

## QuickSilver Swimming

### PACIFIC SWIMMING SHORT COURSE IM Ready and IMX Meet

October 26-27, 2013

Enter Online: <http://ome.swimconnection.com/pc/QSS20131026>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. 13-167

*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 may be posted in real time on the Internet at: [results.teamunify.com/pcqs/index.html](http://results.teamunify.com/pcqs/index.html)**

**USE OF AUDIO AND VISUAL: USE this new verbiage instead):** Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

**OFFICIALS:**      **Meet Referee:** Jeanette Soe      **Head Starter:** Karyn Kikuta      **Admin Official:** Dustin McKennan  
                         **Meet Marshal:** Dolores Akin      **Meet Director:** Janet Gutierrez - [coachjanetqss@gmail.com](mailto:coachjanetqss@gmail.com) / 408-206-0504

**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. Please park in designated parking only.

**COURSE:** Gunderson is an outdoor 25 yard pool with up to 16 lanes available for competition. An additional 6 lane, diving well will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 4'6" at the shallow end and 7' at the deep end. In accordance with Article 104.2.2C (4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

**TIME:** Warm-ups will be from 7:30 AM to 8:45 AM each day. The **IMR events** will begin at 9:00 AM each day and special warm-up lanes for 8 and under swimmers will be made available. The **IMX events** will begin at the conclusion of the IMR events. Each day after the conclusion of the IMR events, the competition pool will open for a short 15 min general warm-up, dive, and pace session, immediately thereafter the IMX events will begin. The IMX will begin no earlier than 12:00 PM.

**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 up to 5 events per day regardless of the session.**
- All swimmers ages 12 and under 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 the swimmers age and gender. Per Zone 1 South, the meet shall be capped at 1000 swimmers per day.
- 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.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

**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.

**RACING STARTS:** Swimmers must be certified by a USA-S member-coach as being proficient in performing a racing start, or must start the race 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, 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 glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Families must set up on the pool area. Overflow areas are limited to bicycle rack and tennis courts.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

**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 will 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 entry times slower than the listed "PC-B" time standard will be in the "C" Division.
- Entries with **"NO TIME" will be accepted.**
- 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 and special accommodations on entry times and seeding per Pacific Swimming policy.
- Swimmers 19 years of age and over may compete in the meet for time only, no awards. Such swimmers must have met standards for the 17-18 age group.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRY FEES:** \$2.75 per event plus an \$8.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

**ENTRY PRIORITY:** Z1S swimmers that get their entries in by 11:59 PM, Monday, October 7, 2013, 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 ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/QSS20131016> 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, October 16, 2013.

**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 postmarked by midnight, Tuesday, October 15, 2013 or hand delivered by 6:30 p.m. Wednesday, October 16, 2013. 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.

**Make check payable to:** QuickSilver Swimming

**Mail entries to:** Janet Gutierrez  
PO Box 36205  
San Jose, CA 95158

**Hand delivers to:** QuickSilver Swimming Office at Gunderson Pool  
622 Gaundabert Lane  
San Jose, CA 95136

**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 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 seeded and will not be allowed to compete in that event.

**SCRATCHES:** Swimmers entered in an individual event that they have checked in for, must swim in the event unless they notify the clerk of the course before seeding for that event has begun. Swimmers who miss an event they have checked in for will no longer be penalized by the loss of the next event they have entered.

**AWARDS:** 1<sup>st</sup>-8<sup>th</sup> place ribbons in each age division (8/U, 9-10, 11-12, 13-14, 15-16, 17-18) and A medals for new "A" times will be given in the IM Ready Sessions. IMX T-Shirts will be given for 1<sup>st</sup>-8<sup>th</sup> IMX High Point in each age division for all those completing all events within the IMX series. The only additional awards given in the afternoon, IMX events, will be A medals for new "A" times. No awards for swimmers 19 and up.

**ADMISSION:** Free. A program will be available for \$2.00

**REFRESHMENTS:** A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours.

**IM READY (IMR)**

The first step in the IMX Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of five events at shorter distances. Below, we've listed the line-up by age groups.

