

South Bay Swim League  
Pacific Swimming - Zone 1 South  
Short Course Tri-Meet – QSS & WEST @ VS  
Tuesday, July 1, 2014  
Hosted by Valley Splash



**SANCTION:** Held under USA/Pacific Swimming Sanction No. 14-125

*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. **The results of this meet may be posted in real time on the Internet at [www.ValleySplash.com](http://www.ValleySplash.com).**

**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:**

<b>Meet Referee:</b> Jennifer McKennan	<b>Head Starter:</b> Guiselle Morrone
<b>Admin Official:</b> Curtiss Kikuta	<b>Meet Marshal:</b> Lou Thomas
<b>Meet Director:</b> Cathy Manthey – <a href="mailto:cmanthey@vcs.net">cmanthey@vcs.net</a> - 408-513-2450	

**LOCATION:** Valley Christian High School Skyway Campus, 100 Skyway Drive, San Jose, CA 95111

From 101 South: Take 101 South to the Capitol Expressway/Yerba Buena Road exit. Merge onto Capitol Expressway heading west. Take the Monterey Road ramp. Turn left onto Monterey Road. Turn left onto Skyway Drive. Valley Christian High School is located at 100 Skyway Drive.

From 280 South: Take 280 South to 87 South. Take 87 South to the Capitol Expressway Auto Mall exit. Turn left onto West Capitol Expressway. Take the Monterey Road ramp. Turn left onto Monterey Road. Turn left onto Skyway Drive. Valley Christian High School is located at 100 Skyway Drive.

From 85 South: Take 85 South to the Blossom Hill Road exit. Turn left onto Blossom Hill Road. Turn left onto Snell Avenue. Turn right onto Skyway Drive. Valley Christian High School is located at 100 Skyway Drive

**COURSE:** Outdoor, 25 yard pool with up to 8 lanes available for competition. An additional 1 lane 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 9' at the start end and 6'6" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** Meet will begin at 3:30 PM with warm-ups from 2:30 to 3:20 PM. A special warm-up time for 8 and under swimmers only will be held from 3:00-3:20 PM.

**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.
- All events will swim fast to slow.
- Swimmers may compete in 3 individual events and 1 relay.
- All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

**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.
- Only coaches EZ-Ups will be allowed on the pool deck.

**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.
- Entries with "NO TIME" will be accepted.
- 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 may compete in the meet for time only, no awards.

**ENTRY FEES:** There is NO entry fee for SBSL Dual Meets and Tri-Meets.

**ENTRIES:** Coaches will enter swimmers via the Hy-Tek entry system by Wednesday, June 25 at 11:59PM. Each team will send the entry file to Nik Kikuta at [nkikuta@att.net](mailto:nkikuta@att.net).

**RELAYS:** There will be 100 free relay for 12 and under swimmers and 200 free relay for 13 and up swimmers

**CHECK-IN:** The meet will be pre-seeded. There will be no check in.

**SCRATCHES:** There is NO penalty for a swimmer entered in this meet that misses one of his/her events.

**AWARDS:** None.

**SCORING:** There will be no scoring at this meet.

**ADMISSION:** Free.

**REFRESHMENTS:** Water jugs will be placed on the pool deck for swimmers and officials.

**TIMERS:** Participating teams will be responsible for providing timers.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours.

**EVENT SUMMARY:**

<b>Tuesday, July 1</b>		
<b>10&amp;Under</b>	<b>11-12</b>	<b>13&amp;Over</b>
100 Free Relay		200 Free Relay
50 Back	100 Back	100 Back
50 Breast	100 Breast	100 Breast
50 Fly	100 Fly	100 Fly
50 Free	100 Free	100 Free

## EVENTS

Tuesday, July 1		
EVENT #	EVENT	EVENT #
1	13&Over 200 Free Relay	2
3	12&Under 100 Free Relay	4
5	13&Over 100 Back	6
7	11-12 100 Back	8
9	10&Under 50 Back	10
11	13&Over 100 Breast	12
13	11-12 100 Breast	14
15	10&Under 50 Breast	16
17	13&Over 100 Fly	18
19	11-12 100 Fly	20
21	10&Under 50 Fly	22
23	13&Over 100 Free	24
25	11-12 100 Free	26
27	10&Under 50 Free	28

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>