

## Silicon Valley Long Course

Saturday & Sunday, June 28-29, 2014

Host: Sunnyvale Swim Club (SUNN)

Enter online at: <http://ome.swimconnection.com/pc/sunn20140628>



**SANCTION:** Held under USA Pacific Swimming Sanction No. 14-099

*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.

<b>OFFICIALS:</b>	<b>Head Referee:</b>	Nan Mckenna
	<b>Head Starter:</b>	Phil Harter
	<b>Admin Official:</b>	Lucille Glassman
	<b>Meet Director:</b>	Aditya Agarwal, <a href="mailto:meet.director@sunn.org">meet.director@sunn.org</a> , 408-507-4110
	<b>Head Marshal:</b>	Chris Lee

**LOCATION:** Sunnyvale Swim Complex at Fremont High School, 1283 Sunnyvale-Saratoga Avenue, Sunnyvale, CA 94087.

**DIRECTIONS:** From Highway 280, exit N. De Anza Blvd. (Sunnyvale-Saratoga Avenue), and travel north on Sunnyvale-Saratoga Avenue until you reach Fremont Avenue. The pool is between the school's main entrance and the football field. There are two parking lots. The lot in front of the high school is designated for meet officials and coaches. A second larger parking lot for participants is available on the west side of the school campus off of Fremont Avenue.

NO PARKING is allowed in the Adult Education Community parking lot.

**COURSE:** 50 meter, 9 lane, outdoor, heated pool. Up to 8 lanes will be available for competition. At least one lane for warm-up will be available. The minimum water depth, measured in accordance with Article 103.2.3, is 13' 0" at the start-end and 4' 0" at the turn-end. The competition course has not been certified in accordance with 104.2.2C (4).

**TIME:** Saturday and Sunday are split into sessions "A" and "B"

**Session A** 10/un and 11-12 swimmers  
Warm-up from 7:00-8:15 AM  
Meet begins at 8:30 AM

**Session B** OPEN (*all ages allowed, but 12 and unders must meet minimum qualifying times, see RULES*)  
Will begin one hour after Session A finishes but not before 1:00 PM.  
Warm-up begins immediately after Session A finishes. Swimmers in Session B may not enter the competition pool or warm up lane until completion of competition in Session A.

**RULES:**

- Current USA and Pacific Swimming rules will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk-of-Course.
- Swimmers may compete in maximum of THREE (3) individual events each day. Swimmers may enter and pay (non-refundable) for as many individual events for which they qualify, but will be required to scratch down to THREE (3) the day of the meet.
- All events are timed finals.
- All events will swim fast to slow.
- All swimmers ages 12 and under shall complete competition within four (4) hours.
- Entries will be accepted until the number of splashes meets the estimated time line, per the "Four-Hour Rule," based on the swimmers age and gender. If the Head Referee and Meet Director determine a scratch down is necessary, immediate

cash refund will be available. In such cases of mandatory scratches, refunds will be made. If necessary, the Head Referee, in concurrence with the Meet Director, may call for a break at an appropriate time between events.

- Entries submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Each day 12 and under swimmers may only compete in either the A or B session, not both.
- Swimmers in the OPEN division events will be seeded and swum together, but results will be separated into their respective age groups (12/un, 13-14, 15/over).
- All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

**RACING STARTS:** Any swimmer entered in this meet, must be certified by a USA Swimming member coach as being proficient in performing a racing start, or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**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 is subject to all meet rules, including those described in "Racing Starts."

**RESTRICTIONS:** • Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas and in all areas used by swimmers, during the meet and during warm-up periods.

- Glass bottles/containers, sale and use of alcoholic beverages are prohibited in all areas of the meet venue, which encompass the entire Fremont High School Campus.
- No spectator tents will be allowed on the pool deck or any other area within the pool's fenced complex and no unauthorized cars may park on the lawn areas.
- Only coaches' tents will be allowed on the pool deck. Access to the working area of the pool deck will be restricted to officials, timers, swimmers, coaches and meet staff.
- 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-Swimming and enter their name and registration number when registering online or on the Consolidated Entry Form (Page 7). 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 \$10.00 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail. The swimmer's age will be the age of the swimmer on the first day of the meet.

