

**Santa Cruz Swimming**  
**PACIFIC SWIMMING Z1S SHORT COURSE AGO MEET**  
**November 7-8, 2015**

Enter Online: <http://ome.swimconnection.com/pc/CRUZ20151107>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-161**

*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, of 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/scaa/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:**

<i>Meet Referee:</i> Mike Piccardo	<i>Head Starter:</i> Mark Stander
<i>Meet Marshal:</i> Virginia Leal	<i>Admin Official:</i> Brett Shaug
<i>Meet Director:</i> Bill Norris; <a href="mailto:cruz.meetdirector@gmail.com">cruz.meetdirector@gmail.com</a> , 650-303-2921	

**LOCATION:** Harbor High School, 300 La Fonda Ave, Santa Cruz, CA 95062. GPS location is: 36.987313, -121.993421.

**DIRECTIONS:** From the **SF 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 south exit towards Monterey. Take exit 439 and turn right onto Soquel Avenue. In about 100 feet turn left onto Soquel Drive. Turn right onto La Fonda Avenue. Harbor High will be on the right. From the **Monterey Bay area** take Highway 1 north, exit at Soquel Drive and turn left on to Soquel. Turn right on La Fonda Avenue, Harbor high will be on your right.

Parking will be extremely limited near the pool although drop-off will be permitted. Detailed parking information and recommendations will be sent to parents in an email prior to the event.

**COURSE:** Outdoor 25 yard pool with up to 6 lanes available for competition. **No warmup lanes will be offered throughout the event.** The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 5'0" at the start end and 3'6" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** Both A and B sessions are targeted to complete in 3 hours.

**SESSION A (11-12 Girls and All 13 & Over Swimmers):** Meet begins at 9:00 AM; Warm-Up is from 7:30 – 8:45 AM.

**SESSION B (11-12 Boys and All 10 & Under Swimmers):** Session B will begin 1 hour after Session A finishes, but not before 1:00 PM. Session B Warm-Ups will begin immediately after Session A finishes at approximately 12:00 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 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.
- 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.

**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 and 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.
- 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.
- Non-coach setup not permitted on pool deck or in bleachers behind starting blocks. No non-coach tents or chairs permitted within fenced pool area. We want everyone be able to watch their kids swim but not to perch near the pool.

**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.
- For award purposes divisions will be created that comply with the following table. 8 & Under swimmers will utilize Pacific Swimming motivational time standards. 9 & Up swimmers will utilize USA-Swimming motivational time standards.

Age Group	Gold Division	Silver Division	Bronze Division
8 & Under	Pacific Swimming “A” Standard	Pacific Swimming “B” Standard	Below Pacific Swimming “B” Standard
9-10, 11-12,13-14, 15-16, 17-18	USA-S “BB” Motivational Standard	USA-S “B’ Motivational Standard	Below USA-S “B” Motivational Standard

- Entries with "NO TIME" will be REJECTED. Swimmers, with the assistance of their coaches, must submit estimated times if they have no official times.
- 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 any 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 South (Z1S) and LO entries postmarked by **Monday, October 19, 2015** or entered online by 11:59 p.m. **Monday, October 19, 2015** will be given priority acceptance. All entries from Zone 1 South, all other Pacific LSC zones, and other LSC's either postmarked by **Monday, October 26, 2015**, entered online by 11:59 p.m. **Wednesday, October 28, 2015** or hand delivered by 5:00 p.m. **Wednesday, October 28 2015** will be considered in the order that they were received or until meet cap is reached.

**ENTRY FEES:** \$4.00 per event plus an \$8.00 participation fee per swimmer, entries will be rejected if payment is not sent at the time of request. Relay fee is \$9.00 per team payable in cash or check made to 'Santa Cruz Swimming' at the time of entry. No refunds will be made, except mandatory scratch downs.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/CRUZ20151107> 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, October 28, 2015 at 11:59PM.

**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, October 26<sup>th</sup>, 2015 or hand delivered by 5:00 PM Wednesday, October 28, 2015. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Santa Cruz Swimming**

**Mail entries to: Bill Norris  
Swim Meet Entries  
P.O. Box 1616  
Soquel, CA 95073**

**Hand deliver entries to: Bill Norris  
Leave at Front Desk of Business  
345 Encinal Street  
Santa Cruz, CA 95073**

**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 individual 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 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:** Awards will be given to top 8 finishers in the Gold, Silver and Bronze divisions for each age group described in the following table. "A" medals will be awarded to swimmers achieving a new USA-S "A" time regardless of place achieved in event. No awards will be given to swimmers age 19 years or older. All Individual awards must be picked up at the meet. No awards will be mailed or distributed after the meet.

