

**BULLDOG SWIM CLUB**  
**PACIFIC SWIMMING LONG COURSE C/B/A+ MEET**  
**OCTOBER 11, 2015**  
Enter Online: <http://ome.swimconnection.com/pc/BSC20151011>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-127**

*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 <http://results.teamunify.com/pcbsc/index.html>**

**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, and Google Glass 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.

**MEET PERSONNEL:**  
*Meet Referee:* Larry Rice      *Head Starter:* Robert Iacobacci  
*Meet Marshal:* Ricardo Gonzales    *Admin Official:* Darryl Woo  
*Meet Director:* Jim Stretch [stretchj@smccd.edu](mailto:stretchj@smccd.edu)

**LOCATION:** CSM AQUATIC CENTER, 1700 W. HILLSDALE BLVD, BUILDING #5, SAN MATEO, CA 94402

**DIRECTIONS:** **From Hwy 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 onto campus at College Heights Drive. **From Hwy 101:** take Hwy 92 west towards Half Moon Bay, West Hillsdale Blvd exit. Turn right and proceed up hill through 2nd and 3rd sets of traffic lights. Turn right onto campus at College Heights Drive. There is a drop off area at BLDG. #5. Ample free weekend parking is available on campus adjacent to CSM Drive in Beethoven Lot 2 and Hillsdale lots. **DO NOT PARK IN OLYMPIAN LOT 12 OR ANY STAFF PARKING LOTS OR SPACES.**

**COURSE:** **Outdoor 50 Meter** pool with up to **eight 8** lanes available for competition. A separate pool will offer **two (2)** short course lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the course, measured in accordance with Article 103.2.3, is **7"** at the start end and **7"** at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** SESSION A (12 & Under Swimmers): Meet begins at 8:30AM, warm-up from 7:00 to 8:15AM.  
SESSION B (13 & Over Swimmers): Session B will begin one hour after Session A finishes, but not before 12:00 PM. 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.
- All events will swim fast to slow.
- Swimmers may compete in no more than **three (3)** events per day. 12 & Under Swimmers may compete in both morning session events and Open events in the afternoon session but may not exceed **three (3)** events total for the day.
- Swimmers in the 400 IM and 400 Free must have achieved a minimum USA-S "BB" time in their age group and gender.
- All Session A 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.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down or cancel relay event(s). 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.**

**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.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- **MEET PARTICIPANTS SHOULD PARK IN BEETHOVEN LOTS WHERE PERMITS ARE NOT REQUIRED ON WEEKENDS.**
- **MEET PATRONS ARE NOT ALLOWED TO USE MEMBER-ONLY LOCKER-SHOWER ROOMS**

**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 USA Swimming Motivational "A" minimum time standard. Swimmers in the "B" Division must have met at least the listed "B" minimum time standard. All entry times slower than the listed "B" time standard will be in the "C" Division.
- Entries with "**NO TIME**" will be **ACCEPTED (exception – Swimmers entering the 400 IM and/or 400 Free, see rules)**.
- 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 may compete in the meet for time only, no awards. Such swimmers must have met standards for the 17-18 age group.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRY PRIORITY:** Zone 1 North swimmers entering online must do so by **11:59 PM on Wednesday, September 23rd** in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by Monday, September 28th in order to receive priority acceptance to the meet. No swimmers other than those from **Pacific Swimming Zone 1 North** may enter the meet until the preference period has concluded.

**ENTRY FEES:** \$4.00 per event plus a \$10.00 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/BSC20151011> 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 11:59pm Wednesday, **SEPTEMBER 30, 2015.**

**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, **September 28, 2015** or

hand delivered by 6:30 p.m. Wednesday, **SEPTEMBER 30, 2015**. 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: BULLDOG SWIM CLUB**

**Mail entries to: Jim Stretch, Meet Director  
1700 W. Hillsdale Blvd. #5  
San Mateo, CA 94402**

**Hand deliver entries to:**

**Jim Stretch c/o SMAC  
1700 W. Hillsdale Blvd. Bldg. #5  
San Mateo, CA 94402**

**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:** Any swimmers not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized.

**AWARDS:** Ribbons for 1st thru 8th place for individual events in the A, B, and C divisions: 8/un, 9/10, 11/12, 13-14. There will be no awards for Open events or for athletes ages 15 and older. Standard "A" medals awarded to swimmers achieving NEW "A" times in each non-Open event regardless of place achieved in the event. Swimmers who have prior "A" time in any event they compete in, regardless of course the time was earned in, will not receive "A" medal. All awards to be picked up by coaches at end of session. Awards will not be mailed out.

**ADMISSION:** Free. Programs will not be printed for sale. A psych sheet will be emailed to coaches of participating teams for distribution to their teams (non-Z1N teams should supply an email address to Meet Director in order to receive this email).

**SNACK BAR & HOSPITALITY:** A snack bar or refreshments for purchase may be available at the venue. 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.

**MINIMUM OFFICIALS:** All teams participating are expected to adhere to 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

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

**EVENT SUMMARY**

SUNDAY			
12 & U	11-12	13 & O	Open
200 Free	400 IM	100 Breast	200 IM
50 Fly		100 Fly	200 Back
100 Back		100 Free	200 Breast
50 Breast		100 Back	200 Fly
100 Free		50 Free	
50 Back		400 Free	
100 Breast			
50 Free			
100 Fly			

## EVENTS

<b>SUNDAY, October 11<sup>th</sup></b>		
<b>SESSION A</b>		
<b>GIRLS #</b>	<b>EVENT</b>	<b>BOYS #</b>
<b>1</b>	12 & U 200 Free	<b>2</b>
<b>3</b>	12 & U 50 Fly	<b>4</b>
<b>5</b>	12 & U 100 Back	<b>6</b>
<b>7</b>	12 & U 50 Breast	<b>8</b>
<b>9</b>	12 & U 100 Free	<b>10</b>
<b>11</b>	12 & U 50 Back	<b>12</b>
<b>13</b>	12 & U 100 Breast	<b>14</b>
<b>15</b>	12 & U 50 Free	<b>16</b>
<b>17</b>	12 & U 100 Fly	<b>18</b>
<b>19*</b>	11-12 400 IM	<b>20*</b>

<b>SESSION B</b>		
<b>21</b>	Open 200 IM	<b>22</b>
<b>23</b>	13 & O 100 Breast	<b>24</b>
<b>25</b>	Open 200 Back	<b>26</b>
<b>27</b>	13 & O 100 Fly	<b>28</b>
<b>29</b>	Open 200 Breast	<b>30</b>
<b>31</b>	13 & O 100 Free	<b>32</b>
<b>33</b>	Open 200 Fly	<b>34</b>
<b>35</b>	13 & O 100 Back	<b>36</b>
<b>37</b>	13 & O 50 Free	<b>38</b>
<b>39*</b>	13 & O 400 Free	<b>40*</b>

\*Swimmers in the 400 IM and 400 Freestyle must have achieved a minimum USA-S "BB" time in their age group and gender. Swimmers in the 400 IM and 400 Freestyle must provide their own timers.

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

Pacific Swimming – Hosted by BSC C/B/A+ MEET October 11, 2015 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			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 \$4.00 = \$ _____ Participation Fee      \$ 10.00 Total                      \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													