

**CSA CONFERENCE CHAMPIONSHIP  
PACIFIC SWIMMING SHORT COURSE MEET  
DECEMBER 18-20, 2015  
TEAMS: EBA, LAC, PASA, PEAK, WEST & QSS**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-175**

*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 Meet Mobile.**

**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:**

|  |   |
|--|---|
| <b>Meet Referee:</b> Mike Tramack  | <b>Head Starter:</b> Jennifer McKennan  |
| <b>Meet Marshal:</b> Son Diep  | <b>Admin Official:</b> Charlotte Rooney |
| <b>Meet Director:</b> Liv Lyons; <a href="mailto:omlyons@gmail.com">omlyons@gmail.com</a> (925) 285-9934 |   |

**LOCATION:** Frank Fiscalini Interational Swim Center at Independence High School, 629 North Jackson Avenue, San Jose, CA 95133

**DIRECTIONS:** **From Interstate 680** – exit McKee Road and head west, away from foothills. Turn right at the first light, which is Jackson Avenue, turn left into the parking lot at the second traffic light, which is just after the football stadium. **From Highway 101** – exit McKee Road and head east toward the foothills. Go down McKee to the 7<sup>th</sup> traffic light, which will be Jackson Avenue. Turn left on Jackson Avenue and at the second light turn left into the parking lot.

**COURSE:** Outdoor 25 yard pool with up to 19 lanes available for competition. An additional 7 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 4' 6" at the start end and 7' 0" 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:** Meet will begin at 5:15 PM on Friday with warm-ups from 4:15- 5:00 PM. Friday events are timed finals. Some of Saturday's and Sunday's events are Trials and Finals except as noted in Order of Events Chart. Meet will begin at 9:00 AM on Saturday and Sunday with warm-ups from 7:30 to 8:40 AM each day. A special warm-up time for 8 and under swimmers only will be held from 8:40 to 8:50 AM. Finals will begin no sooner than 1 hour after the conclusion of trials. The exact time will be determined by the Meet Referee and announced as early as practical each day.

**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 on Friday. See Order of Events Chart for events specified as timed finals for Saturday and Sunday.
- All preliminary events will swim fast to slow with the first three heats circle seeded.
- Swimmers may compete in up to 3 individual events and up to 2 relays per day.
- Swimmers may compete in a total of 6 individual events and up to 5 relays at the meet.
- 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.**

- **Coaches will be required to check-in prior to the start of the meet. Coaches must have their USA Swimming membership card for check-in.**

**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.
- Only swimmers, coaches, officials, and volunteers will be allowed on the pool deck.
- 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.
- No tents or equipment may be left at the facility overnight.
- Set-up will not be available until immediately before the meet on Friday afternoon. Gates will not open until 3:35 PM.

**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 be a member of EBA, LAC, PASA, PEAK, WEST, QSS, or UN and affiliated with a CSA member team. Swimmers may enter as unattached, but will be entered as exhibition and will not be eligible for team points.
- Swimmers must have met the "CSA" time standard in every event entered. All entry times slower than the listed time standard will be rejected. All CSA qualifying times are posted at <http://www.swimcsa.com>.
- Swimmers must have participated in at least one CSA meet in 2015 prior to the entry deadline.
- Entry times submitted for this meet will be checked against the CSA computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Swimmers may qualify for the 1650 with either a 1650 or a 1000 CSA qualifying time.
- Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- The swimmer's age will be the age of the swimmer on the first day of the meet.
- Entries with "NO TIME" will be rejected.

**CHECK-IN: 11 & Over Events FRIDAY** – Friday events will be deck-seeded. Swimmers must positively check-in for all Friday individual events. 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.

**11 & Over Events SATURDAY & SUNDAY** – Prelims on Saturday and Sunday will be pre-seeded except for the 1650 Freestyle. The first three heats in trials events will be circle seeded. Swimmers must positively check-in for the 1650 freestyle by 11:00 AM on Saturday.