Age Group	Gold Division	Silver Division	Bronze Division
8 & Under	Pacific Swimming "A" Standard	Pacific Swimming "B" Standard	Below Pacific Swimming "B" Standard
9-10, 11-12,13-14, 15-16, 17-18	USA-S "BB" Motivational Standard	USA-S "B" Motivational Standard	Below USA-S "B" Motivational Standard

**ADMISSION:** Free. An event program will be available for a reasonable cost.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. 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.

## Event Summary

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
100 FR	200 FR	200 FR	200 FR	100 IM	200 IM	400 IM	400 IM
50 BK	50 BK	100 BK	100 BK	25 FR	100 FR	50 FR	200 BK
25 FLY	100 FLY	100 FLY	200 FLY	25 BK	100 BK	50 FLY	50 FR
25 BR	100 BR	50 BR	100 BR	50 BR	50 FR	200 BR	100 FLY
		50 FR					
Mixed Medley Relay				Mixed Free Relay			

SATURDAY NOVEMBER 7, 2015		
SESSION A		
GIRLS	WARM-UP 7:30-8:45	BOYS
EVENT #	EVENT	EVENT #
1	11 – 12 200 FREE	
3	13 & O 200 FREE	4
5	11 – 12 100 BACK	
7	13 & O 100 BACK	8
9	11 – 12 100 FLY	
11	13 & O 200 FLY	12
13	11 – 12 50 BREAST	
15	13 & O 100 BREAST	16
17	11 – 12 50 FREE	
19	49er Mixed Medley Relay*	19

SUNDAY NOVEMBER 8, 2015		
SESSION A		
GIRLS	WARM-UP 7:30-8:45	BOYS
EVENT #	EVENT	EVENT #
47	11 – 12 400 IM	
49	13 & O 400 IM	50
51	11 – 12 50 FREE	
53	13 & O 200 BACK	54
55	11 – 12 50 FLY	
57	13 & O 50 FREE	58
59	11 – 12 200 BREAST	
61	13 & O 100 FLY	62
63	49er Mixed Free Relay*	63

SESSION B		
WARM-UP Approx. 12 -12:45		
	11 – 12 200 FREE	22
23	9 – 10 200 FREE	24
25	8 & U 100 FREE	26
	11 – 12 100 BACK	28
29	10 & U 50 BACK	30
	11 – 12 100 FLY	32
33	9 – 10 100 FLY	34
35	8 & U 25 FLY	36
	11 – 12 50 BREAST	38
39	9 – 10 100 BREAST	40
41	8 & U 25 BREAST	42
	11 – 12 50 FREE	44
45	39er Mixed Medley Relay**	45

SESSION B		
WARM-UP Approx. 12 -12:45		
	11 – 12 400 IM	66
67	9 – 10 200 IM	68
69	8 & U 100 IM	70
	11 – 12 50 FREE	72
73	9 – 10 100 FREE	74
75	8 & U 25 FREE	76
	11 – 12 50 FLY	78
79	9 – 10 100 BACK	80
81	8 & U 25 BACK	82
	11 – 12 200 BREAST	84
85	9 – 10 50 FREE	86
87	8 & U 50 BREAST	88
89	39er Mixed Free Relay**	89

- NOTE:**
- No warmup lanes will be offered throughout the event.
  - Entries with "NO TIME" (NT) are not permitted. Swimmers, with the assistance of their coaches, must submit estimated times if they have no official times.

\* 49er Mixed and Free Relays (not nationally recognized events). Each relay team can consist of any combination of four (4) Girls and/ or Boys whose ages total 49 or less. Relays will be deck seeded and due at a time determined by the Meet Referee each day, relay entry fee will be due at time of entry.

\*\* 39er Mixed and Free Relays (not nationally recognized events). Each relay team can consist of any combination of four (4) Girls and/ or Boys whose ages total 39 or less. Relays will be deck seeded and due at a time determined by the Meet Referee each day, entry fee will be due at the time of entry.

Pacific Swimming – Hosted by Santa Cruz Swimming Age Group Open November 7-8, 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				
# of entries _____ x \$4.00 = \$ _____ Participation Fee        \$ 8.00 Total                        \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													