly	50
51	11 & Up 1000 Freestyle	52

