

CABRILLO THRESHERS
SHORT COURSE SENIOR 2 TRIALS & FINALS MEET
Co-Sponsored by Pacific Swimming
February 13 – 15, 2016
Enter Online: <http://ome.swimconnection.com/pc/cab20160213>



SANCTION: Held under USA/Pacific Swimming Sanction No. **16-005**

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 will be posted in real time on the Internet at www.cabrillothreshers.org

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.

OFFICIALS:

| | |
|---|---------------------------------------|
| <i>Meet Referee:</i> Mike Piccardo | <i>Head Starter:</i> George Cleveland |
| <i>Head Marshal:</i> Robert Mazurek | <i>Admin Official:</i> Millie Nygren |
| <i>Meet Director:</i> Sean Lemmon, 831-818-3918, sweetlemmons@sbcglobal.net | |

LOCATION: University of California Santa Cruz, East Field House complex via Hagar Rd.

DIRECTIONS: From the Bay Area take US 280 or CA 101 to US 880 to CA Hwy 17 south. Take Hwy 17 south to Santa Cruz. Take the Highway 1 North exit (which turns into Mission St.) to Bay Street. Turn right on Bay which will take you to the base of campus (Bay & High streets). Enter the university at the Main entrance at Bay and High streets. Turn left at Hagar Road. Follow signs to “Event Parking” at the southwest parking lot near the pool complex.

COURSE: Short course 25 yard pool with up to 10 lanes available for competition. An additional 4 to 6 lanes 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 8’ at the start end and 8’ at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

TIME: Competition begins on Saturday, Sunday and Monday at 9:00 a.m., with warm-ups from 7:30-8:45 a.m.

The time for finals each day will be determined by the meet referee and announced at the officials’ and coaches’ meetings. Warm-ups for finals will be 45 minutes prior to the beginning of finals. Officials’ and coaches’ meetings will be conducted prior to the starting time for both trials and finals.

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 preliminary events will swim fast to slow, with the fastest three heats circle seeded.
- Swimmers may compete in a maximum of three (3) events per day.
- 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.
- All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. Each coach must check in with the meet director prior to the first session in which he or she plans to coach. Please be sure your coach’s card is valid and that all your certifications are up to date and valid for the duration of the meet. If your coach’s card is expired or your certifications have lapsed, you will not be allowed to coach.
- The 1000 Free and 1650 Free will be swum as timed finals (see special rules below). All other events will be swum as trials and finals. In finals, there will be a Championship Final, Consolation Final and Bonus Final and will be swum in that order.
- The 1000 free will be swum as timed finals, fastest to slowest, alternating women and men’s heats and will be swum on Saturday as the last event of trials. The 1650 free events will be swum as timed finals, fastest to slowest. The women’s

1650 free will be swum as the last event of trials on Sunday. The men's 1650 free will be swum as the last event of trials on Monday.

- Swimmers must provide counters for the 500 Free, and timers and counters for the 1000 free and 1650 free.

ATTENTION HIGH SCHOOL SWIMMERS: If you are a high school swimmer in season, you need to be Unattached from this meet. It is the swimmers responsibility to be Unattached from this meet. You can unattach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

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.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Please do not bring your dogs to this meet. No animals are allowed in any area of the meet venue (which includes the parking lots) except service animals wearing a service animal vest and actually working to assist a disabled person. Even service animals who are not behaving properly (barking, jumping and the like) will be asked to leave the meet venue. UCSC does not allow dogs on campus and will issue citations if a dog (or other animal) is left in a car in a UCSC parking lot.
- **In accordance with Pacific Swimming Safety standards, absolutely no propane heaters will be allowed on the pool deck or in the fenced pool area regardless of the air temperature. Please do not ask for permission to set up a propane heater on the pool deck. Propane heaters set up outside the fenced pool area are permitted as long as their use and operation are safe. Safety is to be determined in the sole discretion of the meet director (or university personnel).**
- 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.

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 must meet the Senior 2 time standards as outlined by Pacific Swimming time verification procedures. Senior 2 Qualifying standards shall be the 2015-2016 USA Swimming National-Age Group Time Motivational "A" Time Standards for 15-16. No refunds will be given if a time cannot be proven.
- Swimmers age 13 & Over may enter 4 bonus events in which they have met the minimum Senior Open Time Standard. The Senior Open qualifying standards shall be the 2015-2016 USA Swimming National Age-Group Motivational "BB" Time Standards for 15-16. 12 year old swimmers are not eligible to enter bonus events.
- Swimmers under the age of 12 years are not eligible to compete.
- Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- No time conversions will be accepted.
- Entries with "NO TIME" will be rejected.

