

PALO ALTO STANFORD AQUATICS  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
SATURDAY, FEBRUARY 28, 2015 and SUNDAY, MARCH 1, 2015  
**Z1N TEAMS ASSIGNED: PASA, BAC, SSF, DCD, SOLO, MCAC, PSL, MM, HDAC**  
Enter Online: <http://ome.swimconnection.com/pc/pasa20150228>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-040**

*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 the Internet at <http://www.fastlanetek.com>.**

**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:**

<b>Meet Referee:</b>	Nan McKenna	<b>Head Starter:</b>	Karl Nakamura
<b>Meet Marshals:</b>	Jong Hwa Choi Mary Karen Lundh	<b>Admin Official:</b>	Harrison Race
<b>Meet Director:</b>	Maria Gregorio – <a href="mailto:meetdirector@paloaltoswimclub.org">meetdirector@paloaltoswimclub.org</a>		

**LOCATION:** Rinconada Park Pool, 777 Embarcadero Road, Palo Alto, CA

**DIRECTIONS:** From US 101, take Embarcadero Road West one mile and turn right onto Newell followed by the first left onto Hopkins. The pool is located across from the tennis courts. Parking is available in the adjacent neighborhood, however, PLEASE DO NOT BLOCK driveways or park in the park grounds. There is NO R.V. parking available in the neighborhood.

**COURSE:** Outdoor 25 yard heated pool. Up to 10 lanes available for competition. Up to 3 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' 5" at the start end and 4' 5" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** **SESSION A (13 - 14 and 9 – 10 Swimmers):** Meet begins at 8:30 AM; Warm-Up is from 7:00 - 8:15 AM.  
**SESSION B (11 – 12, 15 & O and 8 & U Swimmers):** Session B will begin 1 hour after Session A finishes, but not before 12:00 PM. Session B Warm – Ups 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.
- All events will swim fast to slow.
- Swimmers may compete in 4 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 events will run in a fast to slow sequence
- All swimmers competing in the 500 yard Freestyle or 400 yard IM events must have achieved a USA-S "BB" time standard for their age group and gender.
- All swimmers competing in the 500 yard Freestyle or 400 yard IM events must provide their own lane timers.
- All swimmers competing in the 500 yard freestyle must provide their own lap counters.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

**ATTENTION HIGH SCHOOL SWIMMERS (February through May):** If you are a high school swimmer in season, you need to be Unattached from this meet. It is the swimmers responsibility to be Unattached from this meet. You can un-attach at the meet if necessary.

**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.
- Smoking is NOT allowed in Rinconada Park. (See city park rules: <http://www.cityofpalalto.org/news/displaynews.asp?NewsID=2366&TargetID=1,36>)
- 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.

**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 USA Swimming Motivational "A" minimum time standard. Swimmers 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 – 500 Yard Free and 400 Yard IM)**.
- 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 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:** Swimmers from **PASA, BAC, SSF, DCD, SOLO, MCAC, PSL, MM, and HDAC** entering online must do so by **11:59 PM Wednesday, February 11<sup>th</sup>, 2015** in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by Monday, February 9<sup>th</sup>, 2015 in order to receive priority acceptance to the meet. No swimmers other than those from PASA, BAC, SSF, DCD, SOLO, MCAC, PSL, MM, and HDAC may enter the meet until the priority period has concluded.

**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 online go to <http://ome.swimconnection.com/pc/pasa20150228> 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, **February 18<sup>th</sup> at 11:59PM.** No refunds will be made, except mandatory scratch downs.

**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, **February 16<sup>th</sup>** or hand delivered by 6:30 p.m. Wednesday, **February 18<sup>th</sup>.** 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 stamped envelope.

