

PALO ALTO STANFORD AQUATICS  
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET  
May 21 – 22, 2016  
Enter Online: <http://ome.swimconnection.com/pc/pasa20160521>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **16-071**

*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, of 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> Mike Tramack	<i>Head Starter:</i> Carol Waln
<i>Meet Marshal:</i> Ann McLaughlin	<i>Admin Official:</i> Larry Rice
<i>Meet Director:</i> Bruce Smith – <a href="mailto:brucesmithswim@gmail.com">brucesmithswim@gmail.com</a> (650) 948-8261 ext. 212	

**LOCATION:** Foothill College Pool, 12345 El Monte Road, Los Altos Hills, CA

**DIRECTIONS:** Foothill College is located west of Highway I-280 on El Monte Road. Map of Foothill College can be found at <http://www.foothill.fhda.edu/news/mainmaps.html>. Drop-off point for swimmers is on the Bus Stop/Handicapped Parking Lot at the walking bridge to the pool. Please do not drop off your swimmers on the roadside; use the parking lot/bus stop. Parking is located in Lot 2 (**Lot 2A at pool level is reserved for meet officials and coaches only**). **PLEASE NOTE ALL PARKING IS METERED AND ENFORCED AT A COST OF \$3.00 PER DAY.** Officials working at the meet will have their parking fees reimbursed.

**COURSE:** 50 meter, outdoor heated pool. Up to eight (8) lanes will be used for competition. Separate warm-up & cool down area will be available during the meet. The minimum water depth for the course, measured in accordance with Article 103.2.3, is 4'5" 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:**

**Saturday/Sunday Session A (All 13 & Over and 11 – 12 GIRLS):** Meet begins at 8:30 AM; Warm-Up is from 7:00 – 8:15 AM.  
**Saturday/Sunday Session B (All 10 & Under and 11 – 12 BOYS):** 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.
- Athletes may compete in a **maximum of three (3)** events per day on Saturday and Sunday.
- 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 time line, per the "Four-Hour Rule".
- 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 athletes competing in the 400m Freestyle or 400m IM must have achieved a USA-S "B" Time Standard for their age group and gender.
- 8 & Under athletes entering the 10 & U 100 Fly and/or 100 Back must have achieved a PC "A" Time Standard for their gender in the 50 yard/meter distance of that stroke.
- All athletes competing in the 400m Freestyle and 400 IM events must provide their own 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.

**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.

**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 – 400 Free, 400 IM events and 8 & Under entering the 10 & Under 100 fly and/or 100 back. See rules).**
- 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 athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding 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 1N athletes entering online must do so by 11:59 PM Wednesday, May 4<sup>th</sup> in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by Monday, May 2<sup>nd</sup> in order to receive priority acceptance to the meet. No athletes, other than those designated above, may enter the meet until the priority period has concluded.**

**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. Entries will be accepted until the entry deadline or until the number of splashes exceeds the estimated timeline, per the "Four-Hour Rule," whichever occurs first. No refunds will be made, except mandatory scratch downs.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/PASA20160521> 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 an athlete by Pacific Swimming. Online entries will be accepted through Wednesday, May 11<sup>th</sup>, 2016 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 athlete's best time. Entries must be postmarked by midnight, Monday, May 9<sup>th</sup>, 2016 or hand delivered by 6:30 p.m. Wednesday, May 11<sup>th</sup>, 2016. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: DBA-DKS**

**Mail entries to: Bruce Smith**  
**PO Box 17832**  
**Stanford, CA 94309**

**Hand-deliver entries (M-F between the hours of 4-7:30pm) to: Dana Kirk**  
**12889 Viscaino Place**  
**Los Altos Hills, CA 94022**

**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 athlete 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. Athletes 13 years of age and older will not receive ribbons. "A" time medals will be given to athletes achieving a new USA-S 'A' (PC-A for 8 & Under) times regardless of place achieved in the event. All awards must be picked up at the meet by coaches at the end of each session. Awards will not be mailed.

**ADMISSION:** Free. A 2-day program will be available for a reasonable fee.

**SNACK BAR & HOSPITALITY:** A snack bar will be open each day. Generous and friendly hospitality provided for officials, coaches, and volunteers. Lunches will be available for officials and coaches.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. All participating clubs are expected to provide lane timers based upon the number of athletes registered to swim each day. Club 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:** Clubs must follow Zone 1 North rules for providing officials. Each club must provide officials for each session according to the number of athletes entered in that session, following the table below. Clubs that do not provide sufficient officials must provide coaches to act in the place of officials.

Club athletes 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 athletes)

**EVENT SUMMARY**

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

\*Note – The 8&Un/9-10 100 Fly and the 8&Un/9-10 Back will be swum as combined 10&Un Events (See Rules).

EVENTS

Girls #	Saturday Session A	Boys #
1	11 - 12 100 BACK	
3	13 & Ov 100 FREE	4
5	11 - 12 50 FREE	
7	13 & Ov 200 BACK	8
9	11 – 12 200 BREAST	
11	13 & Ov 100 FLY	12
13	11 - 12 50 FLY	
15*	13 & Ov 400 IM	16*
Girls #	Saturday Session B	Boys #
	11 – 12 100 BACK	18
19	9 – 10 100 FREE	20
21	8 & U 100 FREE	22
	11 – 12 50 FREE	24
25	9 – 10 50 BACK	26
27	8 & U 50 BACK	28
	11 – 12 200 BREAST	30
31**	10&Un 100 FLY	32**
33	8 & U 50 FLY	34
	11 – 12 50 FLY	36
37	9 – 10 200 IM	38

Girls #	Sunday Session A	Boys #
39	13 & Ov 200 FREE	40
41	11 – 12 200 IM	
43	13 & Ov 50 FREE	44
45	11 – 12 50 BREAST	
47	13 & O 100 BREAST	48
49	11 – 12 100 FLY	
51	13 & Ov 200 FLY	52
53*	11 – 12 400 FREE	
Girls #	Sunday Session B	Boys #
55	9 – 10 200 FREE	56
57	8 & U 50 FREE	58
	11 – 12 200 IM	60
61	9 – 10 50 FREE	62
63	8 & U 50 BREAST	64
	11 – 12 50 BREAST	66
67	9 - 10 50 BREAST	68
	11 – 12 100 FLY	70
71**	10&Un 100 BACK	72**
	11 – 12 400 FREE	74*

\*Athletes in the 400 Free and 400 IM must have achieved a USA-S “B” Time Standard and must provide their own lane timers.

\*\* 8 & Under Athletes entering the 10 & U 100 Fly and/or 100 Back must have achieved a “PC-A” Time Standard in the 50 yard/meter distance of that stroke in order to enter.

Use the following URL to find the time standards: <http://www.pacswim.org/index.shtml>

Pacific Swimming – Hosted by Palo Alto Stanford Aquatics Long Course C/B/A+ Meet May 21 – 22, 2016 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			
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							: .			SCY / LCM			
# of entries _____ x \$4.00 = \$ _____ Participation Fee      \$ 10.00 Total                      \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													