**10 & Under Events** – all 10 & under events will be pre-seeded on Saturday and Sunday. The first three heats in trials events will be circle seeded. Swimmers must positively check-in for Friday all events on Friday.

**SCRATCH RULE FOR PRELIMS & TIMED FINALS:**

- A copy of the meet scratch rules will be posted at the clerk-of-course.
- Coaches may email any scratches to [ckikuta@att.net](mailto:ckikuta@att.net) by noon on Friday, December 11<sup>th</sup> 11:00 AM. Coaches may scratch live at the meeting. All scratches submitted are final.
- Swimmers entered in a preliminary individual or timed final event will have no penalty for missing an event.

**SCRATCH RULE FOR FINALS:**

- A copy of the scratch rules will be posted at the clerk-of-course.
- Top 9 swimmers will qualify for finals.
- Any swimmer qualifying for finals in an individual event who does not wish to compete must scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that they may not intend to compete in consolation finals or finals. In this case they must declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event.
- A swimmer who “fails to compete” or scratch in a finals event they qualified for will be subject to disqualification for the remainder of the swimmer’s individual events. “Declared False Starts” and “Delay of Meet” are all classified as “Failure to Compete”, and the swimmer will be barred from the remainder of the swimmer’s individual events for the meet. If the No-Show occurs on the last day that the swimmer is entered in an individual final event 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.
- **Exception:** 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 by the referee that the No-Show is caused by circumstances beyond the control of the swimmer. (iii) The swimmer is an alternate for finals.

**ENTRY FEES:** \$5.50 per individual event plus an \$8.00 per swimmer participation fee. Relay only swimmers must pay the \$8.00 splash fee.

**ENTRIES:** Swimmers must enter on their team website by Monday, November 30<sup>th</sup>. Team Sd3 files with all team individual events and relays are due to [ckikuta@att.net](mailto:ckikuta@att.net) by noon on Wednesday, December 2<sup>nd</sup>.

**Make check payable to: CSA**

**Mail check to: Liv Lyons**  
5409 Silver Vista Way  
San Jose, CA 95138

**AWARDS:**

- **Individual Event Awards:** 1<sup>st</sup>- 3<sup>rd</sup> place will receive medals. 4<sup>th</sup>- 9<sup>th</sup> places will receive ribbons.
- **Relay Event Awards:** 1<sup>st</sup>- 3<sup>rd</sup> place will receive medals.
- **Trophies for Team Awards:** 1<sup>st</sup>- 3<sup>rd</sup> places for combined team scores. Team scoring will include individual events to 9 places and relay events to 8 places for all events.
- **Individual High Point Awards:** Top scoring woman and Top scoring man in each age group including the Open age group. Scoring will include individual events only. Relay points will be included to distinguish a high point winner in the event of a tie.

**SCORING:** Individual events will score places 1-9. Relay events will score places 1-8. The 1650 will be scored as 11-12, 13-14 and 15 & over. All other OPEN events will be scored as OPEN.

**Individual Events:**

Finals – 10- 8 -7- 6- 5- 4- 3 -2 -1

Timed Finals – 10- 8 -7- 6- 5- 4- 3 -2 -1

**Relay Events:**

Finals – 20-16- 14- 12- 10- 8- 6 -4

**ADMISSION:** Free.

**REFRESHMENTS:** A snack bar will be available throughout the competition. Coaches and working deck officials will be provided meals

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. Special parking will be provided for Officials and Coaches; please bring your USA-S Membership card to gain access to parking.

