

SOLO Aquatics
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
Saturday and Sunday, December 10-11, 2016



Enter Online: <http://ome.swimconnection.com/pc/solo20161210>

Z1N TEAMS: BAC, BSC, DACA, FOG, HDAC, LAMV, LO, MAV, PCCA, PCM, PPSC, PSRP, PSL, SSF, SOLO, SUNN

SANCTION: Held under USA/Pacific Swimming Sanction No. **16-172**

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.

MEET PERSONNEL:

Meet Referee: Paul Reidl	Head Starter: Sylvain Flamant
Meet Marshal: Sean Horan	Admin Official: Larry Rice
Meet Director: Tom McRae; (650)851-9091; solotom@yahoo.com	

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 PALOMA/FRANCISCO exit. Turn Left at the end of the off-ramp stop sign and cross the Highway 1 overpass. After the overpass is a stop sign. Continue STRAIGHT/EAST. After the next stop sign, continue East half block. Oceana Pool is the first driveway on your left. 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 about ¼ 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 three parking lots available on school campus, two on Paloma Ave and one on Oceana Blvd. PLEASE BE COURTEOUS TO THE SURROUNDING NEIGHBORS!

COURSE: 25 yard, indoor heated pool. Up to seven (7) lanes will be used for competition. Separate, warm-up, cool down area will be available during the meet. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 5'0" at the start end and 5'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

TIME: Saturday and Sunday are split into sessions "A" and "B"

Session A	All 13 & Over Athletes and 11-12 Girls. Warm-ups from 7:00-8:15 AM. Meet begins at 8:30 AM.
Session B	All 10 & Under Athletes and 11-12 Boys. Session B will begin approximately one hour after Session A finishes but not before 12:30PM. Warm-up begins 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 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 swimmers 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 entered in the 500 Free will need to provide their own timers and lap counters. Athletes in the 400 IM must provide their own lane timers.
- Athletes in the 9-10 500 Free must have achieved USA-S Motivational "B" Time Standard 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.
- 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 and concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and surrounding areas. If observed, the Meet Referee and 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.
- No personal tents/EZ-ups will be allowed on the pool deck.

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 and 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: Priority entry will be given to the following **Z1N TEAMS: BAC, BSC, DACA, FOG, HDAC, LAMV, LO, MAV, PCCA, PCM, PPSC, PSRP, PSL, SSF, SOLO, SUNN** entering online must do so by **11:59 PM, Wednesday, November 23rd** in order to receive priority acceptance to the meet. Athletes from **BAC, BSC, DACA, FOG, HDAC, LAMV, LO, MAV, PCCA, PCM, PPSC, PSRP, PSL, SSF, SOLO, SUNN** submitting surface mail entries must be postmarked by **Monday, November 21st** in order to receive priority acceptance into the meet. No athletes other than those from **BAC, BSC, DACA, FOG, HDAC, LAMV, LO, MAV, PCCA, PCM, PPSC, PSRP, PSL, SSF, SOLO, SUNN** may enter the meet until the priority period has closed.

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/solo20161210> 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, November 30th, at 11:59 PM.

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, November 28th or hand delivered by 6:30 p.m. Wednesday, November 30th. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: SOLO Aquatics

Mail entries to: Tom McRae – SOLO Meet Director
P.O. Box 7266
Menlo Park, CA 94025

Hand deliver entries to: Tom McRae – SOLO Meet Director
800 Sea Spray Lane #304
Foster City, CA 94404

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 athletes 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 1st – 8th place are given to the following age groups: 6/un, 7-8, 9-10, 11-12. Athletes 13 years of age and older will not receive awards. Standard "A" medals will be awarded to athletes achieving NEW USA Swimming National "A" times in each event, regardless of place achieved in the event. All awards must be picked up at the meet. Awards will not be mailed.

ADMISSION: Free. A program will **NOT** be 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. All participating clubs are expected to provide lane timers based upon the number of athletes registered to swim each day. Club timing lanes for Saturday and Sunday will be assigned and coaches will be notified of assignments during the week prior to the meet.

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. Clubs 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 and up (1 for every 25 athletes)

EVENT SUMMARY

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

EVENTS

SATURDAY, DECEMBER 10 th		
SESSION A		
EVENT #	EVENT	EVENT #
Girls		Boys
1	11 – 12 200 BACK	
3	13 – OV 100 BACK	4
5	11 – 12 100 BREAST	
7	13 – OV 200 BREAST	8
9	11 – 12 100 FREE	
11	13 – OV 50 FREE	12
13	11 – 12 400 IM	
15	13 – OV 500 FREE	16
SESSION B		
17	8 – UN 50 BACK	18
19	9 – 10 50 FREE	20
	11 – 12 200 BACK	22
23	8 – UN 25 FLY	24
25	9 – 10 50 FLY	26
	11 – 12 100 BR	28
29	8 – UN 25 FREE	30
31	9 – 10 100 BACK	32
	11 – 12 100 FREE	34
35	8 – UN 100 IM	36
37	9 – 10 500 FREE	38
	11 – 12 400 IM	40

SUNDAY, DECEMBER 11 th		
SESSION A		
EVENT #	EVENT	EVENT #
Girls		Boys
41	13 – OV 200 FREE	42
43	11 – 12 50 BACK	
45	13 – OV 100 FLY	46
47	11 – 12 200 FLY	
49	13 – OV 100 FREE	50
51	11 – 12 100 IM	
53	13 – OV 200 IM	54
55	11 – 12 200 FREE	
SESSION B		
57	8 – UN 50 FREE	58
59	9 – 10 50 BACK	60
	11 – 12 50 BACK	62
63	8 – UN 25 BACK	64
65	9 – 10 100 FREE	66
	11 – 12 200 FLY	68
69	8 – UN 25 BREAST	70
71	9 – 10 100 BREAST	72
	11 – 12 100 IM	74
75	8 & U 100 FREE	76
77	9 – 10 100 IM	78
	11 – 12 200 FREE	80

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 & 500 Free and bring your own lap counters.

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

Pacific Swimming – Hosted by SOLO AQUATICS C/B/A + Short Course Meet Saturday and Sunday, December 10 & 11, 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			
							: .			SCY / LCM			
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							: .			SCY / LCM			
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													