

**QUICKSILVER SWIMMING  
SHORT COURSE T/F INVITATIONAL  
PACIFIC SWIMMING SHORT COURSE MEET  
DECEMBER 14- 16, 2018**



Enter Online: <http://ome.swimconnection.com/pc/QSS20181214>

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **18-167**

*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:**

<b>Meet Referee:</b> Rod Rosare	<b>Head Starter:</b> John Hannigan
<b>Meet Marshal:</b> Andrew Johnson	<b>Admin Official:</b> Darryl Woo
<b>Meet Director:</b> Liv Weaver, <a href="mailto:liv@swimgss.org">liv@swimgss.org</a>	

**LOCATION:** Valley Christian High School, 100 Skyway Drive, San Jose, CA 95111

**DIRECTIONS:** **From 101 South:** Take 101 South to the Capitol Expressway/Yerba Road exit. Merge onto Capitol Expressway heading west. Take the Monterey Road ramp. Turn left onto Monterey Road. Turn left onto Skyway Drive. Valley Christian High School is located at 100 Skyway Drive. **From 280 South:** Take 280 South to 87 South. Take 87 South to the Capitol Expressway Auto Mall exit. Turn Left onto West Capitol Expressway. Take the Monterey Road ramp. Turn left onto Monterey Road. Turn left onto Skyway Drive. Valley Christian High School is located at 100 Skyway Drive. **From 85 South:** Take 85 South to the Blossom Hill Road exit. Turn Left onto Blossom Hill Road. Turn Left onto Snell Avenue. Turn Right onto Skyway Drive. Valley Christian High School is located at 100 Skyway Drive

**COURSE:** Outdoor 25 yard by 50 meter pool with up to 10 lanes available for competition. Up to 10 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 9' 6" at the start end and 6' 6" 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 5:00 PM on Friday with warm-ups from 3:45- 4:45 PM. The facility gates will not open until 3:30pm. Friday events are timed finals. Saturday's and Sunday's events are Trials and Finals except as noted in Order of Events Chart. Meet will begin at 9:00 AM on Saturday and Sunday with warm-ups from 7:30 to 8:40 AM each day. Finals will begin no sooner than 1 hour after the conclusion of trials. The exact time will be determined by the Meet Referee and announced as early as practical 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 on Friday. See Order of Events Chart for events specified as timed finals for Saturday and Sunday. Prelim events may run combined into multiple age groups; finals will be split by specific age groups. Timed finals events will not be combined.
- All events will swim fast to slow.
- Athletes may compete in up to 3 individual events per day and 1 relay event.
- Athletes may compete in a total of 7 individual events and 3 relay events in the meet.
- Clubs may enter an A and B relay only for each event.
- Entries shall be accepted until the number of splashes exceeds the 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 coaches and deck officials must wear their USA Swimming membership cards in a visible manner.
- The first three heats in trials events will be circle seeded for all prelim events. Timed finals will be seeded with the fastest heat first.
- The meet will be swum in SCY all sessions.
- Entries for the 1650 may be limited to three or fewer heats depending on timeline constraints. Athletes must have either 1500 meter, 1650 yards, or 1000 yards BB qualifying times for their age group.

**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.
- Set-up will not be available until immediately before the meet on Friday afternoon. Gates will not open until 3:15 PM.

**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.
- Entry times submitted for this meet may 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.
- The athlete's age will be the age of the athlete on the first day of the meet.
- Athletes may enter as unattached, but will be entered as exhibition and will not be eligible for team points.
- Athletes must have achieved the USA-S Motivational "BB" standard for their age group and gender in order to compete in a 10 & U, 11-12, or 13-14 event.
- To enter a senior event, athletes must be 11 & over and meet the 15-16 USA-S Motivational "BB" time standard for their gender.
- Athletes must be part of one of the following clubs or unattached: EBA, FF, PASA, PEAK, RHAC, QSS, SCSC, TIDE, VS, SRVA, SVS, SUNN, LAC, FOG, YPAC, RAYS, LO, TOC

**ENTRY FEES:** \$5.50 per event plus an \$8.00 participation fee per athlete. \$16.00 per relay. Relay only athletes must pay the \$8.00 per athlete participation fee. 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/QSS20181214> 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 Wednesday, December 5<sup>th</sup>.

