

**WEST v QSS v PEAK
PACIFIC SWIMMING LONG COURSE TRI- MEETS
JULY 10, 2018 and JULY 24, 2018**



SANCTION: Held under USA/Pacific Swimming Sanction No. (See Table Below)

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 Meet Mobile.**

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/LOCATION/ADDRESS:

| Sanction # | Date | Meet | Location | Officials |
|------------|---------|--|--|--|
| 18-103 | July 10 | WEST v. QSS v. PEAK Hosted by PEAK | Independence High School 629 North Jackson Ave. San Jose, CA 95133 | Head Ref: Rod Rosare Head Starter: Guiselle Morrone Admin Official: Lily You Marshalls: Le Nguyen Meet Director: Ruben Balbuena ruben1221@gmail.com |
| 18-104 | July 24 | WEST v. QSS v. PEAK Hosted by WEST | Independence High School 629 North Jackson Ave. San Jose, CA 95133 | Head Ref: Attila Lengyel Head Starter: Csaba Andrejka Admin Official: ChangChi Wang Marshall: Le Nguyen Meet Director: Guiselle Morrone teammanager@westcoastaquatics.org |

DIRECTIONS: From Interstate 680 – exit McKee Road and head west, away from foothills. Turn right at the first light, which is Jackson Avenue, turn left into the parking lot at the second traffic light, which is just after the football stadium.

From Highway 101 exit McKee Road and head east toward the foothills. Go down McKee to the 7th traffic light, which will be Jackson Avenue. Turn left on Jackson Avenue and at the second light turn left into the parking lot.

COURSE: Outdoor 25 yard by 50 meter pool with up to 8 lanes available for competition. An additional 7 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' 6" at the start end and 7' 0" at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

TIME: Meet will begin at 4:15pm each day with warm-ups from 3:15 to 4:00 PM 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 swim fast to slow.
 - Athletes may compete in 3 individual 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," based on the athletes age and gender.

- 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 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.
- 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.
- Relays may be combined heats for girls and boys.

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.
- Entries with **"NO TIME" will be accepted. Coaches should enter "coach verified" times in an effort to seed the meet as accurately as possible.**
- The 800 free shall be limited to one heat per gender. Coaches must limit entries for these events to ensure the heat capacity is met.
- Disabled athletes 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.
- 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 a \$10.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

ONLINE ENTRIES: Teams must complete entries through their team entry system (Team Unify or equivalent) by the Wednesday prior to the meet. **Make one team check payable to the host team: 7/10 PEAK, and 7/24 WEST.**

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

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.

SNACK BAR & HOSPITALITY: A food truck may be available throughout the competition. Coaches and working deck officials will be provided dinner.

INDIVIDUAL EVENT SUMMARY

| Tuesday, July 10 | | |
|-------------------------|-------------|--------------------|
| 12 & UN | OPEN | 11 & UP |
| 50 Back | 100 Free | 200 Back |
| | 50 Free | 200 Breast |
| | 100 Back | 200 Fly |
| | 100 Breast | 800 Free* |

***Only 1 heat per gender.**

| Tuesday, July 24 | |
|-------------------------|-------------|
| 12 & UN | OPEN |
| 50 Fly | 200 IM |
| 50 Breast | 100 Back |
| 50 Back | 100 Fly |
| | 50 Free |
| | 100 Breast |
| | 100 Free |

EVENTS

| Tuesday, July 10 | | |
|-------------------------|--------------------|----------------|
| EVENT # | EVENT | EVENT # |
| 1 | 11 & Up 200 Back | 2 |
| 3 | 12 & Un 50 Back | 4 |
| 5 | OPEN 100 Free | 6 |
| 7 | 11 & Up 200 Breast | 8 |
| 9 | OPEN 50 Free | 10 |
| 11 | 11 & Up 200 Fly | 12 |
| 13 | OPEN 100 Back | 14 |
| 15 | OPEN 100 Breast | 16 |
| 17 | 11 & UP 800 Free* | 18 |

*1 heat per gender

| Tuesday, July 24 | | |
|-------------------------|-------------------|----------------|
| EVENT # | EVENT | EVENT # |
| 1 | OPEN 200 IM | 2 |
| 3 | 12 & UN 50 Fly | 4 |
| 5 | OPEN 100 Back | 6 |
| 7 | 12 & UN 50 Breast | 8 |
| 9 | OPEN 100 Fly | 10 |
| 11 | OPEN 50 Free | 12 |
| 13 | 12 & UN 50 Back | 14 |
| 15 | OPEN 100 Breast | 16 |
| 17 | OPEN 100 Free | 18 |