

**ZONE 1 SOUTH JO MINUS**  
**PACIFIC SWIMMING LONG COURSE AGE GROUP OPEN**  
**JULY 13-14, 2019**  
Enter Online: <http://www.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **19-111**

*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:**

<i>Meet Referee:</i> John Abe	<i>Head Starter:</i> Bob Armbruster
<i>Meet Marshal:</i> To be Assigned	<i>Admin Official:</i> Liz Tanaka
<i>Meet Director:</i> Michael Greymont – <a href="mailto:mgreymont@mhgcg.com">mgreymont@mhgcg.com</a> 408 891-2948	

**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 09:00 AM each day with warm-ups from 07:30 to 08:45 AM each day. A special warm-up time for 8 and under swimmers only will be held from 08:00 – 08:45 AM both in the instructional pool and 2 reserved start lanes

**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 **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 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.
- The meet will be capped at 500 in the Saturday and Sunday sessions. The meet may close sooner if the estimated timeline reaches the "Four-Hour Rule" prior to the entry capacity being met.
- 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 heaters are permitted except for snack bar/meet operations. Or any other open flame devices.
- 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.

**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.
- 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.
- 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.
- This is a JO MINUS swim event. The time of the athlete must be slower than a qualifying JO Time per Pacific Swimming Time Standards in each event entered.
- All 50-meter events will start from the deep end of the pool.

**ENTRY FEES:** \$4.00 per event plus an \$10.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. Relay entries are \$9.00 per event entry.

**ONLINE ENTRIES:** You may enter this meet online or by U.S. mail. To enter on-line go to <https://app.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a processing fee for this service, 6.5% of the total Entry Fees plus \$0.75 per transaction, regardless of number of athletes. 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 **Friday, July 5<sup>th</sup>, 2019**.

**MAILED:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmer's best time. Entries must be postmarked by midnight, Monday, July 1st, 2019. 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:** Zone 1 South

**Mail entries to:** Michael Greymont – Zone 1 South  
409 Tennant Ave #423  
Morgan Hill, CA 95037

**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:** The athlete’s awards will be available to a club representative at the end of the competition. “A” medals shall be awarded to the athlete’s achieving new “A” times. Individual awards will be awarded in the A, B and C Division. Ribbons for the first through eighth place will be given to the following age groups: 10 & under, 11-12 and 13-14, 15-18 age groups. No awards given for athletes 19 years of age and older. Awards will not be mailed.

**ADMISSION:** Free.

**SNACK BAR & HOSPITALITY:** A snack bar/food trucks will be available throughout the competition. 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.

**EVENT SUMMARY**

SATURDAY				SUNDAY			
10 - U	11-12	13-14	15-OVER	10 - U	11-12	13-14	15-OVER
50 BR	200 BR	400 FR	400 FR	100 BR	200 BK	200 BR	200 BR
100 FL	100 FL	100 FL	100 FL	100 FR	100 BR	100 FR	100 FR
50 FR	50 FR	200 FR	200 FR	50 FL	100 FR	200 IM	200 IM
100 BK	100 BK	100 BK	100 BK	50 BK	50 FL		
		50 FR	50 FR		50 BK		

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

*All Events are JO Minus Events*

## EVENTS

SATURDAY JULY 13 <sup>TH</sup> 2019		
EVENT #	EVENT	EVENT #
1	13-OVER 400 FR	2
3	11-12 200 BR	4
5	10 UNDER 50 BR	6
7	15 OVER 100 FLY	8
9	13-14 100 FLY	10
11	11-12 100 FLY	12
13	10 UNDER 100 FLY	14
15	15 OVER 200 FREE	16
17	13-14 200 FREE	18
19	11-12 50 FREE	20
21	10 UNDER 50 FREE	22
23	15 OVER 100 BK	24
25	13-14 100 BK	26
27	11-12 100 BK	28
29	10 UNDER 100 BK	30
31	15 OVER 50 FREE	32
33	13-14 50 FREE	34

SUNDAY JULY 14 <sup>TH</sup> 2019		
EVENT #	EVENT	EVENT #
35	11-12 200 BK	36
37	15 OVER 200 BR	38
39	13-14 200 BR	40
41	11-12 100 BR	42
43	10 UNDER 100 BR	44
45	15 OVER 100 FR	46
47	13-14 100 FR	48
49	11-12 100 FR	50
51	10 UNDER 100 FR	52
53	15 OVER 200 IM	54
55	13-14 200 IM	56
57	11-12 50 FLY	58
59	10 UNDER 50 FLY	60
61	11-12 50 BK	62
63	10 UNDER 50 BK	64

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

Pacific Swimming – Hosted by Zone 1 South Z1 South JO Minus July 13-14, 2019 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				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee        \$ 10.00 Total                        \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													