

Los Altos & Mountain View Aquatic Club
Pacific Swimming / Zone 1 North Long Course PC-C/B/A+ Meet
Saturday and Sunday, May 18-19, 2013



PACIFIC
SWIMMING

Enter online at: <http://ome.swimconnection.com/pc/lamv20130518>

Zone 1 North Teams Assigned to this venue: LAMV, PASA, OSC, SSF, MAV, MCAC, PSL, HDAC, MM

SANCTION: Held under USA/Pacific Swimming Sanction No.: **13-089**

In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims of 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 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: **Head Referee:** Nan McKenna **Head Starter:** Conny Barton **Meet Marshal:** Chuck Piercey
 Meet Directors: Tuan Nguyen MeetDirector@lamvac.org

LOCATION: Foothill College Pool, 12345 El Monte Road, Los Altos Hills. The College is west of Highway 280 on El Monte Road. **Drop off point for swimmers is on the Red Stop/Handicapped Parking Lot at the bottom of the walk bridge. Please do not drop off your swimmers on the roadside; use the parking lot/bus stop.** Swimmers may use the stairs to go over the walk bridge to the pool. Map of Foothill College can be found at <http://www.foothill.fhda.edu/news/mainmaps.html>. Designated parking is on Lot 2 (\$3.00). **Lot 2A is reserved for meet officials and coaches only.**

COURSE: 50 meter, outdoor heated pool. Up to 8 lanes will be used for competition. Warm-up/cool-down area will be available during the meet. 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 13' at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: **Session A (All 13 & Over Swimmers and 11-12 Girls):** Meet Begins at 8:30 AM; Warm-up is from 7:00 – 8:15 AM
Session B (All 10 & Under Swimmers and 11-12 Boys): Session B will begin one hour after Session A finishes, but not before 12:00 PM. Session B warm-ups will begin immediately after Session A finishes.

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 A TOTAL OF THREE (3) 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 Rules", based on the swimmers age and gender. Therefore, meet entries may close prior to the entry deadline stated.**
- All swimmers competing in the 11-12 400 Freestyle or 13 & Over 400 IM must provide their own lane timers.
- If conditions warrant it, the Meet Referee, with concurrence of the Meet Director may require a mandatory scratch down; refunds will be given at the Clerk of Course.
- No late entries.
- Fax entries, or entries without payment will not be accepted.
- No refunds will be made.
- **All Coaches and Deck Officials must wear their USA Swimming (USA-S) Registration Card 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 is strongly discouraged.

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 and alcohol products is prohibited on the pool deck, in the locker rooms, in the spectator seating area and in all areas used by swimmers during the meet and warm-up periods.
- Glass bottles are not allowed in all areas of the meet venue.
- Pets, not including guide dogs, are strictly prohibited in all areas of the meet venue.

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 the 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 meet registration fee). Duplicate Registrations will be refunded by mail.
- Swimmers in the "A" Division must have at least the listed "PC-A" time standard. Swimmers in the "B" Division must have met at least the listed "PC-B" time standard and have not met the listed "PC-A" 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 change 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 the entry times and seeding per Pacific Swimming Policy.
- Swimmers 19 years and over may compete in 13 & Over events but may not receive awards.
- The Swimmers age will be the age of the swimmer on the first day of the meet.

ENTRY PRIORITY: Zone 1N swimmers from LAMV, PASA, OSC, SSF, MAV, MCAC, PSL, HDAC, and MM entering online must do so by 11:59 PM Wednesday, May 1st in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by Monday, April 29th in order to receive priority acceptance to the meet. No swimmers other than those from LAMV, PASA, OSC, SSF, MAV, MCAC, PSL, HDAC, and MM may enter the meet until the preference period has concluded.

After the Zone 1N preference period has concluded, entries from other Pacific Swimming Zones or other LSCs will be accepted on a first come first served basis until the number of splashes exceeds the estimated time line, per the "Four Hour Rule," based on the swimmers age and gender. All other online entries must be received by 11:59PM, Wednesday, May 8th, 2013. All surface mail entries must be postmarked by Monday, May 6th, 2012. Hand delivered entries must be received by 6:00 pm on Wednesday, May 8th, 2013. Hand entries can be delivered to the meet entries chair's address, which is listed below. **For confirmation of entries, a self-addressed stamped envelope or postcard must be provided.** See below for specific instructions for online and surface entries.

ENTRY FEES: \$2.75 per Individual event, plus a \$10.00 participation fee per swimmer to help defray meet expenses.

Option 1: Online Meet Entries:

1. Using your browser go to: <http://ome.swimconnection.com/pc/lamv20130518>
2. Follow entry instructions:
 - a. Enter all swimmers
 - b. Make online credit card payment for meet entries at our secure site.
 - c. **You will receive confirmation of acceptance into the meet at time of payment.** This confirmation should be brought to the meet as proof of entry.

Note: Entering the meet online is completely voluntary and is in no way required or expected in order to enter the meet. Swim Connection LLC charges a processing fee for this service equal to \$1 per swimmer plus 5% of the 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.

