

SOUTH SAN FRANCISCO AQUATIC CLUB

PACIFIC SWIMMING Zone 1 North LONG COURSE C/B/A+ MEET
Saturday June 8, 2013 and Sunday June 9, 2013

Enter Online: <http://ome.swimconnection.com/pc/ssf20130608>



PACIFIC
SWIMMING



SANCTION: Held under USA Pacific Swimming Sanction No. **13-096**

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:** Jim Stretch **Head Starter:** Joanna Dunn **Head Marshal:** Marina Tan
 Meet Director: Resty Refuerzo – (650) 580-6435 / rdr.luvs2fly@gmail.com
 Stephanie Kuang – (415) 297-7218 / skuang168@yahoo.com

LOCATION: College of San Mateo Aquatic Center, 1700 West Hillsdale Boulevard, San Mateo, CA. Ample free parking is available on campus in Beethoven Lot 2. **DO NOT PARK IN OLYMPIAN LOT 12 OR ANY STAFF PARKING LOTS.**

From San Francisco/I-280: Take HWY 92 east towards San Mateo, West Hillsdale Blvd exit. Turn left at signal and proceed uphill through 2nd and 3rd sets of traffic lights. Turn right on to campus at College Heights Drive.

From HWY 101: Take HWY 92 west toward Half Moon Bay West Hillsdale Blvd exit. Turn right and proceed uphill through 2nd and 3rd sets of traffic lights. Turn right on to campus at College Heights Drive. The Aquatic Center's Pool is adjacent to the Building 5, Health and Wellness, located up College Heights Drive on the right next to circular drop-off.

COURSE: 50 Meter, outdoor heated pool. Up to Seven (7) competition lanes. One (1) lanes for warm-up/cool-down during the meet. Colorado Timing System will be used. The minimum water depth for the course, measured in accordance with Article 103.2.3, is 7'0" at the start end and 7'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4). Dressing rooms includes lockers but swimmers must provide their own locks.

TIME: **Session A** (11/12 Girl and 13 and Up): Meet begins at 8:30AM each day, warm-up from 7:00 to 8:15AM
 Session B (11/12 Boy and 10 and Under): Session B will begin one hour after Session A finishes, but not before 12:00PM each day. Session B warm-up will begin immediately upon completion of Session A.

- 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 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. Therefore, meet entries may close prior to the entry deadline stated.**
 - Swimmers in the 400 Freestyle must provide their own lane timers.
 - 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.
 - 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 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.
- 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.
- 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 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.
- Swimmers 19 years and over may compete in 15 & Over events but may not receive awards.
- The swimmer's age will be the age of the swimmer on the first day of the meet.
- Disability 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.

ENTRY FEES: \$2.75 per event, \$10.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

Make check payable to: South San Francisco Aquatic Club

Mail with entries to: Stephanie Kuang
SSFAC Swim Meet Entries
2221 Kenry Way
South San Francisco, CA 94080

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. **Entries must be postmarked by midnight, Monday, May 27, 2013 or hand delivered to 1 W Orange Ave, South San Francisco, CA 91080 by 6:30 p.m. Wednesday, May 29, 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 on-line go to <http://ome.swimconnection.com/pc/ssf20130608> 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, May 29, 2013 at 11:59 PM.**

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 shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. Any swimmers not reporting for or competing in an individual timed final event **shall not** be penalized.

AWARDS: Ribbons for 1st thru 8th place for individual events in the A, B, and C divisions: 8 & under, 9/10, 11/12, 13/14, 15 & Over. No ribbons for swimmers 19 and over. Standard "A" medals awarded to swimmers achieving NEW "A" times in each event regardless of place achieved in the event. All awards to be picked up by coaches at end of each session. Awards will not be mailed out.

ADMISSION: Free. Event program will be available for a reasonable fee

REFRESHMENTS: 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. Access ways, passage ways, doorways must remain clear of chairs, seats, bulky items and bags per compliance with Fire Marshall's orders. Items may be removed. No Flash Photography: The flash interferes with the Colorado Timing Machine strobe sensors.

Timing lane assignments will be required based on total entries by club.

MINIMUM OFFICIALS: All Available USA Swimming members certified officials are welcome and encouraged to work at this meet. As the number of certified officials allows, interested parents/trainees are also welcome to shadow working officials for education and/or mentoring. Participating clubs are requested to provide at least the following number of certified and carded officials for each session according to the number of swimmers entered in that session. Teams that do not provide sufficient officials must provide coaches to act in the place of officials.

Club swimmers entered in session	# of trained and carded officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5 (+1 for every additional 25 swimmers)

EVENT SUMMARY:

	8 & Under	9-10	11-12	13-14	15 & Over
SATURDAY	100 Free	100 Free	200 Fly	100 Fly	100 Fly
	50 Back	100 Back	200 Back	100 Back	100 Back
	50 Fly	50 Fly	50 Breast	200 Breast	200 Breast
	400 Free	400 Free	100 Free	400 Free	400 Free
SUNDAY	50 Breast	100 Breast	100 Breast	100 Breast	100 Breast
	50 Free	50 Back	50 Back	200 IM	200 IM
	200 IM	200 IM	200 Free	200 Back	200 Back
		50 Free	400 IM	100 Free	100 Free

EVENTS:**Saturday Session A, June 8, 2013**

Event #	Event	Event #
1	11-12 200 Fly	
3	13-14 100 Fly	4
5	15-O 100 Fly	6
7	11-12 200 Back	
9	13-14 100 Back	10
11	15-O 100 Back	12
13	11-12 50 Breast	
15	13-14 200 Breast	16
17	15-O 200 Breast	18
19	11-12 100 Free	
21	13-14 400 Free	22
23	15-O 400 Free	24

Sunday Session A, June 9, 2013

Event #	Event	Event #
47	15-O 100 Breast	48
49	13-14 100 Breast	50
51	11-12 100 Breast	
53	15-O 200 IM	54
55	13-14 200 IM	56
57	11-12 50 Back	
59	15-O 200 Back	60
61	13-14 200 Back	62
63	11-12 200 Free	
65	15-O 100 Free	66
67	13-14 100 Free	68
69	11-12 400 IM	

Saturday Session B, June 8, 2013

Event #	Event	Event #
	11-12 200 Fly	26
27	8-UN 100 Free	28
29	9-10 100 Free	30
	11-12 200 Back	32
33	8-UN 50 Back	34
35	9-10 100 Back	36
	11-12 50 Breast	38
39	8-UN 50 Fly	40
41	9-10 50 Fly	42
	11-12 100 Free	44
45	10-UN 400 Free	46

Sunday Session B, June 9, 2013

Event #	Event	Event #
71	8-U 50 Breast	72
73	9-10 100 Breast	74
	11-12 100 Breast	76
77	8-UN 50 Free	78
79	9-10 50 Back	80
	11-12 50 Back	82
83	10-UN 200 IM	84
	11-12 200 Free	86
87	9-10 50 Free	88
	11-12 400 IM	90

***** All 400 Freestyle swimmers must provide their own timers.**

Use the following URL to find the time standards. http://www.pacswim.org/2013_AB_LC.pdf

Pacific Swimming – **Hosted by S. San Francisco Aquatic Club**
 Zone 1 North Long Court CB/A+
 June 8 – 9, 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							
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# of entries _____ x \$2.75 = \$ _____ Participation Fee \$ 10.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													