**RELAY ENTRIES:** Clubs are encouraged to pre-enter relays on Swim Connection. Clubs will be able to deck enter A and B relays at the computer desk until 5:30 PM on Friday and 10:30 AM on Saturday and Sunday. Any clubs that are deck entering relays must provide a team check for the entry fees payable to "QuickSilver Swimming." All athletes must be entered in the meet prior to the entry deadline to be eligible to compete in a relay.

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athlete's best time. Entries must be postmarked by midnight, Monday, December 3<sup>rd</sup>. No hand delivered entries will be accepted. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to:** QuickSilver Swimming

**Mail entries to:** Meet Director

5409 Silver Vista Way

San Jose, CA 95138

**CHECK-IN:** Athletes must check-in at the Clerk-of-Course for prelims and timed final events. 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. Athletes must positively check-in for the 1500m freestyle by 11:00 AM on Saturday.

**SCRATCH RULE FOR PRELIMS & TIMED FINALS:**

- A copy of the meet scratch rules will be posted at the clerk-of-course.
- Athletes entered in a preliminary individual or timed final event will have no penalty for missing an event.

**SCRATCH RULE FOR FINALS:**

- A copy of the scratch rules will be posted at the clerk-of-course.
- Top 9 athletes will qualify for finals.
- Any athlete qualifying for finals in an individual event who does not wish to compete must scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that they may not intend to compete in finals. In this case they must declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event.
- An athlete who "fails to compete" or scratch in a finals event they qualified for will be subject to disqualification for the remainder of the athlete's individual events. "Declared False Starts" and "Delay of Meet" are all classified as "Failure to Compete", and the athlete will be barred from the remainder of the athlete's individual events for the meet. If the No-Show occurs on the last day that the athlete is entered in an individual final event and no other individual event penalty is applicable, the athlete shall then be fined \$100.00. The fine will be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.
- Exception: No penalty shall apply for failure to withdraw or compete in an individual event if: (i) the referee is notified in the event of illness or injury and accepts the proof thereof. (ii) It is determined by the referee that the No-Show is caused by circumstances beyond the control of the athlete. (iii) The athlete is an alternate for finals.

**AWARDS:** Individual Event Awards: 1<sup>st</sup>- 9<sup>th</sup> places will receive ribbons. Relay Event Awards: 1<sup>st</sup>- 3<sup>rd</sup> place will receive ribbons.

**SCORING:** Individual events will score places 1-9. The 1650 will be scored as 11-12, 13-14 and 15 & over.

Individual Events:

Finals – 10- 8 -7- 6- 5- 4- 3 -2 -1

Timed Finals – 10- 8 -7- 6- 5- 4- 3 -2 -1

Relay Events:

Timed Finals – 20- 16 -14- 12- 10- 8- 6 -4 -2

**ADMISSION:** Free.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and officials will be provided lunch.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours.

**MINIMUM OFFICIALS:**

Club athlete entered in session	Trained and carded officials requested
1-10	1
11-25	2
26-50	3
51-75	4
76-100	5
100 or more	6

**EVENT SUMMARY**

Friday			
10 U	11-12	13-14	SENIOR
500 Free*	400 IM*	400 IM*	400 IM*
	500 Free*	500 Free*	500 Free*
	400 F.R.*	400 F.R.*	400 F.R.*
Saturday			
10 U	11-12	13-14	SENIOR
200 IM*	200 IM	100 Fly	100 Fly
100 Fly	100 Fly	200 Free	200 Free
200 Free*	200 Free	100 Breast	100 Breast
100 Breast	100 Breast	100 Back	100 Back
100 Back	100 Back	50 Free	50 Free
50 Free	50 Free	200 M.R.*	200 M.R.*
200 M.R.*	200 M.R.*		
Sunday			
10 & U	11-12	13-14	SENIOR
100 IM*	100 IM*	200 IM	1650 Free*
50 Back	50 Back	200 Back	200 IM
100 Free	200 Back	100 Free	200 Back
50 Breast	100 Free	200 Breast	100 Free
50 Fly	50 Breast	200 Fly	200 Breast
200 F.R.*	200 Breast	200 F.R.*	200 Fly
	50 Fly		200 F.R.*
	200 Fly		
	200 F.R.*		

\*Timed Finals swum in Prelims session only.

