

**PASA Inter Squad Distance Meet**  
**January 21, 2013**

**SANCTION:** Held under USA Swimming/Pacific Swimming sanction number: **13-033**

*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 conduct of this 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 & VISUAL:** Use of audio or visual recording devices, including a cell phone camera, is explicitly not permitted in changing areas, restrooms, or locker rooms.

**OFFICIALS:**           Head Referee: **Karl Nakamura**           Head Starter: **Nan McKenna**  
                          Head Marshal: **Kohei Asano**           Meet Director: **Ricky Silva**           [rickypasc@yahoo.com](mailto:rickypasc@yahoo.com)

**LOCATION:** Palo Alto High School, 50 Embarcadero Road, Palo Alto, CA

Swimmers should enter the campus from Churchill Road, which intersects with El Camino as well as Alma Road. Parking is available near the football field. Pool is located next to the big gym.

**TIME:** Warm-ups from 2:43-3:30pm. Session begins at 3:45 pm

**COURSE:** Outdoor heated 25 yard pool-up to 10 lanes available for competition. Electronic timing. Up to 5 warm down lanes available. The minimum water depth for the course, measured in accordance with Article 103.2.3, is 6'0" at the start end and the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

**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. **Swimmers may compete in 2 events per day.** All events will be swum as trials and finals. **All coaches and deck officials must wear their USA-S membership cards in a visible manner.**

**DECK CHANGING:** 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 strongly discouraged.

**UNACCOMPANIED SWIMMERS:** 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 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 USA-S 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, 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 deck changing. 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.

**ELIGIBILITY:** Swimmers must be current members of USA-S. HyTek entries must include their name and registration number. 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. 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. The swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRIES:** Entries will only be accepted via Hytek team entry. Entry times must be submitted in yards using HyTek. Entries should be submitted to [rickypasc@yahoo.com](mailto:rickypasc@yahoo.com) by 6:00 pm on Saturday, January 19.

**ENTRY FEES:** A flat fee **\$10 per swimmer** to cover pool rental costs. Entry fees are due on Saturday, January 19. Checks made out to Palo Alto High School.

**CHECK-IN:** The meet will be pre-seeded. As per Pacific Swimming rule 5B5b 1 (pre-seeded meets), any swimmers not reporting for or competing in a preliminary heat when finals are scheduled shall not be penalized. The 500 free and 1650 free will be swum fastest to slowest.

**AWARDS:** Events will not be awarded for this meet

**PROGRAMS:** Programs will be emailed to coaches on Sunday, January 20.

**Monday, January 21**

|                  |                  |                     |                 |
|------------------|------------------|---------------------|-----------------|
| <b>1 (Girls)</b> | <b>500 free</b>  | <b>9 and older</b>  | <b>2 (Boys)</b> |
| <b>3 (Girls)</b> | <b>1650 free</b> | <b>11 and older</b> | <b>4 (Boys)</b> |

\*swimmers must provide their own timers and lap counters.