

**QUICKSILVER SWIMMING  
PACIFIC SWIMMING LONG COURSE DUAL MEET  
THURSDAY, JULY 18, 2019  
QSS vs PEAK v TIDE**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **19-113**

*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:**      **Meet Referee:** Attila Lengyel      **Head Starter:** John Hannigan  
                                 **Meet Marshal:** Andrew Johnson      **Admin Official:** Lily You  
                                 **Meet Director:** Liv Weaver, [liv@swimgss.org](mailto:liv@swimgss.org)

**LOCATION:** Gunderson High School – 622 Gaundabert Lane, San Jose, CA 95136

**DIRECTIONS:** From 85, Take Santa Teresa exit. Turn onto Santa Teresa Blvd, Right on Thornwood Drive, Right onto Winfield, and Right onto Cheynoweth. The pool is located in the back of the campus past the football field.

**COURSE:** Outdoor pool with up to 9 lanes available for competition. Up to 6 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 4'0" 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 4:30 PM. Warm-ups will begin at 3:15- 4:15 PM.

**RULES:**

- Current USA and Pacific Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), 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 up to 3 individual events and 2 relays.
- 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 timeline, 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.
- At the close of the meet entries, no further entries shall be accepted, times updated, or events swapped.

**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. THIS WILL BE STRICTLY ENFORCED. COACHES WILL BE ASKED PRIOR TO THE MEET AND AT THE COACHES MEETING TO ENSURE ATHLETES ARE PROPERLY DIVE CERTIFIED.

**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.
- Deck Changes are 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.
- No entry until 3:00 PM due to school being in session. No early set-up permitted.

**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, but coaches are highly encouraged to enter coach verified times for all NT athletes to ensure a smooth meet flow.
- 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 swimmers 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.
- Athlete's must be members of QSS, PEAK or TIDE, or unattached athletes registered with QSS, PEAK or TIDE to participate.

**ENTRY FEES:** \$4.00 per event plus a \$10.00 participation fee per athlete. Relay events are \$9.00 per event. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

**ONLINE ENTRIES:** Athletes must enter through their club's Team Unify entry system. Entries are due Tuesday, July 9. Make team check payable to: QuickSilver Swimming. Hand deliver team check to Meet Director at start of meet.

**RELAY ENTRIES:** Relay entries will be entered by coaches on deck. Relay cards will be emailed in advance as well as available on deck. All athletes entered in relays must already be entered in the meet and pay the \$10.00 splash fee. Relay cards must be turned into the Computer Operator by 4:00pm for the Mixed Medley Relays and by the end of event #14 for the Mixed Free Relays.

**CHECK-IN:** All individual events will be pre-seeded. All relays will be deck 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:** Coaches and working deck officials will be provided dinner. A food truck may be on site.

**EVENTS**

Thursday, July 18 Dual Meet Series #3		
EVENT #	EVENT	EVENT #
101	10 & Under 200 Mixed Medley Relay	--
102	11-12 200 Mixed Medley Relay	--
103	13-14 Mixed Medley Relay	--
104	15 & Over Mixed Medley Relay	--
1	OPEN 50 Free	2
3	12 & Under 50 Breast	4
7	11 & Over 200 Breast	8
9	11 & Over 200 Back	10
11	OPEN 100 Fly	12
13	12 & Under 50 Fly	14
15	11 & Over 800 Free*	16
201	10 & Under 200 Mixed Free Relay	--
202	11-12 200 Mixed Free Relay	--
203	13-14 Mixed Free Relay	--
204	15 & Over Mixed Free Relay	--

Heats will be limited by the meet director in coordination with the head coaches and/or head age group coaches from each club to ensure timeline is not exceeding three hours.