

**Osprey Aquatics**  
**PACIFIC SWIMMING Race to JOs SC COURSE C/B/A+ MEET**  
**February 23-24, 2013**

Enter Online: <http://ome.swimconnection.com/pc/OAQ20130223>

**SANCTION:** Held under USA Pacific Swimming Sanction No. **13-025**

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

**OFFICIALS:**      **Meet Referee:** Brian Malick      **Head Starter:** Ardsheer Ahmed  
                         **Meet Marshal:** Margaret Doty      **Meet Director:** Shannon Mackin 408-927-7627 [Shannon@OspreyAquatics.com](mailto:Shannon@OspreyAquatics.com)

**LOCATION:** Willow Glen High School, 2001 Cottle Avenue, San Jose 95125

**DIRECTIONS:** From Almaden Expressway North – Exit at Lincoln Blvd (exit on left). Follow Lincoln to Curtner Avenue, lefts on Curtner then take a right on Cottle. From Almaden Expressway South – Exit at Curtner Avenue, follow Curtner to Cottle and turn right. Parking behind the school and on the corner of Cottle and Dry Creek.

**COURSE:** Outdoor 25 yard heated pool with up to (8) competition lanes. Daktronic timing system and scoreboard will be used. The minimum water depth for the shallow end of course, measured in accordance with Article 103.2.3, is 10'0" at the start end and 3'6" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4). There will be 2 lanes available for warm up and warm down during the entire meet.

**TIME:** Meet begins at 9:00 AM each day, warm-ups from 7:30 AM to 8:45 AM each day.

**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 4 events per day. Swimmers may enter more than four (4) events each day on Saturday and Sunday but may only compete in a maximum of four (4) events per day. No refunds will be given except as provided below for mandatory scratch-downs. Age groups will be awarded separately as 8 under, 9/10, 11/12, 13/14, and 15/18 however events will be swum as 11 and over, 12 and under, or Open. The meet will be LIMITED to the first 400 swimmers or 1000 splashes each day, or when the meet estimated time line exceeds the Four Hour Rule per Age Group and Gender. If conditions warrant, the Meet Referee with concurrence of the Meet Director, may require a mandatory scratch down to three (3) events. Immediate refunds will be given ONLY for any mandatory scratch downs. The 500 Free and 400 IM events will be seeded fastest to slowest alternating girls' and boys' heats. Swimmers in the 500 Free and the 400 IM are required to provide their own timers, as well as lap counters for the 500 Free. **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

**SPECIAL RULES:** *Open Events:* In order to enter open events at an age-group meet, a swimmer must have met the listed qualifying time or have coach verification for the following events; 200 Back, 200 Breast, 200 Fly, 400 IM, 400/500 Free, 800/1000 Free, 1500/1650 Free (PC R&R Section 1B1a(5)). **The 11-12 "PC-B" standard will be used as the qualifying time standard for the 500 Free OPEN at this meet.** The rest of the OPEN events at this meet do not have any time standard requirements. **Swimmers in the 11 & Over 400 IM must have met the "PC-B" time standard for his/her age group in order to enter the event.** Use the following link to find the time standards: [http://www.pacswim.org/2013\\_AB\\_SC.pdf](http://www.pacswim.org/2013_AB_SC.pdf)

**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 is strongly discouraged.

**ATTENTION HIGH SCHOOL SWIMMERS (February through May):** If you are a high school swimmer in season, you need to be Unattached from this meet. It is the swimmer's responsibility to be Unattached from this meet. You can unattach 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 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. A USA swimming member coach must certify the swimmer as being proficient in performing a racing start or the swimmer 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. **No tents will be allowed on the pool deck, other than Coach's Tents.**

**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 entry times slower than the listed "PC-B" time standard will be in the "C" Division. Entries with **"NO TIME" will be accepted, with the exception of the 11 & Over 400 IM and the 500 Free OPEN Events.** 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 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. 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:** Osprey Aquatics  
**Mail with entries to:** Shannon Mackin  
Swim Meet Entries  
757 Harry Road  
San Jose, CA 95120

**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 entered using the current Pacific Swimming Procedures. Entries must be postmarked by midnight, **Monday, February 11th** or hand delivered to 757 Harry Road, San Jose 95120 by 6:30 p.m. **Wednesday, February 13th.** 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:** You may enter this meet online or by U.S. mail. To enter on-line go to <http://ome.swimconnection.com/pc/OAQ20130223> 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, **February 13th at Midnight.**

**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:** Swimmers entered in an individual event that 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. Failure to swim an event will result in being barred from their next individual event 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:** Individual events: Ribbons will be awarded to the 1st – 8th place finishers in the “A,” “B” and “C” divisions, for each event and age group (8&U, 9-10, 11-12, 13-14, 15-16 and 17-18.). Swimmers 19 years of age and older will not receive awards. Awards will be available for pickup by the coaches, or a team representative, the day of the meet. “A” medals will be awarded to swimmers achieving new “A” times swum during this meet only.

**ADMISSION:** Free. A program will be available for \$3.00

**REFRESHMENTS:** A snack bar will be available. 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

Saturday February 23			
Event Number		Age Group	Event
Girls	Boys		
1	2	Open	200 Free
3	4	12 and under	50 Back
5	6	Open	100 Breast
7	8	12 and under	100 IM
9	10	11 and over	200 Back
11	12	Open	100 Fly
13	14	Open	50 Free
15	16	11 and over	400 IM*

Sunday February 24			
Event Number		Age Group	Event
Girls	Boys		
17	18	Open	200 IM
19	20	Open	100 Back
21	22	12 and under	50 Breast
23	24	11 and over	200 Breast
25	26	Open	100 Free
27	28	12 and under	50 Fly
29	30	11 and over	200 Fly
31	32	Open	500 Free**

\* 11 & Over swimmers entering the 400 IM, must have met the “PC-B” time standard for his/her age group.

\*\* All Swimmers entering the 500 Free Open, must have met the 11-12 “PC-B” time standard.

Use the following link to find the time standards:  
[http://www.pacswim.org/2013\\_AB\\_SC.pdf](http://www.pacswim.org/2013_AB_SC.pdf)

Pacific Swimming – Osprey Aquatics  
 SC Race to JOs CBA+  
 February 23/24, 2013  
 Consolidated Entry Form

Name: Last,                      First                      Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M    F	LSC – (PC, SN)
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USA-#														
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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
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