**EVENT SUMMARY**

| <b>FRIDAY</b>    |                   |              |              |              |             |
|------------------|-------------------|--------------|--------------|--------------|-------------|
| <b>9-10</b>      | <b>11-12</b>      | <b>13-14</b> | <b>OPEN</b>  |              |             |
| 500 Free         | 500 Free          | 400 IM       | 400 IM       |              |             |
|                  | 200 F.R.          | 500 Free     | 500 Free     |              |             |
|                  |                   | 200 F.R.     | 200 F.R.     |              |             |
| <b>SATURDAY</b>  |                   |              |              |              |             |
| <b>8 &amp; U</b> | <b>10 &amp; U</b> | <b>9-10</b>  | <b>11-12</b> | <b>13-14</b> | <b>OPEN</b> |
| 100 IM           | 200 IM            | 100 Fly      | 200 M.R.     | 200 M.R.     | 200 M.R.    |
| 25 Fly           | 200 Free          | 100 Breast   | 100 IM       | 100 Fly      | 100 Fly     |
| 25 Breast        | 200 M.R.          | 50 Free      | 100 Fly      | 200 Free     | 200 Free    |
| 50 Free          |                   | 100 Back     | 200 Free     | 100 Breast   | 100 Breast  |
| 25 Back          |                   |              | 100 Breast   | 100 Back     | 100 Back    |
| 100 M.R.         |                   |              | 100 Back     | 50 Free      | 50 Free     |
|                  |                   |              | 50 Free      | 800 F.R.     | 800 F.R.    |
| <b>SUNDAY</b>    |                   |              |              |              |             |
| <b>8 &amp; U</b> | <b>9-10</b>       | <b>11-12</b> | <b>13-14</b> | <b>OPEN</b>  |             |
| 50 Back          | 100 IM            | 400 M.R.     | 400 M.R.     | 1650 Free    |             |
| 25 Free          | 50 Back           | 200 IM       | 200 IM       | 400 M.R.     |             |
| 50 Breast        | 100 Free          | 50 Back      | 200 Back     | 200 IM       |             |
| 50 Fly           | 50 Breast         | 100 Free     | 100 Free     | 200 Back     |             |
|                  | 50 Fly            | 50 Breast    | 200 Breast   | 100 Free     |             |
|                  |                   | 50 Fly       | 200 Fly      | 200 Breast   |             |
|                  |                   | 400 F.R.     | 400 F.R.     | 200 Fly      |             |
|                  |                   |              |              | 400 F.R.     |             |

## ORDER OF EVENTS

### Conference Championship Meet

| FRIDAY, December 18 <sup>th</sup> – Timed Finals |                 |             |                        |               |                         |
|--|-----------------|-------------|------------------------|---------------|-------------------------|
| Qualifying Standard CSA                          | Women's Event # | Description |                        | Men's Event # | Qualifying Standard CSA |
|  |                 | Age Group   | Event                  |               |                         |
| 5:32.89  | 1               | 13-14       | *400 Individual Medley | 2             | 5:07.69                 |
| 5:42.19  | 3               | OPEN        | *400 Individual Medley | 4             | 5:30.79                 |
| 8:30.49  | 5               | 10 & Under  | *500 Freestyle         | 6             | 8:22.79                 |
| 6:48.89  | 7               | 11-12       | *500 Freestyle         | 8             | 7:02.99                 |
| 6:41.29  | 9               | 13-14       | *500 Freestyle         | 10            | 6:29.49                 |
| 6:37.59  | 11              | OPEN        | *500 Freestyle         | 12            | 6:14.49                 |
| 2:25.99  | 13              | 11-12       | *200 Free Relay        | 14            | 2:25.99                 |
| 2:20.99  | 15              | 13-14       | *200 Free Relay        | 16            | 2:20.99                 |
| 2:19.99  | 17              | OPEN        | *200 Free Relay        | 18            | 2:19.99                 |

