

LOS ALTOS MOUNTAIN VIEW AQUATICS CLUB

MARCH MADNESS 2015 C/B/A+

PACIFIC SWIMMING SHORT COURSE

Saturday, March 28th and Sunday, March 29th, 2015

Z1N Teams Assigned: LAMV, DACA, SUNN, PCCA, LO, MM, PSRP, MCAC, MLKB, YEMB

Enter Online: <https://ome.swimconnection.com/pc/lamv20150328>



SANCTION: Held under USA/Pacific Swimming Sanction No. **15-048**

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 electronic 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:

Meet Referee: Conny Barton	Head Starter: Lucille Glassman
Meet Marshal: Tom Deacon	Admin Official: Larry Rice
Meet Director: Lisa Aronovitz – meetdirector@lamvac.org	

LOCATION: Eagle Park, 650 Franklin St, Mountain View, CA 94041.

DIRECTIONS: From the North: Take US-101 S toward San Jose. EXIT 399 SHORELINE BLVD. toward Mountain View. Turn RIGHT onto N. Shoreline Blvd. Turn LEFT onto California St. Take the 2nd RIGHT onto Franklin St. The Eagle Park Pool will be on your right. **From the South:** Take US-101 N toward San Francisco. EXIT 396C to merge onto CA-237 W toward Mountain View Alviso Rd. Turn RIGHT onto W. El Camino Real. Turn RIGHT onto Oak St. Turn RIGHT onto High School Way. Take the 1st LEFT onto Franklin St. The Eagle Park Pool will be on your left.

COURSE: Outdoor, heated, 25 yard pool. Up to eight (8) lanes will be used for competition. An adjacent 4-lane warm-up/cool-down area will be available during the meet. The minimum water depth, measured in accordance with Article 103.2.3 is 5' at the start end and 5' at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

TIME: **Session A** (All 11 & Over) Warm-ups from 7:00 – 8:15 a.m. Meet begins at 8:30AM each day. **Session B** (All 10 & Under) Session will begin one hour after Session A finishes, but not before 12:00 noon each day. Session B warm-up will begin immediately after Session A finishes.

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 and all heats will be conducted from fastest to slowest.
- Swimmers may compete in a maximum of THREE (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.**
- All swimmers entered in the 400 IM and 500 Free will need to provide their own timers and lap counters for 500 Free.

ATTENTION HIGH SCHOOL SWIMMERS: If you are a high school swimmer in competition season, you need to be unattached from this meet. It is your responsibility to be unattached from this meet. You can un-attach 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, in standing areas and in all areas used by swimmers, during the meet and during warm-up periods.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open and concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and surrounding areas. If observed, the Meet Referee and 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.
- 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 and only on designate areas. Pool side areas are reserved for coaches and officials only. All other shelters will be on other designated areas only.
- Pets, not including guide dogs, are strictly prohibited in all areas of the meet venue.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

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 the listed "PC-A" time standard. Swimmers in the "B" Division must have met at least the listed "PC-B" time standard. All entry times slower than the listed "PC-B" time standard will be in the "C" Division.
- Entries with **"NO TIME" will be ACCEPTED.**
- 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 13 & Over events 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 from LAMV, DACA, SUNN, PCCA, LO, MM, PSRP, MCAC, MLKB, and YEMB entering online must do so by **11:59 PM on Wednesday, March 11th** in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by Monday, March 9th in order to receive priority acceptance to the meet. No swimmers other than those from LAMV, DACA, SUNN, PCCA, LO, MM, PSRP, MCAC, MLKB, and YEMB may enter the meet until the priority period has closed.

ENTRY FEES: \$4.00 per event plus an \$8.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

ONLINE ENTRIES: To enter on-line go to <https://ome.swimconnection.com/pc/lamv20150328> 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, March 18th, at 11:59 PM.**

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, March 16th, 2015 or hand delivered by 6:30 p.m. Wednesday, March 18th, 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: LAMV

Mail entries to: LAMV

P.O. Box 1269

Los Altos, CA 94023-1269

Hand deliver entries to: Meet Director

494 Rosita Ave.

Los Altos, CA 94024

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 seeded in that event.

SCRATCHES: Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. Any swimmers not reporting for or competing in an individual timed final event **shall not** be penalized.

AWARDS: Individual awards will be awarded in the A, B, and C division. Ribbons for First through Eighth place will be given to the following age groups: 6 & Under, 7-8, 9-10, 11 – 12. Swimmers 13 years of age and older will not receive awards. "A" time medals will be given to swimmers achieving a new National Motivational A time, regardless of place achieved in the event. Awards for swimmers 12 & younger must be picked up at the meet by coaches at the end of each session. Awards will not be mailed.

ADMISSION: Free. A program will NOT be available.

REFRESHMENTS: 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. All participating teams are expected to provide lane timers based upon the number of swimmers registered to swim each day. Team timing lanes will be assigned and coaches will be notified of assignments during the week prior to the meet.

MINIMUM OFFICIALS: Teams must follow 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

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
50 BK	100 BK	200 BK	100 BK	25 FR	100 FR	50 BK	200 FR
25 FL	50 FL	100 BR	200 BR	25 BR	50 BK	200 FL	100 FL
50 FR	50 FR	100 FR	50 FR	100 IM	100 BR	200 FR	100 FR
	500 FR	100 IM	500 FR		100 IM	400 IM	200 IM

EVENTS

SATURDAY, March 28th		
SESSION A		
GIRLS #	EVENT	BOYS #
1	11-12 200 BACK	2
3	13-14 100 BACK	4
5	15 - OV 100 BK	6
7	11-12 100 BREAST	8
9	13-14 200 BREAST	10
11	15 - OV 200 BREAST	12
13	11 - 12 100 FREE	14
15	13-14 50 FREE	16
17	15 - OV 50 FREE	18
19	11-12 100 IM	20
21	13-14 500 FREE	22
23	15 - OV 500 FREE	24
SESSION B		
25	9 - 10 100 BACK	26
27	8 - UN 50 BACK	28
29	9 - 10 50 FLY	30
31	8 - UN 25 FLY	32
33	9 - 10 50 FREE	34
35	8 - UN 50 FREE	36
37	9 - 10 500 FREE	38

SUNDAY, MARCH 29th		
SESSION A		
GIRLS #	EVENT	BOYS #
39	13- 14 200 FREE	40
41	15 - OV 200 FREE	42
43	11 -12 50 BACK	44
45	13- 14 100 FLY	46
47	15 - OV 100 FLY	48
49	11- 12 200 FLY	50
51	13 - 14 100 FREE	52
53	15 - OV 100 FREE	54
55	11 -12 200 FREE	56
57	13 - 14 200 IM	58
59	15 - OV 200 IM	60
61	11 - 12 400 IM	62
SESSION B		
63	9 - 10 100 FREE	64
65	8 - UN 25 FREE	66
67	9 - 10 50 BACK	68
69	8 - UN 25 BREAST	70
71	9 - 10 100 BREAST	72
73	8 - UN 100 IM	74
75	9 -10 100 IM	76

All 400 IM and 500 Free swimmers 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 Los Altos Mtn View Aquatic Club MARCH MADNESS C/B/A+ March 28 – 29, 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						