- The meet is open to all USA Swimming registered swimmers. Please also see RULES above.
- Swimmers 12 and under may compete in the OPEN division if they have 13-14 A-times in the events. Please see 2014 Pacific Swimming Age Group Time Standards (<http://www.pacswim.org/userfiles/cms/documents/551/times14.pdf>).
- *Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding accommodations on entry times and seeding per Pacific Swimming policy.*

**CHECK-IN:** The meet will be deck seeded. Swimmers must check-in with the Clerk-of-Course. The close of check-in for all events shall be no more than **60 minutes before** the estimated start of the first heat of the event. Swimmers who do not check-in will not be allowed to compete in that event. No refunds will be given for events not swam. NO late or deck entries will be accepted.

**SCRATCHES:** Any swimmer who has checked in for an individual event and fails to swim that event will be barred from competing in the next individual event in which the swimmer is entered in the meet. The penalty will not apply if the swimmer scratches before the event is seeded or if the Referee accepts proof that the failure was caused by illness, injury or other circumstance that were beyond the control of the swimmer.

**RELAYS:** No relays are being offered.

**ENTRIES:** Entries will be accepted until deadline or until the number of splashes meets the estimated time line, per the Four-Hour Rule, based on the swimmers Age Group and Gender. Therefore, meet entries may close prior to the entry deadline stated.

**Option 1: Online Meet Entries (OME)**

1. Go to: <http://ome.swimconnection.com/pc/sunn20140628>
2. Follow entry instructions:
  - a. Enter all swimmer(s) info and events.
  - b. Make your online credit card payment for meet entries at the 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 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 below).*

**Deadline for entries is midnight Wednesday, June 18.**

**Option 2: Surface Mail Entries**

1. Entries must be on the Consolidated Entry Form (page 7) and filled out completely. Complete a separate form for each swimmer. Include a contact e-mail address.
2. Please make check payable to **Sunnyvale Swim Club** and mail to:

SUNN Silicon Valley LC Open  
c/o Aditya Agarwal  
1166 Pimento Ave.  
Sunnyvale, CA 94087

No late entries, fax entries, or entries without payment will be accepted. No refunds will be made, except for mandatory scratches and entries received for closed sessions. **For confirmation of entries, include a self-addressed stamped envelope with entry, or include an email—address. Entries must be postmarked no later than Tuesday, June 17.**

**ENTRY FEES:** \$2.75 per event, plus \$10.00 participation fee per swimmer to help cover meet expenses.

**AWARDS:** Ribbons for 1<sup>st</sup> – 8<sup>th</sup> place will be given to the A session age groups: 8/un, 9-10, 11-12. No awards will be given for the B session OPEN events. “PC-A” time medals will be given to swimmers achieving a new “PC-A” time, regardless of the place achieved in the event. All awards must be picked up at the meet by swimmers or coaches at the end of the meet. **Awards will not be mailed.**

**ADMISSION:** Free.

**PROGRAM:** A two-day program will be available for \$4.00.

**SNACK BAR:** Will be available both Saturday and Sunday.

**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.

Number of swimmers per team entered in session	# of trained and carded officials required
0 – 10	0
11 – 25	1
26 – 50	2
51 – 75	3
76 – 100	4
101 and up	5

**EVENT SUMMARY BY AGE GROUP:**

Saturday, June 28, 2014			Sunday, June 29, 2014		
10 & Under	11-12	OPEN*	10 & Under	11-12	OPEN*
200 Free	200 Free	200 IM	50 Fly	200 Breast	200 Fly
50 Breast	50 Breast	50 Free	50 Back	50 Fly	100 Back
50 Free	50 Free	100 Breast	100 Free	50 Back	400 Free
100 Fly	100 Fly	200 Free	200 IM**	100 Free	200 Breast
100 Breast	200 Back	200 Back	100 Back	200 IM	400 IM
	100 Breast	100 Fly		100 Back	100 Free
		1500 Free***			800 Free***

\* Open to all ages. Swimmers 12 & under MUST have achieved a 13-14 A-time in the event to enter. Please see 2014 Pacific Swimming Age Group Time Standards (<http://www.pacswim.org/userfiles/cms/documents/551/times14.pdf>).

