

West Coast Aquatics
PACIFIC SWIMMING Short COURSE C/B/A+ MEET
March 8-9, 2014
Enter Online: <http://ome.swimconnection.com/pc/WEST20140308>



SANCTION: Held under USA/Pacific Swimming Sanction No. **14-031**

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 VISUAL: 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:* **Brian Malick** *Head Starter:* **Karyn Kikuta**
 Admin Official: **Chang-Chi Wang** *Meet Marshal:* **Son Diep**
 Meet Director: **Guiselle Morrone - teammanager@westcoastaquatics.org/408-540-8569**

LOCATION: Frank Fiscalini International Swim Center at Independence High School, 627 North Jackson Avenue, San Jose, CA 95133. From Interstate-680, exit McKee Road and head west, away from foothills. Turn right at the 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 Avenue. Turn left on Jackson Avenue and the second light turn left into the parking lot.

COURSE: 25 yard by 50 meter outdoor, heated pool with up to 15 lanes available for competition. A separate 25 yard, 7 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 4'5" at the start end and 7' at the turn 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: Meet will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. A special warm-up time for 8 and under swimmers only will be held from 8:15 to 8:45 AM. Gates for set up will open no earlier than 6:00 AM on Saturday and 6:30 AM on Sunday.

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 four (4) events per day.
- 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.**
- **Swimmers competing in any of the distance events must provide their own timers as well as lap counters.**
- **The distance events (500 Free, 1000 Free and 400 IM) will be seeded fastest to slowest.**

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 swimmers 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 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.
- 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 are not eligible to compete in this meet..
- The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY PRIORITY: Zone 1 South (Z1S) entries postmarked by Monday, February 17, 2014 or entered online by 11:59 p.m. Monday, February 17, 2014 will be given priority acceptance. All entries from Zone 1 South, all other Pacific LSC zones, and other LSC's either postmarked by Monday February 24, 2014, entered online by 11:59 p.m. Wednesday, February 26, 2014, or hand delivered by 6:30 p.m. Wednesday, February 26, 2014, will be considered in the order that they are received or until meet cap is reached.

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.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/WEST20140308> 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 26, 2014.**

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, **Monday, February 24, 2014,** or hand delivered by 6:30 p.m. **Wednesday, February 26, 2014.** 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: West Coast Aquatics

Mail/Hand entries to: Guiselle Morrone/WEST Meet Director, 6317 Grand Oak Way, San Jose, CA 95135

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 not be penalized by the loss of the next event they have entered.

AWARDS: Ribbons for first through eight by division (C/B/A+) will be provided for each age grouping (8/U, 9/10 10/U, 11-12, 13-14, 15-16, and 17-18) within each event. "A" medals will be provided for new "A" times. 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 to individuals unless they are unattached. The 400 IM, and 1000 free will swim together as 11-18 event, but will be awarded in age grouping as listed above. All 10 & U events will be awarded as 8 & U and 9-10. Awards will not be mailed..

ADMISSION: Free. A 2 day program will be available at a reasonable price.

REFRESHMENTS: A snack bar/food trucks will be available throughout the competition. 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. **Participating teams will be assigned timer assignments based on the number of swimmers entered from a team.**

EVENT SUMMARY

Saturday				Sunday			
8 & UN	10 & U	11-12	13-18	8 & UN	10 & U	11-12	13-18
25 Back	100 Free	100 Free	50 Free	25 Fly	100 Fly	50 Fly	100 Fly
25 Free	50 Back	100 Back	200 Back	25 Breast	50 Free	50 Free	200 Free
	50 Breast	50 Breast	100 Breast		100 Back	200 Free	100 Free
	50 Fly	100 Fly	200 Fly		100 Breast	200 IM	200 Breast
	500 Free	1000 Free	1000 Free		200 IM	400 IM	400 IM

EVENTS

Saturday, March 8, 2014		
EVENT #	EVENT	EVENT #
1	11-12 100 Free	2
3	13-18 50 Free	4
5	10&U 100 Free	6
7	11-12 100 Back	8
9	10 & U 50 Back	10
11	13-18 200 Back	12
13	8 & U 25 Back	14
15	11-12 50 Breast	16
17	13-18 100 Breast	18
19	10 & U 50 Breast	20
21	11-12 100 Fly	22
23	8 & U 25 Free	24
25	13-18 200 Fly	26
27	10&U 50 Fly	28
29	10&U 500 Free**	30
31	11-18 1000 Free**	32

Sunday, March 9, 2014		
EVENT #	EVENT	EVENT #
33	13-18 100 Fly	34
35	10&U 100 Fly	36
37	11-12 50 Fly	38
39	8 & U 25 Fly	40
41	13-18 200 Free	42
43	10&U 50 Free	44
45	11-12 50 Free	46
47	10 & U 100 Back	48
49	13-18 100 Free	50
51	10 & U 100 Breast	52
53	11-12 200 Free	54
55	8 & U 25 Breast	56
57	13-18 200 Breast	58
59	11-12 200 IM	60
61	10 & U 200 IM	62
63	11-18 400 IM**	64

Use the following URL to find the time standards: <http://www.pacswim.org/index.shtml>

**The distance events (500 Free, 1000 Free, and 400 IM) will be seeded fastest to slowest. Swimmers in these events must provide their own timer as well as lap counters for the two freestyle distance events.

**Pacific Swimming – Hosted by WEST
Pacific Swimming Short Course C/B/A+
March 8-9, 2014
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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Email