

**PACIFICA SEA LIONS
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
NOVEMBER 12-13, 2016**

Enter Online: <http://ome.swimconnection.com/pc/PSL20161112>

Z1N PRIORITY: BSC, DCD, MAV, SSF, STAR, PASA, BAC, PPSC, PSL, MLKB, YEMB



SANCTION: Held under USA/Pacific Swimming Sanction No. **16-161**

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 at <http://results.teamunify.com/psl/index.html>**

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: Paul Reidl</i>	<i>Head Starter: Stephanie Kuang</i>
<i>Meet Marshal: Gina Harmon</i>	<i>Admin Official: Darryl Woo</i>
<i>Meet Director: Magda Carranza</i>	coachmagda.mc@gmail.com 650-738-7460

LOCATION Jean E. Brink Swimming Pool, Oceana High School, 401 Paloma Avenue, Pacifica, CA 94044-2436

DIRECTIONS: From San Francisco/I-280: Take HWY 1 SOUTH into Pacifica. EXIT the POLOMA/FRANCISCO exit. Turn LEFT at the end of the off-ramp stop sign, and cross over the Highway 1 overpass. After the overpass is a stop sign. Continue STRAIGHT/EAST. After the next stop sign, continue EAST half a block. Oceana Pool is the first driveway on your left. Please PARK on the STREET. From Half Moon Bay: Take HWY 1 NORTH into Pacifica. EXIT the OCEANA / CLARENDON exit. At the end of the off ramp is a stop sign. Continue STRAIGHT / NORTH for about 1/4 mile along Oceana until you reach the next stop sign. At the stop sign take a RIGHT to the next stop sign. Oceana Pool is the first driveway on your left. There are TWO PARKING LOTS above the pool.

COURSE: INDOOR 25 YARD pool with up to Seven (7) lanes available for competition. An additional Three (3) 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 5' at the start end and 5' at the turn end. In accordance with Article 104.2.2C(4) the competition course has not been certified.

TIME: SESSION A (11-12 Girls and All 13 & Over Athletes): Meet begins at 8:30 AM; Warm-Up is from 7:00 – 8:15 AM.

SESSION B (11-12 Boys and All 10 & Under Athletes): Session B will begin 1 hour after Session A finishes, but not before 12:00 PM. Session B Warm-Ups will begin immediately after Session A finishes.

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 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," based on the athlete's 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 athletes in the 500 Free must provide their own lane timers and lap counters. Athletes in the 400 IM must provide their own lane timers.
- Athletes competing in the 9-10 500 Freestyle must have met the USA-S Motivational "B" time 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 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.
- There will be no swimmer/spectator seating on the pool deck.
- 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 in the "A" Division must have met at least USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division must have met at least the listed "B" minimum time standard. All entry times slower than the listed "B" time standard will be in the "C" Division.
- Entries with "**NO TIME**" will be **ACCEPTED (Exception – 9-10 500 Freestyle, 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 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 PRIORITY: Athletes from **BSC, DCD, MAV, SSF, STAR, PASA, BAC, PPSC, PSL, MLKB, YEMB** entering online must do so by 11:59 PM, Wednesday, October 26th in order to receive priority acceptance to the meet. Athlete's from **BSC, DCD, MAV, SSF, STAR, PASA, BAC, PPSC, PSL, MLKB, YEMB** surface mail entries must be postmarked by Monday, October 24th in order to receive priority acceptance to the meet. **No athletes other than those from BSC, DCD, MAV, SSF, STAR, PASA, BAC, PPSC, PSL, MLKB, YEMB may enter the meet until the preference period has concluded.**

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. No refunds will be made, except mandatory scratch downs.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/PSL2016112> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per athlete plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing fee, enter the meet using a mail entry. **Entering online is a convenience, is completely voluntary, and is in no way required or expected of an athlete by Pacific Swimming.** Online entries will be accepted through 11:59 PM Wednesday, November 2, 2016.

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with the athlete's best time. Entries must be postmarked by midnight, Monday, **October 31, 2016** or hand delivered by 6:30 p.m. Wednesday, **November 2, 2016**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Pacifica Sea Lions Aquatics

Mail entries to: Magda Carranza
646 Foothill Dr.
Pacifica Ca, 94044

Hand deliver entries to: Magda Carranza
1810 Francisco Blvd.
Pacifica Ca, 94044

CHECK-IN: The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for all individual events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check in will not be seeded and will not be allowed to compete in that event.