\*\* Swimmers 10 & under MUST have achieved an A time in either the 100 yard, 200 yard or 200 meter IM

\*\*\* Swimmers must provide their own timers and lap counters

**EVENTS:**

<b>SATURDAY, JUNE 28, 2014</b>			
<b>Session A</b>			
<b>GIRLS EVENT #</b>	<b>AGE</b>	<b>EVENT</b>	<b>BOYS EVENT #</b>
1	11-12	200 Free	2
3	10 & Un	200 Free	4
5	11-12	50 Breast	6
7	10 & Un	50 Breast	8
9	11-12	50 Free	10
11	10 & Un	50 Free	12
13	11-12	100 Fly	14
15	10 & Un	100 Fly	16
17	11-12	200 Back	18
19	10 & Un	100 Breast	20
21	11-12	100 Breast	22
<b>Session B</b>			
23	OPEN*	200 IM	24
25	OPEN*	50 Free	26
27	OPEN*	100 Breast	28
29	OPEN*	200 Free	30
31	OPEN*	200 Back	32
33	OPEN*	100 Fly	34
35	OPEN*	1500 Free***	36
<b>SUNDAY, JUNE 29, 2014</b>			
<b>Session A</b>			
<b>GIRLS EVENT #</b>	<b>AGE</b>	<b>EVENT</b>	<b>BOYS EVENT #</b>
37	11-12	50 Fly	38
39	10 & Un	50 Fly	40
41	11-12	50 Back	42
43	10 & Un	50 Back	44
45	11-12	100 Free	46
47	10 & Un	100 Free	48
49	11-12	200 IM	50
51	10 & Un	200 IM**	52
53	11-12	100 Back	54
55	10 & Un	100 Back	56
57	11-12	200 Breast	58
<b>Session B</b>			
59	OPEN*	200 Fly	60
61	OPEN*	100 Back	62
63	OPEN*	400 Free	64
65	OPEN*	200 Breast	66
67	OPEN*	400 IM	68
69	OPEN*	100 Free	70
71	OPEN*	800 Free***	72

\* Open to all ages. Swimmers 12 & under MUST have achieved a 13-14 A-time in the event to enter. Please see 2014 Pacific Swimming Age Group Time Standards (<http://www.pacswim.org/userfiles/cms/documents/551/times14.pdf>).

\*\* Swimmers 10 & under MUST have achieved an A time in either the 100 yard, 200 yard or 200 meter IM

\*\*\* Swimmers must provide their own timers and lap counters

Consolidated Entry Form <b>Silicon Valley Long Course OPEN</b> <i>June 28 - June 29, 2014</i>			
NAME: Last		First	MI
AGE	DATE OF BIRTH		
USA-S REG #			
SEX Girl                  Boy		AGE GROUP	
Club Abbr.	CLUB NAME		
COACH:			
Swimmer's information Address:  <b>E-mail:</b>  <b>Phone:</b> (       )			
Individual Event #	DISTANCE / STROKE	LCM or SCY*	ENTRY TIME
			: .
			: .
			: .
			: .
			: .
			: .
			: .
			: .
<i>NOTE: Swimmers may enter &amp; pay (non-refundable) for as many events as they wish, but will have to scratch down to a maximum of three (3) events per day upon check-in.</i>			
<div style="text-align: right;">           # of Individual Events _____ x \$2.75 = \$ _____            plus PARTICIPATION FEE:    + \$        10.00  <b>TOTAL: \$ _____</b> </div> <p>Make checks payable to <b>Sunnyvale Swim Club</b></p>			

\* LCM = Long Course Meters, SCY = Short Course Yards