SEEDING: Event seeding will be in the following order: conforming short course yards, non-conforming long course meters, and non-conforming short course meters. USA Swimming rules 207.11.7B. **See Rules for distance events seeding.**

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. 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. Swimmers who do not check-in will not be allowed to compete in the event.

SCRATCH RULE: Swimmers entered in a Trials & Finals meet that is seeded on the deck that have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim an event will result in being barred from the rest of his/her events that day including relays. If the swimmer qualified for a final before missing an event they may swim that final.

FINALS – POSITIVE CHECK-IN: Swimmers may check-in or declare their intent to swim finals for that day at the beginning competition for that day. Swimmers must check-in or declare their intent to compete in consolation finals or finals within 30 minutes of the posting of results. In the case where a swimmer declares their intent to swim they must declare their final intention within 30 minutes after the posting of results for their last individual preliminary event. Swimmers not returning to declare their intention will be seeded into the event. In a positive check-in trials & finals meets any swimmer checking in for a Bonus, Consolation, or Final race in an individual event who fails to show in said Bonus, Consolation or Final race prior to calling of the alternate shall be barred from further competition for the remainder of the meet. If the No-Show occurs on the last day that the swimmer is entered in an individual event in the meet, and no other individual event penalty is applicable, the swimmer shall then be fined \$100.00. The fine will be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.

- Exceptions: No Penalty shall apply for failure to withdraw or compete in an individual event if: (i) the referee is notified in the event of illness or injury and accepts the proof thereof. (ii) It is determined that the No-Show is caused by circumstances beyond the control of the swimmer. (iii) The swimmer is an alternate for any level of finals.

ENTRY FEES: \$6.50 per individual event plus an \$8.00 per swimmer participation fee. 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/cab20160213> 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, February 3, 2016.

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 procedure: and postmarked by midnight, Monday, February 1, 2016 or hand delivered by 6:30 p.m. Wednesday, February 3, 2016. 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: Cabrillo Threshers

Mail entries to: Sean Lemmon
202 Sidesaddle Circle
Scotts Valley, CA 95066

Hand deliver entries to: Sean Lemmon
202 Sidesaddle Circle
Scotts Valley, CA 95066

AWARDS: None.

ADMISSION: Free. A 3 day program will be available for \$5.00

HOSPITALITY: Hospitality available for coaches, officials, timers, and volunteers. Lunches will be provided for coaches and working deck officials. There will be a snack bar.

ORDER OF EVENTS

Time Standards can be found at

<http://www.pacswim.org/swim-meet-times/standards>

Saturday, February 13, 2016

| Event # | Description | Event # |
|---------|-------------|---------|
| 1 | 100 Breast | 2 |
| 3 | 200 Free | 4 |
| 5 | 100 Fly | 6 |
| 7 | 200 IM | 8 |
| 9 | 1000 Free | 10 |

Events 9 and 10 will be swum as timed finals during the "trials" session.

Sunday February 14, 2016

| Event # | Description | Event # |
|---------|-------------------|---------|
| 11 | 400 IM | 12 |
| 13 | 50 Free | 14 |
| 15 | 200 Breast | 16 |
| 17 | 200 Back | 18 |
| 101 | Women's 1650 Free | |

Event 101 will be swum as a timed final during the "trials" session.

Monday, February 15, 2016

| Event # | Description | Event # |
|---------|-----------------|---------|
| 19 | 500 Free | 20 |
| 21 | 100 Back | 22 |
| 23 | 200 Fly | 24 |
| 25 | 100 Free | 26 |
| | Men's 1650 Free | 102 |

Event 102 will be swum as a timed final during the "trials" session.

**Pacific Swimming – Hosted by Cabrillo Threshers
 SENIOR 2 TRIALS & FINALS
 February 13 – 15, 2016
 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 / SCM | | | | | | | | | |
| | | | | | | : . | | | SCY / LCM / SCM | | | | | | | | | |
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| # of entries _____ x \$6.50 = \$ _____ Participation Fee \$8.00 Total \$ _____ | | | | | | | | | | | | | | | | | | |
| Coach | | | | | | | | | | | | | | | | | | |
| Swimmer's Address | | | | | | | | | | | | | | | | | | |
| Home Phone | | | | | | Cell Phone | | | | | | | | | | | | |
| Email | | | | | | | | | | | | | | | | | | |