

Silicon Valley Long Course Age Group Open

PACIFIC SWIMMING LONG COURSE MEET

June 25-26, 2016

Enter Online: <http://ome.swimconnection.com/pc/sunn20160625>



SANCTION: Held under USA/Pacific Swimming Sanction No. **16-085**

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://www.fastlanetek.com>.**

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.

OFFICIALS:

Meet Referee: Nan McKenna	Head Starter: Lucille Glassman
Meet Marshal: Rachel Clark	Admin Official: Carol Waln
Meet Director: Aditya Agarwal (meet.director@sunn.org)	

LOCATION: Sunnyvale Swim Complex @ Fremont High School, 1283 Sunnyvale-Saratoga Ave. Sunnyvale, CA 94087

DIRECTIONS: From Highway 280, exit N. De Anza Blvd. (Sunnyvale-Saratoga Ave.), travel north on Sunnyvale-Saratoga Ave. until it reaches Fremont Ave. The pool is between the school's main entrance and the football field. There are two parking lots. Parking lot in the front of Fremont High School will be held for meet officials, swim coaches, and a few limited spots for participants. Additional parking is available on the west side of the school campus off Fremont Ave.

COURSE: 50 meter, 9 lane, outdoor, heated pool with up to 8 lanes available for competition. At least 1 lane will be available for warm-up/cool down throughout the competition. The minimum water depth, measured in accordance with Article 103.2.3, is 13'0" at the start end and 4'0" 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 10/un and 11-12 athletes

Warm-up from 7:00-8:15 AM

Meet begins at 8:30 AM

Session B OPEN (*all ages allowed, but 12 and unders must meet minimum qualifying times, see RULES*) will begin one hour after Session A finishes but not before 1:00 PM. Warm-up begins immediately after Session A finishes. Athletes in Session B may not enter the competition pool or warm up lane until completion of competition in Session A.

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.

- 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.

- Athletes 12 and under must have met the USA-S Motivational 13-14 "A" time standard for their gender in order to compete in OPEN events. Please see the 2013-16 USA-S Motivational Time Standards on this webpage

<http://www.pacswim.org/swim-meet-times/standards>

- Athletes entering the 10 & Under 200 IM must have achieved a USA-S Motivational 9-10 "A" time for their gender in either the 100 yard, 200 yard or 200 meter IM

- Athletes entering the 800 and/or 1500 Freestyles must provide their own timers and lap counters.

- **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 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.
- Portions of the pool deck will be restricted for officials, timers, swimmers and meet staff only.

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 (Exception – 12 & Under Athletes entering "OPEN" events and 10 & Under Athletes entering the 200 IM. 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.

SEEDING: Event seeding will be in the following order conforming long course meters, non-conforming short course yards, and non-conforming short course meters - USA Swimming rules 207.12.7B. Heats will be swum fastest to slowest.

ENTRY FEES: \$4.00 per individual event and \$10.00 participation fee per athlete.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/sunn20160625> 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 an athlete by Pacific Swimming.** Online entries will be accepted through Wednesday, **June 15, 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 athlete's best time. Entries must be postmarked by midnight, Monday, **June 13, 2016** or hand delivered by 6:30 p.m. Wednesday, **June 15, 2016.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: SUNN SWIMMING CLUB

**Mail entries to: Aditya Agarwal
1166 Pimento Ave.,
Sunnyvale CA 94087**

**Hand deliver entries to: Aditya Agarwal
1166 Pimento Ave.,
Sunnyvale CA 94087**

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 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 allowed to compete in the event.

SCRATCHES: Athletes entered in a timed final individual event that is seeded on the deck that have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim an event will result in being barred from their next individual event.

AWARDS: Ribbons for 1st – 8th place will be given to the A session age groups: 8/un, 9-10, 11-12. No awards will be given for the B session OPEN events. “USA-S A” time medals will be given to athletes achieving a new “USA-S A” time, regardless of the place achieved in the event. All awards must be picked up at the meet by athletes or coaches at the end of the meet. Awards will not be mailed.

SCORING: Individual or team scores will not be tracked.

ADMISSION: Free. A two-day meet program will be available for a fee.

SNACK BAR: A snack bar will be available during the meet.

HOSPITALITY: Lunch and limited hospitality will be available to all working officials and coaches.

EVENT SUMMARY

SATURDAY, JUNE 25, 2016			SUNDAY, JUNE 26, 2016		
10 & Under	11-12	OPEN*	10 & Under	11-12	OPEN*
200 Free	200 Free	200 IM	50 Fly	200 Breast	200 Fly
50 Breast	50 Breast	50 Free	50 Back	50 Fly	100 Back
50 Free	50 Free	100 Breast	100 Free	50 Back	400 Free
100 Fly	100 Fly	200 Free	200 IM**	100 Free	200 Breast
100 Breast	200 Back	200 Back	100 Back	200 IM	400 IM
	100 Breast	100 Fly		100 Back	100 Free
		1500 Free***			800 Free***

* Open to all ages. Athletes 12 & under MUST have achieved a 13-14 A-time for their gender in the event to enter. Please see the 2013-16 USA-S Motivational Time Standards on this webpage <http://www.pacswim.org/swim-meet-times/standards>

** Athletes 10 & under MUST have achieved a USA-S 9-10 “A” time for their gender in either the 100 yard, 200 yard or 200 meter IM

*** Athletes must provide their own timers and lap counters

EVENTS

Saturday, June 25, 2016

Session A			
GIRLS EVENT #	AGE	EVENT	BOYS EVENT #
1	11-12	200 Free	2
3	10 & Un	200 Free	4
5	11-12	50 Breast	6
7	10 & Un	50 Breast	8
9	11-12	50 Free	10
11	10 & Un	50 Free	12
13	11-12	100 Fly	14
15	10 & Un	100 Fly	16
17	11-12	200 Back	18
19	10 & Un	100 Breast	20
21	11-12	100 Breast	22

Session B			
GIRLS EVENT #	AGE	EVENT	BOYS EVENT #
23	OPEN*	200 IM	24
25	OPEN*	50 Free	26
27	OPEN*	100 Breast	28
29	OPEN*	200 Free	30
31	OPEN*	200 Back	32
33	OPEN*	100 Fly	34
35	OPEN*	1500 Free***	36

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Sunday, June 26, 2016

Session A			
GIRLS EVENT #	AGE	EVENT	BOYS EVENT #
37	11-12	50 Fly	38
39	10 & Un	50 Fly	40
41	11-12	50 Back	42
43	10 & Un	50 Back	44
45	11-12	100 Free	46
47	10 & Un	100 Free	48
49	11-12	200 IM	50
51	10 & Un	200 IM**	52
53	11-12	100 Back	54
55	10 & Un	100 Back	56
57	11-12	200 Breast	58

Session B			
GIRLS EVENT #	AGE	EVENT	BOYS EVENT #
59	OPEN*	200 Fly	60
61	OPEN*	100 Back	62
63	OPEN*	400 Free	64
65	OPEN*	200 Breast	66
67	OPEN*	400 IM	68
69	OPEN*	100 Free	70
71	OPEN*	800 Free***	72

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Pacific Swimming – Hosted by SUNN
 Silicon Valley Long Course Age Group Open
 Saturday and Sunday, June 25-26, 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				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 10.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													