

PACIFIC SWIMMING SHORT COURSE DOUBLE-DUAL MEET
BAC, OSC, PASA
Hosted by PALO ALTO STANFORD AQUATICS
JANUARY 16, 2016



SANCTION: Held under USA/Pacific Swimming Sanction No. **16-021**

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 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: Karl Nakamura	Head Starter: Jon Sasano
Meet Marshal: Rob Collins	Admin Official: Darryl Woo
Meet Director: Gaku R. Ito, coachgakuito@gmail.com , Ben Chung ben@burlingameaquatics.com	

LOCATION: Alpine Hills Swim and Tennis Club 4139 Alpine Road Portola Valley 94028.

DIRECTIONS: From 280, take Alpine Road exit West, approximately 3 miles. The destination will be on your left. Meet participants must park in the lower lot off of Los Trancas.

COURSE: 25 yard, heated pool with up to 6 lanes available for competition. 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 7'0" at the start end and 7'0" at the turn end. In accordance with Article 104.2.2C(4) the competition course has not been certified in accordance with 104.2.2C(4).

TIME: Meet will begin at 9:00 AM each day with warm-ups from 8:00 to 8:45 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 are timed finals
- All events will have a single heat for girls and a single heat for boys.
- Swimmers may compete in up to 4 events total (relay and individual combined).
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

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.
- 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 competing at this meet must be members of BAC, OSC or PASA.

- 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.
- Unattached swimmers currently training with BAC, OSC, or PASA may compete, but may not score team points. Unattached swimmers will be seeded the same as attached swimmers
- Entries with "**NO TIME**" will be accepted.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY FEES: There are no entry fees.

TEAM ENTRIES: Team entry files must be submitted to Darryl Woo (dwoo94044@comcast.net) by Wednesday, January 13, 2016.

RELAY ENTRIES: Relays must be submitted with the team entry file along with individual entries. Any changes to relays must be reported to the Admin Official before the conclusion of the meet. The 200 Mixed Medley Relay (Events 19 and 20) must compete with a combination of 2 girls and 2 boys.

SEEDING: The meet will be pre-seeded.

SCRATCHES: There is NO penalty for a swimmer entered in this meet that misses his/her event.

SCORING: The meet will be scored as a double-dual meet, with final scores between BAC-OSC, OSC-PASA and BAC-PASA. There is a limit of three (3) scoring individual swimmers per event per team, and a limit of two (2) scoring relays per team.

Each individual event and relay event will be scored as below:

Individual	1st	2nd	3rd	4th	5th	Relay	1st	2nd	3rd
	6	4	3	2	1		8	4	2

AWARDS: None

ADMISSION: Free. Programs will not be available for purchase.

SNACK BAR: A snack bar will be available during the meet.

HOSPITALITY: Light hospitality will be available for working officials and coaches, to be provided by each team.

MISCELLANEOUS: No overnight parking allowed. No noise makers allowed in pool facility. Parents please respect the area designated for coaches and officials (i.e. do not sit or stand in front of coaches or officials)

ORDER OF EVENTS

WOMEN'S EVENT #	DESCRIPTION		MEN'S EVENT #
	AGE GROUP	EVENT	
Saturday January 16, 2016			
1	Open	400 Medley Relay	2
3	Open	1000 Free	4
5	Open	200 Breast	6
7	Open	200 Back	8
9	Open	50 Free	10
Scheduled Break			
11	Open	400 Free Relay	12
Scheduled Break			
13	Open	400 IM	14
15	Open	200 Free	16
17	Open	200 Fly	18
19	Open	200 Mixed Medley Relay	19