

SOLO AQUATICS
MARCH MADNESS 2014
PACIFIC SWIMMING SHORT COURSE LESS THAN JO
Saturday, March 22nd and Sunday, March 23rd, 2014



Z1N Teams Assigned: SOLO, PASA, BAC, OSC, DCD, SSF, MAV, PSL, HDAC, PSRP
Enter Online: <http://ome.swimconnection.com/pc/solo20140322>

SANCTION: Held under USA/Pacific Swimming Sanction No. **14-055**

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 electronic devices, including but not limited to film and digital cameras, cell phones and tablets, 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.

OFFICIALS:

Meet Referee: Karl Nakamura	Head Starter: Joanna Dunn
Meet Marshal: Sean Horan	Admin Official: Darryl Woo
Meet Director: Tom McRae – solotom@yahoo.com / (650) 851-9091	

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

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

TIME: **Session A** (All 10 & Under Swimmers): Meet begins at 8:30AM each day, warm-up from 7:00 to 8:15AM.
Session B (All 11 & Over Swimmers): Session B will begin one hour after Session A finishes, but not before 1:00 PM each day. Session B warm-up 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 and all heats will be conducted from fastest to slowest.
- Swimmers may compete in THREE (3) events per day.
- All swimmers 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.
- Because this is a JO Minus meet, swimmers may not enter events for which they have already achieved the 2014 JO Time Standard.
- **For the 13 – Over 50 Fly, 50 Breast, and 50 Back, the 100 yard time standards will be used.**
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

ATTENTION HIGH SCHOOL SWIMMERS: If you are a high school swimmer in competition season, you need to be unattached from this meet. It is your responsibility to be unattached from this meet. You can un-attach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

UNACCOMPANIED SWIMMERS: 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 swimmer or the swimmer's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the swimmer 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: Swimmers 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 swimmer or the swimmer'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, in 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 and only on designate areas. Pool side areas are reserved for coaches and officials only. All other shelters will be on other designated areas only.
- Pets, not including guide dogs, are strictly prohibited in all areas of the meet venue.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

ELIGIBILITY:

- Swimmers 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 swimmer with the registration and times database. The meet host will check all swimmer 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.
- Swimmers in the "A" Division must have met at least the listed "PC-A" time standard. Swimmers in the "B" Division must have met at least the listed "PC-B" time standard. All entry times slower than the listed "PC-B" time standard will be in the "C" Division.
- Entries with "**NO TIME**" will be **ACCEPTED**.
- 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 swimmers 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.
- Swimmers 19 years of age and over may compete in the 13 & Over events for time only, no awards. Such swimmers must have met standards for the 17-18 age group.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY PRIORITY: Zone 1 North swimmers from **SOLO, PASA, BAC, OSC, DCD, SSF, MAV, PSL, HDAC, and PSRP** entering online must do so by **11:59 PM on Wednesday, March 5th** in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by Monday, March 3rd in order to receive priority acceptance to the meet. No swimmers other than those from **SOLO, PASA, BAC, OSC, DCD, SSF, MAV, PSL, HDAC, and PSRP** may enter the meet until the preference period has concluded.

ENTRY FEES: \$2.75 per event plus an \$8.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/solo20140322> 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 swimmer 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 a swimmer by Pacific Swimming.** Online entries will be accepted through **Wednesday, March 12th 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 swimmers best time. Entries must be postmarked by midnight, Monday, March 10th, 2014 or hand delivered by 6:30 p.m. Wednesday January 12th, 2014. No late entries will be accepted. No refunds will be made, except mandatory scratch downs. 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. Swimmers must check-in at the Clerk-of-Course. 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. No event shall be closed more than 30 minutes before the scheduled start of the session. Swimmers who do not check in will not be seeded and will not be seeded in that event.

SCRATCHES: Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. Any swimmers not reporting for or competing in an individual timed final event **shall not** be penalized.

AWARDS: Individual awards 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 & Under, 9-10, 11 – 12, 13 & Over. Swimmers 19 years of age and older will not receive awards. “A” time medals will be given to swimmers achieving a new “PC-A” time, regardless of place achieved in the event. Awards for swimmers 12 & Younger must be picked up at the meet by coaches at the end of each session. Awards will not be mailed.

ADMISSION: Free. A program will not be available.

REFRESHMENTS: 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 teams are expected to provide lane timers based upon the number of swimmers registered to swim each day. Team timing lanes will be assigned and coaches will be notified of assignments during the week prior to the meet.

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

Club swimmers 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 additional 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 FR	100 FR	100 BK	50 FR	100 BK	100 BK	100 FR
25 BR	50 BR	50 BR	50 FL	25 FL	50 FL	50 FL	50 BR
50 FL	100 FL	100 FL	100 BR	50 BR	100 BR	100 BR	100 FL
25 FR	50 BK	50 BK	50 FR	25 BK	50 FR	50 FR	50 BK
100 FR	100 IM	100 IM	200 FR	100 IM	200 FR	200 FR	100 BK

EVENTS

SATURDAY, March 22 nd		
SESSION A		
GIRLS #	EVENT	BOYS #
1	8 & U 50 BACK	2
3	9 – 10 100 FREE	4
5	8 & U 25 BREAST	6
7	9 – 10 50 BREAST	8
9	8 & U 50 FLY	10
11	9 – 10 100 FLY	12
13	8 & U 25 FREE	14
15	9 – 10 50 BACK	16
17	8 & U 100 FREE	18
19	13 & O 100 IM	20
SESSION B		
21	11 – 12 100 BREE	22
23	13 & O 100 BACK	24
25	11 – 12 50 BREAST	26
27	13 & O 50 FLY	28
29	11 – 12 100 FLY	30
31	13 & O 100 BREAST	32
33	11 – 12 50 BACK	34
35	13 & O 50 FREE	36
37	11 – 12 100 IM	38
39	13 & O 200 FREE	40

SUNDAY, MARCH 23 RD		
SESSION A		
GIRLS #	EVENT	BOYS #
41	8 & U 50 FREE	42
43	9 – 10 100 BACK	44
45	8 & U 25 FLY	46
47	9 – 10 50 FLY	48
49	8 & U 50 BREAST	50
51	9 – 10 100 BREAST	52
53	8 & U 25 BACK	54
55	9 – 10 50 FREE	56
57	8 & U 100 IM	58
59	9 – 10 200 FREE	60
SESSION B		
61	11 – 12 100 BACK	62
63	13 & O 100 FREE	64
65	11 – 12 50 FLY	66
67	13 & O 50 BREAST	68
69	11 – 12 100 BREAST	70
71	13 & O 100 FLY	72
73	11 – 12 50 FREE	74
75	13 & O 50 BACK	76
77	11 – 12 200 FREE	78
79	13 & O 100 IM	80

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

Pacific Swimming – Hosted by SOLO AQUATICS MARCH MADNESS LESS THAN JO March 22 – 23, 2014 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				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$2.75 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													