

2016 FALL SUPERLEAGUE SHORT COURSE KICKOFF
Hosted by PALO ALTO STANFORD AQUATICS - RINCONADA
SATURDAY, OCTOBER 22, 2016
INVITED TEAMS: PASA, DART, SMST, CLOV



SANCTION: Held under USA/Pacific Swimming Sanction No. **16-131**

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.**

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.

OFFICIALS:

Meet Referee: Mike Tramack	Head Starter: Jimmy Hong
Meet Marshal: Roger Murff	Admin Official: Robin Stewart
Meet Director: Carlene Takaki – coachcarlenet@gmail.com	

LOCATION: Rinconada Park Pool, 777 Embarcadero Rd., Palo Alto. 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 with up to ten (10) lanes available for competition. Up three (3) additional 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: Meet will begin at 10:00 AM with warm-ups from 8:45 – 9:55 AM each day.

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 will swim fast to slow.
- Athletes may compete in up to three (3) events per day.
- **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 pets or animals allowed in the venue except for working service animals.
- No glass containers are allowed in the meet venue (except for snack bar use).

- No electric or propane heater/containers or similar devices including gasoline powered generators, other than provided for meet operations, is allowed in any area of the meet venue.
- All shelters must be properly secured.
- Except for coaches' seating next to the pool no chairs, canopies, tents, or "camping" in the competition pool area. All athlete and spectator chairs, canopies, tents, or other set-ups must be outside the competition pool gates and on the lawn only.
- 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.

- Meet is open to all qualified athletes registered with one of the invited clubs. Athletes must be a member of PASA, DART, SMST, or CLOV. Athletes who are unattached but participating with a member club may enter.
- Entries with "**NO TIME**" will be **ACCEPTED**.
- Disabled athletes from invited clubs 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 will be no entry fee for individual athletes. Clubs will share the meet expenses equally.

TEAM ENTRIES: A Hy-Tek entry file must be submitted by Wednesday, October 12, 2016 at 11:59 PM. Please request a confirmation of receipt to ensure delivery of the e-mail/file. Send meet entry file to sergey@fastlanetek.com.

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

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

AWARDS: None.

ADMISSION: Free. No programs will be available. Heat sheets will be available electronically and should be printed prior to arrival at the meet.

SNACK BAR: There will not be a snack bar.

HOSPITALITY: Light snacks and beverages will be served to deck officials, coaches, marshals, and timers (during their shifts only).

TIMERS: Each club is required to provide timers. Meet director will e-mail timer/lane assignments to each club prior to the meet.

ORDER OF EVENTS:

Women	Event	Men
1	400 Medley Relay	2
3	1000 Free	4
5	200 Free	6
7	100 Back	8
9	50 Free	10
11	100 Breast	12
13	200 Fly	14
15	100 Free	16
17	200 Back	18
19	200 Breast	20
21	500 Free	22
23	100 Fly	24
25	400 IM	26
27	200 Free Relay	28