

**PALO ALTO STANFORD AQUATICS  
INSTRASQUAD MEET  
PACIFIC SWIMMING LONG COURSE MEET  
JULY 21-22, 2018**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **18-111**

*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, 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.

**OFFICIALS:**

<i>Meet Referee: Carol Waln</i>	<i>Head Starter: Larry Hyde</i>
<i>Meet Marshal: Laura Mitchell</i>	<i>Admin Official: Lucille Glassman</i>
<i>Meet Director: Bruce Smith, <a href="mailto:brucesmithswim@gmail.com">brucesmithswim@gmail.com</a></i>	

**LOCATION:** Foothill College. 12345 El Monte Road, Los Altos Hills, CA 94022

**COURSE:** Outdoor, heated, 50 meter pool. Up to 8 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 4'5" at the start end and 13' at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

**TIME:**

Saturday. Warm Up at 1 pm, Meet Begins at 2 pm.

Sunday. Warm Up at 1 pm, Meet Begins at 2 pm.

**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.
- The competition shall be completed within 3 hours each day.
- There will not be a call for missing athletes before the start of each race
- **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 swimmers, 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.
- Except where venue facilities require otherwise, 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 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 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.
- Athletes must be currently registered as PASA or UN-PASA in order 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.
- 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 [joeysementelli@gmail.com](mailto:joeysementelli@gmail.com).

**Mail entries to:**

Joey Sementelli  
PO Box 61117  
Palo Alto, CA 94306

**Hand deliver entries to:**

Joey Sementelli  
447 Stanford Avenue  
Palo Alto, CA 94306

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

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

**AWARDS:** None.

**ADMISSION:** Free.

**REFRESHMENTS:** A snack bar will not be available. Coaches and working deck officials will be provided light refreshments.

## EVENTS

### Saturday, July 21<sup>st</sup>, 2018

Event 1	Mixed 200 FREE
Event 2	Mixed 50 FLY
Event 3	Mixed 100 FLY
Event 4	Mixed 50 BACK
Event 5	Mixed 100 BACK
Event 6	Mixed 50 BREAST
Event 7	Mixed 100 BREAST
Event 8	Mixed 50 FREE
Event 9	Mixed 100 FREE
Event 10	Mixed 200 IM

### Sunday, July 22<sup>nd</sup>, 2018

Event 1	Mixed 50 FLY
Event 2	Mixed 100 FLY
Event 3	Mixed 50 BACK
Event 4	Mixed 100 BACK
Event 5	Mixed 50 BREAST
Event 6	Mixed 100 BREAST
Event 7	Mixed 50 FREE
Event 8	Mixed 100 FREE
Event 9	Mixed 400 FREE

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