**Make check payable to: PASA**

**Mail entries to:** Palo Alto Stanford Aquatics  
c/o Angela Chao  
P.O. Box 50340  
Palo Alto, CA 94303

**Hand deliver entries to:** Palo Alto Stanford Aquatics  
c/o Angela Chao  
2521 Louis Road  
Palo Alto, CA 94303

**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 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:** Individual events will be awarded in the A, B, and C division. Ribbons for First through Eighth place will be given to the following age groups 8 & U, 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 "PC – A" times, regardless of place achieved in the event. All awards must be picked up at the meet by coaches at the end of the meet. Awards will not be mailed.

**ADMISSION:** Free. A **2 day program with the list of swimmers and their entry seed times** will be available.

**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. All participating teams are expected to provide lane timers based upon the number of swimmers registered to swim each day. Team timing lanes for Saturday and Sunday 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 and up (1 for every 25 swimmers)

**EVENT SUMMARY**

SATURDAY					SUNDAY				
8 & UN	9-10	11-12	13-14	15 & O	8 & UN	9-10	11-12	13-14	15 & O
25 BK	100 FR	100 BK	100 FR	100 FR	50 FR	100 BK	100 FR	100 BK	100 BK
100 FR	50 BK	100 IM	200 BK	200 BK	25 FL	100 FL	100 FL	100 FL	100 FL
25 BR	50 BR	200 BR	100 BR	100 BR	50 BR	200 FR	50 BR	200 FR	200 FR
50 FL	200 IM	50 FL	200 FL	200 FL	25 FR	100 IM	50 FR	50 FR	50 FR
		500 FR	200 IM	200 IM			200 IM	400 IM	400 IM

**EVENTS**

SATURDAY, FEBRUARY 28 <sup>th</sup>		
SESSION A		
GIRLS #	EVENT	BOYS #
1	13 – 14 100 FREE	2
3	9 – 10 100 FREE	4
5	13 – 14 200 BACK	6
7	9 – 10 50 BACK	8
9	13 – 14 100 BREAST	10
11	9 – 10 50 BREAST	12
13	13 – 14 200 FLY	14
15	9 – 10 200 IM	16
17	13 – 14 200 IM	18
SESSION B		
19	15 & O 100 FREE	20
21	11 – 12 100 BACK	22
23	8 & U 25 BACK	24
25	15 & O 200 BACK	26
27	11 – 12 100 IM	28
29	8 & U 100 FREE	30
31	15 & O 100 BREAST	32
33	11 – 12 200 BREAST	34
35	8 & U 25 BREAST	36
37	15 & O 200 FLY	38
39	11 – 12 50 FLY	40
41	8 & U 50 FLY	42
43	15 & O 200 IM	44
45*	11 – 12 500 FREE*	46*

SUNDAY, MARCH 1 <sup>st</sup>		
SESSION A		
GIRLS #	EVENT	BOYS #
47	13 – 14 100 BACK	48
49	9 – 10 100 BACK	50
51	13 – 14 100 FLY	52
53	9 – 10 100 FLY	54
55	13 – 14 200 FREE	56
57	9 – 10 200 FREE	58
59	13 – 14 50 FREE	60
61	9 – 10 100 IM	62
63*	13 – 14 400 IM*	64*
SESSION B		
65	15 & O 100 BACK	66
67	11 – 12 100 FREE	68
69	8 & U 50 FREE	70
71	15 & O 100 FLY	72
73	11 – 12 100 FLY	74
75	8 & U 25 FLY	76
77	15 & O 200 FREE	78
79	11 – 12 50 BREAST	80
81	8 & U 50 BREAST	82
83	15 & O 50 FREE	84
85	11 – 12 200 IM	86
87	8 & U 25 FREE	88
89	11 – 12 50 FREE	90
91*	15 & O 400 IM*	92*

\*Swimmers in the 500 FREE and 400 IM must have achieved a USA-S “BB” Time Standard

\*Swimmers in the 400 IM **MUST** provide their own timers.

\*Swimmers in the 500 FREE **MUST** provide their own timers and lane counters

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

Pacific Swimming – Hosted by Palo Alto Stanford Aquatics Short Course C/B/A+ February 28 – March 1, 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				
						:	.		SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee      \$ 8.00 Total                      \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													