

GATO – Polar Bears of Los Gatos “Race to JO’s”
PACIFIC SWIMMING LONG COURSE C/B/A+ SWIM MEET
SATURDAY AND SUNDAY JUNE 22 – 23, 2019
Enter Online: <http://www.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **19-091**

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.

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> BRETT SHAUG	<i>Head Starter:</i> FRANK SUCHOMEL
<i>Meet Marshal:</i> MIKE ROBERTS	<i>Admin Official:</i> METTE GRAVERSON
<i>Meet Director:</i> NICHOLAS JUFIAR gatocoach@gmail.com ; 408 – 833 - 2566	

LOCATION: LOS GATOS HIGH SCHOOL, COMMUNITY AQUATICS CENTER, 20 HIGH SCHOOL CT. LOS GATOS CA. 95032

DIRECTIONS: From Highway 17 South, take the East Los Gatos exit and merge onto Los Gatos – Saratoga Rd. Turn right onto Los Gatos BLVD, turn right on PLEASANT Street, turn left at the dead end (New York Ave.) and park in the lot on the right side near the football field. The pool is to the left in front of the New School Building. Additional parking past Football stadium.

COURSE: OUTDOOR 50M pool with up to (7) lanes available for competition. An additional lane (1) 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 7’0” at the start end and 13’0” at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Meet will begin at 09:00 AM each day with warm-ups from 07:30 to 08:45 AM each day. A special warm-up time for 8 and under athletes only will be held from 08:15 – 08:45 AM in one lane only.

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.
- Athletes may compete in **(3)** events per day.
- All athletes ages 12 and under should complete competition within four (4) hours.
- Entries will be accepted until the number of splashes exceeds the estimated timeline, per the “Four-Hour Rule,” based on the athletes 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.
- Meet will be capped at 400 Athletes per day or until the estimated timeline reaches the “Four Hour Rule”.
- Upon closure of meet, no late entries shall be accepted. In addition, times will be as of the time of closing the meet, and swapping/exchanging of events shall not be allowed.

SPECIAL RULES: Athletes must have met the listed B qualifying time in their age group or have or have coaches verification for the following events: 200/400 IM, 200/400 Free, 200 Breast, 200 Fly. Athletes will need to provide their own timers and lap counter for the 400 Free. Entries for the 400 Free and 400 IM will be limited to 24 athletes per event. Heats will alternate for the 400 IM and 400 Free between girls and boys.

UNACCOMPANIED ATHLETES: 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 athlete or the athlete's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the athlete 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: Athletes 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 athlete or the athlete'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 athletes, 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.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- Only Coaches EZ-Ups will be allowed on the pool deck.

ELIGIBILITY:

- Athletes 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 athlete with the registration and times database. The meet host will check all athlete 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.
- Athletes in the "A" Division must have met at least USA Swimming Motivational "A" minimum time standard. Athletes 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 – 200/400 Free, 200/400 IM, 200 Breast, 200 Fly – SEE RULES).
- Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Disabled athletes 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.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such athletes must have met standards for the 17-18 age group.
- The athlete's age will be the age of the athlete on the first day of the meet.

ENTRY PRIORITY: Zone I South (ZIS) entries postmarked by Tuesday May 28, 2019 or entered online by 11:59 PM Thursday May 30, 2019 will be given priority acceptance. All entries from Zone I South, all other Pacific LSC Zones, and other LSC's either post marked by Monday June 10, 2019, entered online by 11:59 PM Wednesday June 12, 2019, or hand delivered by 5:00 PM Wednesday June 12, 2019 will be considered in the order that they are received or until meet cap is reached.

ENTRY FEES: \$4.00 per event plus a \$10.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

ONLINE ENTRIES: You may enter this meet online or by U.S. mail. To enter on-line go to <http://www.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a processing fee for this service, 6.5% of the total Entry Fees plus \$0.75 per transaction, regardless of number of athletes. 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 an athlete by Pacific Swimming. Online entries will be accepted through June 12th, 2019 at midnight. LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athlete’s best time. Entries must be postmarked by midnight, Monday, JUNE 10, 2019 or hand delivered by 5:00 PM Wednesday, JUNE 12, 2019. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: SBAC – South Bay Aquatic Club

Mail entries to or Hand deliver entries to: GATO – Polar Bears of Los Gatos
 C/O Nick Jufiar
 15070 Los Gatos Almaden Rd.
 Los Gatos CA. 95032

CHECK-IN: The meet will be deck seeded. Athletes 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. Athletes who do not check in will not be seeded and will not be allowed to compete in that event.

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

AWARDS: Ribbons for First through Eighth place will be given in the following age groups: 8/under, 9-10, 11-12, 13-14, 15-16, and 17-18 within each event. Athletes 19 years of age and older may compete in the meet for time only, no awards. All awards must be picked up at the end of the meet by a coach or parent representative at the end of the meet on Sunday. Awards will not be mailed.

ADMISSION: Free.

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.

REQUEST OFFICIALS: Clubs participating at the meet are requested to provide officials in ratio to the number of athletes they bring to the meet per the table below

Club athlete 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

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
	200 IM	200 IM	200 IM		200 FR	200 FR	200 FR
100 BK	100 BK	100 BK	100 BK	50 BK	100 FL	100 FL	100 FL
50 BR	50 BR	50 BR	200 BR	50 FR	50 BK	50 BK	100 BR
50 Fly	50 Fly	200 BR	100 FR	400 IM	100 BR	100 BR	50 FR
100 FR	100 FR	50 FL	200 FL		50 FR	50 FR	200 BK
400 FR	400 FR	100 FR	400 FR		400 IM	200 BK	400 IM
		200 FL				400 IM	
		400 FR					

EVENTS

Saturday, June 22, 2019		
Girls EVENT #	EVENT	Boys EVENT #
1	13 & over 200 IM	2
3	11 & 12 200 IM	4
5	9 & 10 200 IM	6
7	13 & Over 100 Back	8
9	11 & 12 100 Back	10
11	10 & Under 100 Back	12
13	11 & 12 50 Breast	14
15	9 & 10 50 Breast	16
17	8 & Under 50 Breast	18
19	11 & Over 200 Breast	20
21	10 & Under 50 Fly	22
23	11 & 12 50 Fly	24
25	13 & Over 100 Free	26
27	10 & Under 100 Free	28
29	11 & 12 100 Free	30
31	11 & Over 200 Fly	32
33	Open 400 Free	34

Sunday, June 23, 2019		
Girls EVENT #	EVENT	Boys EVENT #
35	13 & Over 200 Free	36
37	11 & 12 200 Free	38
39	9 & 10 200 Free	40
41	13 & Over 100 Fly	42
43	11 & 12 100 Fly	44
45	9 & 10 100 Fly	46
47	11 & 12 50 Back	48
49	9 & 10 50 Back	50
51	8 & Under 50 Back	52
53	13 & Over 100 Breast	54
55	11 & 12 100 Breast	56
57	9 & 10 100 Breast	58
59	13 & Over 50 Free	60
61	11 & 12 50 Free	62
63	9 & 10 50 Free	64
65	8 & Under 50 Free	66
67	13 & Over 200 Back	68
69	11 & 12 200 Back	70
71	Open 400 IM	72

Athletes must have met the listed B qualifying time in their age group or have or have coach's verification for the following events: 200/400 IM, 200/400 Free, 200 Breast, 200 Fly.

Athletes will need to provide their own timers and lap counter for the 400 Free and 400IM.

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

Pacific Swimming – Hosted by GATO AGE GROUP C/B/A+ JUNE 22 – 23, 2019 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				
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						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 10.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													