| SATURDAY, December 19 <sup>th</sup> – Prelims & Finals |                 |             |                        |               |                         |
|--|-----------------|-------------|------------------------|---------------|-------------------------|
| Qualifying Standard CSA                                | Women's Event # | Description |                        | Men's Event # | Qualifying Standard CSA |
|  |                 | Age Group   | Event                  |               |                         |
| 2:45.99  | 19              | 11-12       | **200 Medley Relay     | 2             | 2:45.99                 |
| 2:41.99  | 21              | 13-14       | **200 Medley Relay     | 4             | 2:41.99                 |
| 2:40.99  | 23              | OPEN        | **200 Medley Relay     | 6             | 2:39.99                 |
| 1:59.39  | 25              | 8 & Under   | *100 Individual Medley | 8             | 2:01.19                 |
| 3:27.19  | 27              | 10 & Under  | *200 Individual Medley | 10            | 3:38.89                 |
| 1:13.89  | 29              | 11-12       | 100 Individual Medley  | 12            | 1:33.09                 |
| 26.49  | 31              | 8 & Under   | *25 Butterfly          | 14            | 26.19                   |
| 1:55.49  | 33              | 9-10        | 100 Butterfly          | 16            | 1:54.09                 |
| 1:15.29  | 35              | 11-12       | 100 Butterfly          | 18            | 1:26.49                 |
| 1:09.69  | 37              | 13-14       | 100 Butterfly          | 20            | 1:06.09                 |
| 1:07.89  | 39              | OPEN        | 100 Butterfly          | 22            | 58.99                   |
| 3:00.99  | 41              | 10 & Under  | *200 Freestyle         | 24            | 2:50.19                 |
| 2:20.89  | 43              | 11-12       | 200 Freestyle          | 26            | 2:30.49                 |
| 2:15.49  | 45              | 13-14       | 200 Freestyle          | 28            | 2:08.19                 |
| 2:10.59  | 47              | OPEN        | 200 Freestyle          | 30            | 1:53.99                 |
| 30.09  | 49              | 8 & Under   | *25 Breaststroke       | 32            | 27.79                   |
| 1:51.09  | 51              | 9-10        | 100 Breaststroke       | 34            | 2:02.39                 |
| 1:24.39  | 53              | 11-12       | 100 Breaststroke       | 36            | 1:33.99                 |
| 1:20.99  | 55              | 13-14       | 100 Breaststroke       | 38            | 1:15.59                 |
| 1:22.79  | 57              | OPEN        | 100 Breaststroke       | 40            | 1:10.79                 |
| 24.29  | 59              | 8 & Under   | *25 Backstroke         | 42            | 24.89                   |
| 1:35.99  | 61              | 9-10        | *100 Backstroke        | 44            | 1:56.89                 |
| 1:15.39  | 63              | 11-12       | 100 Backstroke         | 46            | 1:26.19                 |
| 1:11.29  | 65              | 13-14       | 100 Backstroke         | 48            | 1:09.79                 |
| 1:10.19  | 67              | OPEN        | 100 Backstroke         | 50            | 1:03.99                 |
| 45.59  | 69              | 8 & Under   | *50 Freestyle          | 52            | 42.49                   |
| 33.79  | 71              | 9-10        | 50 Freestyle           | 54            | 35.29                   |
| 28.79  | 73              | 11-12       | 50 Freestyle           | 56            | 29.59                   |
| 27.79  | 75              | 13-14       | 50 Freestyle           | 58            | 25.89                   |
| 27.09  | 77              | OPEN        | 50 Freestyle           | 60            | 23.69                   |
| 2:05.99  | 79              | 8 & Under   | *100 Medley Relay      | 62            | 2:05.99                 |
| 2:59.99  | 81              | 10 & Under  | *200 Medley Relay      | 64            | 2:59.99                 |
| 11:50.99   | 83              | 13-14       | **800 Freestyle Relay  | 66            | 11:20.99                |
| 11:40.99   | 85              | OPEN        | **800 Freestyle Relay  | 68            | 11:30.99                |