**ORDER OF EVENTS**

Friday			
Women's Event #	Description		Men's Event #
	Age Group	Event	
1	11-12	*400 Individual Medley	2
3	13-14	*400 Individual Medley	4
5	Senior	*400 Individual Medley	6
7	10 & Under	*500 Freestyle	8
9	11-12	*500 Freestyle	10
11	13-14	*500 Freestyle	12
13	Senior	*500 Freestyle	14
15	11-12	*400 Free Relay	16
17	13-14	*400 Free Relay	18
19	Senior	*400 Free Relay	20

<b>Saturday</b>			
<b>Women's Event #</b>	<b>Description</b>		<b>Men's Event #</b>
	<b>Age Group</b>	<b>Event</b>	
21	10 & Under	*200 Individual Medley	22
23	11-12	200 Individual Medley	24
25	10 & Under	100 Butterfly	26
27	11-12	100 Butterfly	28
29	13-14	100 Butterfly	30
31	Senior	100 Butterfly	32
33	10 & Under	*200 Freestyle	34
35	11-12	200 Freestyle	36
37	13-14	200 Freestyle	38
39	Senior	200 Freestyle	40
41	10 & Under	100 Breaststroke	42
43	11-12	100 Breaststroke	44
45	13-14	100 Breaststroke	46
47	Senior	100 Breaststroke	48
49	10 & Under	100 Backstroke	50
51	11-12	100 Backstroke	52
53	13-14	100 Backstroke	54
55	Senior	100 Backstroke	56
57	10 & Under	50 Freestyle	58
59	11-12	50 Freestyle	60
61	13-14	50 Freestyle	62
63	Senior	50 Freestyle	64
65	10 & Under	*200 Medley Relay	66
67	11-12	*200 Medley Relay	68
69	13-14	*200 Medley Relay	70
71	Senior	*200 Medley Relay	72
<b>Sunday</b>			
<b>Women's Event #</b>	<b>Description</b>		<b>Men's Event #</b>
	<b>Age Group</b>	<b>Event</b>	
200	OPEN	*1650 Freestyle	201
73	10 & Under	*100 Individual Medley	74
75	11-12	*100 Individual Medley	76
77	13-14	200 Individual Medley	78
79	Senior	200 Individual Medley	80
81	10 & Under	50 Backstroke	82
83	11-12	50 Backstroke	84
85	13-14	200 Backstroke	86
87	Senior	200 Backstroke	88
89	11-12	200 Backstroke	90
91	10 & Under	100 Freestyle	92
93	11-12	100 Freestyle	94
95	13-14	100 Freestyle	96
97	Senior	100 Freestyle	98
99	10 & Under	50 Breaststroke	100
101	11-12	50 Breaststroke	102
103	13-14	200 Breaststroke	104
105	Senior	200 Breaststroke	106
107	11-12	200 Breaststroke	108
109	10 & Under	50 Butterfly	110
111	11-12	50 Butterfly	112
113	13-14	200 Butterfly	114
115	Senior	200 Butterfly	116
117	11-12	200 Butterfly	118
119	10 & Under	*200 Free Relay	120
121	11-12	*200 Free Relay	122
123	13-14	*200 Free Relay	124
125	Senior	*200 Free Relay	126

\*Timed Finals swum in Prelims session only.

The 1650 Free will be swum on Sunday between Trials and Finals in LCM.

Athletes must provide their own lap counter for the 500 Free and 1650 Free, and their own timers for the 1650 Free.

Pacific Swimming – Hosted by QuickSilver Swimming Short Course T/F Invitational December 14-16, 2018 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				
						: .			SCY / LCM				
						: .			SCY / LCM				
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						: .			SCY / LCM				
# of entries _____ x \$5.50 = \$ _____ Participation Fee        \$ 8.00 Total                        \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													