Option 2: Surface Mailed Entries:

1. Entries must be on the attached Consolidated Entry Form. Complete a separate form for each swimmer using the best long course meters time for each event.
2. Make your check payable to **LAMV**, and mail with entries to: LAMV Meet Director
1146 Church St.
Mountain View, CA 94941

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 who do not check-in will not be allowed to compete in the event. Any swimmers not reporting for or competing in an individual timed final event shall not be penalized.

AWARDS: Individual events will be awarded in the A, B, and C division. Ribbons for First through Eighth place will be given to the following age groups: 8 & Under, 9-10, 11-12, 13 & Over. Swimmers 19 years of age and older will not receive awards. "A" time medals will be given to swimmers achieving a new "PC – A" times, regardless of place achieved in the event. All awards must be picked up at the meet by coaches at the end of each session. Awards will not be mailed.

ADMISSION: Free. A two day program will be available for a reasonable fee.

SNACK BAR: A Snack Bar will be open each day.

HOSPITALITY: Generous and friendly hospitality provided for officials, coaches, and volunteers. Lunches will be available for officials and coaches.

TIMERS: All participating teams are expected to provide lane timers based upon the number of swimmers registered to swim each day. Team timing lanes will be assigned and coaches will be notified of assignments during the week prior to the meet.

MINIMUM OFFICIALS: Teams must follow Zone 1 North rules for providing officials. Each team must provide officials for each session according to the number of swimmers entered in that session, following the table below. Teams that do not provide sufficient officials must provide coaches to act in the place of officials.

# of swimmers per team per session	# of trained and certified officials required
0-24	0
25-50	1
51-75	2
76 -100	3
101 and up	4 and up (1 for every 25 swimmers)

EVENT SUMMARY:

SATURDAY, MAY 18				SUNDAY, MAY 19			
8-UN	9-10	11-12	13-O	8-UN	9-10	11-12	13-O
100 FR	200 FR	100 FR	200 BK	50 FR	100 FL	100 FL	100 FL
50 FL	50 FL	50 FL	100 FR	50 BR	100 FR	200 IM	200 FR
	100 BK	100 BK	200 FL	50 BK	100 BR	50 BR	100 BR
	50 BR	200 BR	200 IM		50 BK	200 BK	100 BK
	50 FR	400 FR	50 FR		200 IM	50 FR	400 IM

NOTE – ALL SWIMMERS IN THE 11 – 12 400 FREE AND 13 & OVER 400 IM MUST PROVIDE THEIR OWN TIMERS

EVENTS:

Girls #	Saturday Session A	Boys #
1	13 & Over 200 Back	2
3	11 – 12 100 Free	--
5	13 & Over 100 Free	6
7	11 – 12 50 Fly	--
9	13 & Over 200 Fly	10
11	11 – 12 100 Back	--
13	13 & Over 200 IM	14
15	11 – 12 200 Breast	--
17	13 & Over 50 Free	18
19	11 – 12 400 Free	--
Girls #	Saturday Session B	Boys #
21	9 – 10 200 Free	22
23	8 & Under 100 Free	24
--	11 – 12 100 Free	26
27	9 – 10 50 Fly	28
29	8 & Under 50 Fly	30
--	11 – 12 50 Fly	32
33	9 – 10 100 Back	34
--	11 – 12 100 Back	36
37	9 – 10 50 Breast	38
--	11 – 12 200 Breast	40
41	9 – 10 50 Free	42
--	11 – 12 400 Free	44

Girls #	Sunday Session A	Boys #
45	11-12 100 Fly	--
47	13 & Over 100 Fly	48
49	11 – 12 200 IM	--
51	13 & Over 200 Free	52
53	11 – 12 50 Breast	--
55	13 & Over 100 Breast	56
57	11 – 12 200 Back	--
59	13 & Over 100 Back	60
61	11 – 12 50 Free	--
63	13 & Over 400 IM	64
Girls #	Sunday Session B	Boys #
--	11 – 12 100 Fly	66
67	9 – 10 100 Fly	68
69	8 & Under 50 Free	70
--	11 – 12 200 IM	72
73	9 – 10 100 Free	74
75	8 & Under 50 Breast	76
--	11 – 12 50 Breast	78
79	9 – 10 100 Breast	80
81	8 & Under 50 Back	82
--	11 – 12 200 Back	84
85	9 – 10 50 Back	86
--	11 – 12 50 Free	88
89	9 – 10 200 IM	90

LAMV Long Course PC-C/PC-B/PC-A+
Foothill College
May 18 – 19, 2013
Consolidated Entry Card

Name:		
Last:	First:	MI:
Club Abbr.	Club Name:	
Age:	Date of Birth:	Age Group:
USA-S Reg #:		Amt Paid:
Sex (Circle):	Boy	Girl
Event #	Distance/Stroke	Entry Time
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
Entries # _____ X \$2.75 = \$ _____ Swimmer Participation Fee: + \$ 10.00 ENTRY FEE TOTAL: = \$ _____		
Coach:		
Swimmer's Address:		
Phone #:		
E-Mail:		