**9 & Under; 10-year olds:** 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM

**11-year olds; 12-year olds:** 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM

**13, 14, 15, 16, 17, & 18-year olds:** 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

Once you've swum each event at least once at an official meet, you can log-in to your Deck Pass Account, and find out where you rank against all the other swimmers on your club team. You do not need to complete the IM Ready program to participate in the IM Xtreme. It is simply a stepping stone.

**EVENT SUMMARY –Morning, IM Ready**

SATURDAY, Session 1				SUNDAY, Session 3			
8 & UN	10-Under	11-12	13-Up	8 & UN	10-Under	11-12	13-Up
25 Fly	50 Fly	50Fly	100 Fly	25 Free	100 Free	200 Free	200 Free
25 Back	50 Back	50 Back	100 Back	25 Breast	50 Breast	50 Breast	100 Breast
	50 Free	50 Free	50 Free		100 IM	100 IM	200 IM

**IM XTREME (IMX)**

Ready to move forward? The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances. Once you've completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC rank and on your club.

**9 & Under; 10-year olds:** 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

**11-year olds; 12-year olds:** 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

**13, 14, 15, 16, 17, & 18-year olds:** 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

**EVENT SUMMARY- Afternoon, IMX**

SATURDAY, Session 2				SUNDAY, Session 4			
	10-Under	11-12	13-Up		10-Under	11-12	13-Up
	200 Free	500 Free	500 Free		100 Fly	100 Fly	200 Fly
	100 Breast	100 Breast	200 Breast		100 Back	100 Back	200 Back
	200 IM	200 IM	200 IM		500 Free	400IM	400 IM

## EVENTS

<b>Saturday, October 26, 2013 Session 1- IM Ready</b>		
<b>EVENT #</b>	<b>EVENT</b>	<b>EVENT #</b>
1	13-Up 100 Fly	2
3	12-Under 50 Fly	4
5	8-Under 25 Fly	6
7	13-Up 100 Back	8
9	12-Under 50 Back	10
11	8-Under 25 Back	12
13	13-Up 50 Free	14
15	12-Under 50 Free	16

<b>Saturday, October 26, 2013 Session 2- IMX</b>		
<b>EVENT #</b>	<b>EVENT</b>	<b>EVENT #</b>
17	11-Up 500 Free	18
19	10-Under 200 Free	20
21	13-Up 200 Breast	22
23	12-Under 100 Breast	24
25	13-Up 200 IM	26
27	12-Under 200 IM	28

<b>Sunday, October 27, 2013 Session 3-IM Ready</b>		
<b>EVENT #</b>	<b>EVENT</b>	<b>EVENT #</b>
29	13- Up 200 Free	30
31	12-Under 200 Free	32
33	10-Under 100 Free	34
35	8-Under 25 Free	36
37	13-Up 100 Breast	38
39	12-Under 50 Breast	40
41	8-Under 25 Breast	42
43	13-Up 200 IM	44
45	12-Under 100 IM	46

<b>Sunday, October 27, 2013 Session 4- IMX</b>		
<b>EVENT #</b>	<b>EVENT</b>	<b>EVENT #</b>
47	13- Up 200 Fly	48
49	12-Under 100 Fly	50
51	13-Up 200 Back	52
53	12-Under 100 Back	54
55	11-Up 400 IM	56
57	10-Under 500 Free	58

\*\*\*Swimmers in events 17 & 18 must provide their own lap counter, and swimmers in events 55, 56, 57 & 58 must provide their own timers and lap counters for the distance free.

Pacific Swimming – Hosted by <b>QuickSilver Swimming</b> <b>IM Ready/IMX</b> <b>October 26-27, 2013</b> Consolidated Entry Form													
Name: Last,			First				Middle						
Club Abbr.			UNATT TEAM ABBR				Club Name						
Age			Date of Birth				Sex M F		LSC – (PC, SN)				
USA-#													
Event #	Distance / Stroke					Entry Time			Circle one				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$2.75 = \$ _____ Participation Fee      \$ 8.00 Total                      \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													