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

AWARDS: Individual events will be awarded in the A, B, and C division. Ribbons for First through Eighth place will be given to the following age groups 8 & U, 9-10, 11-12, 13-14. "A" time medals will be given to athletes achieving a new "A" times, regardless of place achieved in the event. All awards must be picked up at the meet by coaches at the end of each session. Awards will not be mailed.

ADMISSION: Free. There WILL NOT BE a program available

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. Please be courteous to **the sounding neighbors. There will be two public parking lots available above the pool.**

MINIMUM OFFICIALS: Clubs must follow Zone 1 North rules for providing officials. Each club must provide officials for each session according to the number of athletes entered in that session, following the table below. Athletes that do not provide sufficient officials must provide coaches to act in the place of officials.

Club athletes entered in session	Trained and carded officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5+ (1 for every 25 swimmers)

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
50 BK	100 BK	100 BK	200 BK	25 FR	200 FR	200 FR	50 FR
50 FR	50 FR	50 FR	100 FR	25 BK	50 BK	50 BK	100 BK
50 BR	200 IM	100 IM	200 IM	50 FL	100 FL	100 FL	100 FL
25 FL	100 BR	200 BR	100 BR	25 BR	100 FR	100 FR	200 FR
100 FR	50 FL	50 FL	200 FL	100 IM	50 BR	50 BR	200 BR
	500 FR	500 FR			100 IM	200 IM	400 IM

EVENTS

Saturday, November 12, 2016		
SESSION A		
EVENT #	EVENT	EVENT #
1	11 – 12 100 BACK	
3	13 & O 200 BACK	4
5	11 – 12 50 FREE	
7	13 & O 100 FREE	8
9	11 – 12 100 IM	
11	13 & O 200 IM	12
13	11 – 12 200 BREAST	
15	13 & O 100 BREAST	16
17	11 – 12 50 FLY	
19	13 & O 200 FLY	20
21	11 – 12 500 FREE	
SESSION B		
	11 – 12 100 BACK	22
23	9 – 10 100 BACK	24
25	8 & U 50 BACK	26
	11 – 12 50 FREE	28
29	9 – 10 50 FREE	30
31	8 & U 50 FREE	32
	11 – 12 100 IM	34
35	9 – 10 200 IM	36
37	8 & U 50 BREAST	38
	11 – 12 200 BREAST	40
41	9 – 10 100 BREAST	42
43	8 & U 25 FLY	44
	11 – 12 50 FLY	46
47	9 – 10 50 FLY	48
49	8 & U 100 FREE	50
	11 – 12 500 FREE	52
53	9 – 10 500 FREE	54

Sunday, November 13, 2016		
SESSION A		
EVENT #	EVENT	EVENT #
55	11 – 12 200 FREE	
57	13 & O 50 FREE	58
59	11 – 12 50 BACK	
61	13 & O 100 BACK	62
63	11 – 12 100 FLY	
65	13 & O 100 FLY	66
67	11 – 12 100 FREE	
69	13 & O 200 FREE	70
71	11 – 12 50 BREAST	
73	13 & O 200 BREAST	74
75	11 – 12 200 IM	
77	13 & O 400 IM	78
SESSION B		
	11 – 12 200 FREE	80
81	9 – 10 200 FREE	82
83	8 & U 25 FREE	84
	11 – 12 50 BACK	86
87	9 – 10 50 BACK	88
89	8 & U 25 BACK	90
	11 – 12 100 FLY	92
93	9 – 10 100 FLY	94
95	8 & U 50 FLY	96
	11 – 12 100 FREE	98
99	9 – 10 100 FREE	100
101	8 & U 25 BREAST	102
	11 – 12 50 BREAST	104
105	9 – 10 50 BREAST	106
107	8 & U 100 IM	108
	11 – 12 200 IM	110
111	9 – 10 100 IM	112

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

Athletes in the 9-10 500 Free must have achieved USA-S Motivational “B” Time Standard for their gender

Please make sure you have your own timers for the 400 IM and 500 Free and bring your own Lap Counter.

Pacific Swimming – Hosted by Pacifica Sea Lions													
Short Course CBA+													
November 12-13, 2016													
Consolidated Entry Form													
Name: Last,				First				Middle					
Club Abbr.			UNATT TEAM ABBR				Club Name						
Age			Date of Birth				Sex M F		LSC – (PC, SN)				
USA-#													
Event #	Distance / Stroke						Entry Time			Circle one			
							: .			SCY / LCM			
							: .			SCY / LCM			
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							: .			SCY / LCM			
							: .			SCY / LCM			
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													