

**MLK BLUE DOLPHINS
PACIFIC SWIMMING ZONE 3
SCY "CORNICOPIA CLASSIC" C/B/A+ MEET
November 23 – 24, 2013**

Enter Online: <http://ome.swimconnection.com/pc/mlkb20131123>



SANCTION: Held under USA Pacific Swimming Sanction No. **13-199**

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.

USE OF AUDIO AND VIDEO: 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 electronic 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: Don Bautista	Admin. Official: Lillian Bautista
Head Starter: Albert Yu	Meet Marshal: John Smallwood
Meet Director: Linda Lam, thirddraft@juno.com (415) 624-5768	

LOCATION: MARTIN LUTHER KING JR. SWIMMING POOL, SAN FRANCISCO, CA. 5701 3rd. Street, San Francisco, CA 94124

- From the SOUTH: Head North on HWY 101N/US-101N take the Third Street exit. Merge onto 3rd Street and turn right onto Carroll Street. Turn left onto Keith Street. Pool is on the left side.
- From the NORTH: Head South on HWY 101S/US-101S. Take the Third Street/Cow Palace exit. Move one lane left and drive towards Seaside Café and stop at the street light. Turn left onto Third Street. Proceed for 1 mile to Carroll Street. Turn right onto Carroll Street. Turn Left onto Keith Street. The pool is on the left side.
- **Designated parking area will be provided for officials who are working the meet. Those parking in improper areas will be ticketed by SFPD and may be towed.**

COURSE: Indoor heated pool: 25 yard x 25 meter, with up to 7 competition lanes. Separate warm-up and warm-down area available throughout the meet. The minimum water depth measured in accordance with Article 103.2.3, is 5' at the start end and 5' at the turn end. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

TIME: Saturday & Sunday sessions will begin at 9:00 a.m. each day, with warm-ups from 7:30-8:45 a.m.

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 four (4) events on Saturday and Sunday.**
- All events will be swum in event order and in a "SLOW to FAST" sequence with the option of reversing the sequence at the discretion of the Meet Referee and Meet Director.
- 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.
- If local conditions warrant, 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. No other refunds will be made.
- When the number of splashes either meets or exceeds the estimated timeline, all entries will be closed and notification posted on the Swim Connection website, the MLKB website, and Pacific Swimming website. Entry forms and payments received after the close of meet will be returned with an explanation. No-time entries will be accepted and placed in the slowest heats.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

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 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 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.
- 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.**
- Pop-ups and tents will not be allowed on deck.
- For Fire and Safety purposes, the coaches' area is for coaches only. Swimmers/team members may check in with their coaches but cannot stay there.
- **NO** pets allowed on deck, other than service assistance animals.
- 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 must check all swimmer registrations against the SWIMS database; if found to be not 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 "PC-A" time standard. Swimmers in the "B" Division must have met at least the "PC-B" time standard. All entry times slower than the listed "PC-B" time standard will be in the "C" Division.
- 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 regarding special accommodations on entry times and seeding, per Pacific Swimming policy.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

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

Make check payable to: SFRPD
Mail with entries to: Re: MLK Swim Meet Entries
Martin Luther King Jr. Swimming Pool
5701 3rd Street
San Francisco, CA 94124

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmer's best time. Entries must be postmarked by midnight, Wednesday, **November 13** or hand delivered to **Martin Luther King Jr. Swimming Pool, 5701 3rd Street, San Francisco, CA 94124** by 5:00 p.m. Wednesday, **November 13, 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.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/mlkb20131123> 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 11:59 p.m. Wednesday, November 13, 2013.

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 swimmers not reporting for, or competing in an individual timed final event shall not be penalized.

AWARDS: Ribbons will be awarded to 1st through 8th place finishers in the A+, B and C divisions for each event and age group. 13 & OV events will be awarded as 13-14, 15-16, and 17-18 Age Groups. Swimmers aged 19 and over will not be awarded. "A" medals will be awarded to swimmers achieving new "A" times swum during this meet only.

ADMISSION: FREE. A two-day program will be available for \$5.00

REFRESHMENTS: A snack bar will be available serving hot breakfast, hot lunches, 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.

MINIMUM OFFICIALS: One half-hour before the scheduled start of each session, the Meet Referee shall conduct an inventory of Officials, and shall compare the number of swimmers present against the number of Officials present representing each team. No more than 3 days after close of entries, Meet management (referee or director) shall contact the representative from each team participating, and provide a preliminary inventory. Each team shall, by the start of the meet, provide to the Meet Director or designee a list of Officials who have agreed to represent that team during the meet, in accordance with the following table:

Number of Swimmers Competing in Meet	Trained and Carded Officials Requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5

**Zone 3 Pacific Swimming will include Colorado, Intermediary/Chief Timing Judge, and S.A.M.M.S Computer Operators into the count of Officials for a session: these positions are not carded. Zone 3 Pacific Swimming will accept Trainees into the count of Officials for a session, so long as they are carded.*

EVENT SUMMARY

SATURDAY, NOVEMBER 23, 2013			
8 & Under	9 - 10	11 - 12	13 - Over
25 Back	100 Back	100 Back	100 Back
50 Free	100 Free	100 Free	200 Free
25 Fly	50 Fly	50 Fly	100 Fly
50 Breast	100 Breast	100 Breast	100 Breast
			400 I.M.

SUNDAY, NOVEMBER 24, 2013			
8 & Under	9 - 10	11 - 12	13 - Over
50 Back	50 Back	50 Back	100 Free
25 Free	50 Free	50 Free	50 Free
100 I.M.	100 I.M.	100 I.M.	200 I.M.
25 Breast	50 Breast	50 Breast	200 Breast

**MLK BLUE DOLPHINS
SCY C/B/A+**

SCHEDULE OF EVENTS

SATURDAY, NOVEMBER 23			SUNDAY, NOVEMBER 24		
GIRLS	EVENT DESCRIPTION & AGE GROUP	BOYS	GIRLS	EVENT DESCRIPTION & AGE GROUP	BOYS
1	13 – Over 100 Back	2	35	11-12 50 Back	36
3	11-12 100 Back	4	37	9-10 50 Back	38
5	9-10 100 Back	6	39	8 & Under 50 Back	40
7	8 & U 25 Back	8	41	13 & Over 100 Free	42
9	13 & Over 200 Free	10	43	11-12 50 Free	44
11	11-12 100 Free	12	45	9-10 50 Free	46
13	9-10 100 Free	14	47	8 & Under 25 Free	48
15	8 & U 50 Free	16	49	13 & Over 50 Free	50
17	13 & Over 100 Fly	18	51	11-12 100 I.M.	52
19	11-12 50 Fly	20	53	9-10 100 I.M.	54
21	9-10 50 Fly	22	55	8 & Under 100 I.M.	56
23	8 & Under 25 Fly	24	57	13 & Over 200 I.M.	58
25	13 & Over 100 Breast	26	59	11-12 50 Breast	60
27	11-12 100 Breast	28	61	9-10 50 Breast	62
29	9-10 100 Breast	30	63	8 & Under 25 Breast	64
31	8 & Under 50 Breast	32	65	13 & Over 200 Breast	66
33	13 & Over 400 I.M.	34			

Pacific Swimming – MLK Blue Dolphins Swim Team “CORNICOPIA CLASSIC” November 23-24, 2013 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's Name												
Coach's Phone / e-mail												
Swimmer's Address :												
Home Phone						Cell Phone						
Email:												