

**PALO ALTO STANFORD AQUATICS
PACIFIC SWIMMING SHORT COURSE INTRASQUAD MEET
OCTOBER 2, 2016**



SANCTION: Held under USA/Pacific Swimming Sanction No. **16-153**

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> Karl Nakamura
<i>Meet Marshal:</i> Kristina Detter	<i>Admin Official:</i> Carol Waln
<i>Meet Director:</i> Bruce Smith – brucesmithswim@gmail.com /650-948-8261 ext. 212	
Dana Kirk - spaswimming@gmail.com (meet entries only)	

LOCATION: Henry M. Gunn High School, 780 Arastradero Rd, Palo Alto, CA 94306

DIRECTIONS: 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. 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: Meet begins at 9:00 AM; Warm-Up is from 8:00 – 8:45 AM.

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.
- 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
- Athletes competing in the 500y Freestyle must have achieved a minimum USA-S "B" time for their age group and gender.
- All athletes competing in the 500y Freestyle events must provide their own lane timers.
- 8 & Under Athletes competing 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 for their gender.
- **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 must be registered with PASA in order to compete. Athletes who are unattached but training with PASA are eligible to compete.
- Entries with **"NO TIME" will be ACCEPTED (Exception – 500y Freestyle, 8 & Under athletes entering 100 BK/100 FL. 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 FEES: \$4.00 per event plus an \$8.00 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.

Entries: Accepted via Hy-Tek due to Dana Kirk (spaswimming@gmail.com) no later than 12:00pm on Saturday, 10/1/16.

Each site is responsible for 1 check made payable to: DBA-DKS

CHECK-IN: The meet will be pre-seeded. There will be no check-in.

SCRATCHES: Any athlete not reporting for or competing in an individual timed final event that they have entered shall not be penalized.

AWARDS: There will be no awards for this meet

SNACK BAR & HOSPITALITY: There will be no snack bar or coaches' hospitality at this meet.

EVENTS

Girls	Event	Boys
1	11 & Up 200 Freestyle	2
3	12 & Under 200 Freestyle	4
5	11 & Up 100 Breaststroke	6
7	12 & Under 50 Breaststroke	8
9	11 & Up 200 Backstroke	10
11	12 & Under 50 Backstroke	12
13	11 & Up 100 Butterfly	14
15	12 & Under 50 Butterfly	16
17	11 & Up 200 IM	18
19	12 & Under 100 IM	20
21	11 & Up 100 Freestyle	22
23	12 & Under 50 Freestyle	24
25	11 & Up 100 Backstroke	26
27	11 & Up 500 Freestyle	28

*Athletes in the 500 Free 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>