| SUNDAY, December 20 <sup>th</sup> – Prelims & Finals |                 |             |                           |               |                         |
|--|-----------------|-------------|---------------------------|---------------|-------------------------|
| Qualifying Standard CSA                              | Women's Event # | Description |                           | Men's Event # | Qualifying Standard CSA |
|  |                 | Age Group   | Event                     |               |                         |
| 23:06.29   | 69              | OPEN        | *1650 Freestyle           | 70            | 21:46.69                |
| 5:49.99  | 71              | OPEN        | **400 Medley Relay        | 72            | 5:47.99                 |
| 5:53.99  | 43              | 13-14       | **400 Medley Relay        | 74            | 5:51.99                 |
| 5:55.99  | 75              | 11-12       | **400 Medley Relay        | 76            | 5:54.99                 |
| 1:29.09  | 77              | 9-10        | 100 Individual Medley     | 78            | 1:33.09                 |
| 2:44.59  | 79              | 11-12       | 200 Individual Medley     | 80            | 2:59.99                 |
| 2:32.19  | 81              | 13-14       | 200 Individual Medley     | 82            | 2:26.39                 |
| 2:26.59  | 83              | OPEN        | 200 Individual Medley     | 84            | 2:09.49                 |
| 59.69  | 85              | 8 & Under   | *50 Backstroke            | 86            | 58.89                   |
| 41.69  | 87              | 9-10        | 50 Backstroke             | 88            | 44.59                   |
| 35.39  | 89              | 11-12       | 50 Backstroke             | 90            | 37.99                   |
| 2:31.99  | 91              | 13-14       | 200 Backstroke            | 92            | 2:28.89                 |
| 2:35.69  | 93              | OPEN        | 200 Backstroke            | 94            | 2:21.89                 |
| 20.49  | 95              | 8 & Under   | *25 Freestyle             | 96            | 19.39                   |
| 1:15.99  | 97              | 9-10        | 100 Freestyle             | 98            | 1:20.69                 |
| 1:03.79  | 99              | 11-12       | 100 Freestyle             | 100           | 1:07.19                 |
| 1:00.99  | 101             | 13-14       | 100 Freestyle             | 102           | 56.99                   |
| 58.59  | 103             | OPEN        | 100 Freestyle             | 104           | 51.09                   |
| 59.29  | 105             | 8 & Under   | *50 Breaststroke          | 106           | 57.79                   |
| 45.19  | 107             | 9-10        | 50 Breaststroke           | 108           | 48.59                   |
| 3:04.99  | 109             | 11-12       | 50 Breaststroke           | 110           | 41.49                   |
| 3:00.19  | 111             | 13-14       | 200 Breaststroke          | 112           | 2:59.99                 |
| 2:56.39  | 113             | OPEN        | 200 Breaststroke          | 114           | 2:38.69                 |
| 59.29  | 115             | 8 & Under   | *50 Butterfly             | 116           | 59.59                   |
| 39.99  | 117             | 9-10        | 50 Butterfly              | 118           | 45.79                   |
| 32.49  | 119             | 11-12       | 50 Butterfly              | 120           | 34.89                   |
| 2:52.39  | 121             | 13-14       | 200 Butterfly             | 122           | 2:28.89                 |
| 2:46.79  | 123             | OPEN        | 200 Butterfly             | 124           | 2:22.29                 |
| 2:03.99  | 125             | 8 & Under   | *100 Yard Freestyle Relay | 126           | 2:03.99                 |
| 3:12.99  | 127             | 10 & Under  | *200 Free Relay           | 128           | 3:12.99                 |
| 4:09.99  | 129             | OPEN        | **400 Freestyle Relay     | 130           | 4:05.99                 |
| 4:13.99  | 131             | 13-14       | **400 Freestyle Relay     | 132           | 4:07.99                 |
| 4:17.99  | 133             | 11-12       | **400 Freestyle Relay     | 134           | 4:13.99                 |

**\*Timed Finals swum in Prelims session only.**

**\*\*Timed Finals swum in Finals session only.**

**The 1,650 Free will be swum on Sunday between Trials and Finals. Swimmers must provide their own lap counter for the 500 Free and 1,650 Free, and their own timers for the 1,650 Free.**