

**PALO ALTO STANFORD AQUATICS – CARDINAL SITE  
PACIFIC SWIMMING SHORT COURSE INTRASQUAD MEET  
JANUARY 27-28, 2018**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **18-026**

*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 camera, cell phones and tablets, and Google Glass is not permitted in changing areas, restrooms or locker rooms. Violation of this recording prohibition may result in the ejection from the swimming pool facility by the Meet Referee or his/her designee.

**MEET PERSONNEL:**  
**Meet Referee:** Stephanie Kuang  
**Meet Marshal:** Laura Mitchell  
**Meet Director:** Danielle Makler

**Head Starter:** Maria Gregorio  
**Admin Official:** Larry Rice

**LOCATION:** Gunn High School, 780 Arastradero Rd, Palo Alto, CA, 94306. **From 101:** Take the San Antonio Rd exit, head South towards the El Camino Real. Turn right onto Charleston Rd. Charleston Rd will turn into Arastradero Rd when you cross El Camino Real. Continue & turn right into Gunn High School. **From 280:** Take the Page Mill Road exit and go East towards the bay. Take Page Mill Rd to Foothill Expressway. Exit onto Foothill Expressway going South (make a right). Take Foothill Expressway to Arastradero Road. Make a left onto Arastradero Road. Continue on Arastradero Road one block and Gunn High School is on the left.

**COURSE:** Outdoor, heated, 25 yard pool. Up to 10 lanes will be used for competition. A warm-up and cool-down area will be available during the meet. The minimum water depth, measured in accordance with Article 103.2.3 is 7' at the start end and 7' at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

**TIME:** Saturday & Sunday. 8-8:50 am warm up. 9 am start.

**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.
- Athletes may compete in a **maximum of five (5)** events per day.
- All events will run fastest to slowest.
- 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 athletes competing in the 500 and 1650 yard freestyle events must provide their own counter and lane timers.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

**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.

**ATTENTION HIGH SCHOOL ATHLETES:** If you are a high school athlete in competition season, you need to be unattached for 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 athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**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.
- Pets are not allowed in the pool area, with the exception of guide and assistance dogs.
- 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 result in 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.

**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 must be members of PASA-Cardinal Site in order to enter. Unattached athletes currently participating with PASA-Cardinal Site are eligible to compete.
- Entries with **"NO TIME" will be ACCEPTED.**
- 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.
- The athlete's age will be the age of the athlete on the first day of the meet.

**ENTRY FEES:** There is no entry fee for this meet.

**ENTRIES:** Entries will only be accepted via Hytek team entry. Entry times must be submitted in yards using Hytek. Entries should be submitted to Joey Sementelli at [Sementelli@stanford.edu](mailto:Sementelli@stanford.edu) by January 10, 2018.

**Mail entries to: Joey Sementelli**  
Swim Meet Entries  
447 Stanford Avenue  
Palo Alto CA 94306

**Hand deliver entries to: Joey Sementelli**  
Swim Meet Entries  
447 Stanford Avenue  
Palo Alto, CA 94306

**CHECK-IN:** This meet will be pre-seeded.

**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:** None.

**ADMISSION:** Free. A program will be emailed a few days prior to the meet.

**REFRESHMENTS:** Coaches and working deck officials will be provided refreshments.

## EVENTS

### Saturday January 27, 2018

Mixed	
1	25 fly
2	50 fly
3	100 fly
4	200 fly
5	25 back
6	50 back
7	100 back
8	200 back
9	25 breast
10	50 breast
11	100 breast
12	200 breast
13	25 free
14	50 free
15	100 free
16	200 free
17	500 free
18	1650 free

### Sunday January 28, 2018

Mixed	
19	25 fly
20	50 fly
21	100 fly
22	200 fly
23	25 back
24	50 back
25	100 back
26	200 back
27	25 breast
28	50 breast
29	100 breast
30	200 breast
31	25 free
32	50 free
33	100 free
34	200 free
35	500 free
36	1650 free