

**WEST COAST AQUATICS
PACIFIC SWIMMING AGE GROUP OPEN SHORT COURSE MEET
MARCH 24-25, 2018**

Enter Online: <http://ome.swimconnection.com/pc/WEST20180324>



SANCTION: Held under USA/Pacific Swimming Sanction No. **18-040**

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: Brett Shaug</i>	<i>Head Starter: Rod Rosares</i>
<i>Meet Marshal: Le Nguyen</i>	<i>Admin Official: Sachi Itow</i>
<i>Meet Director: Guiselle Morrone</i>	teammanager@westcoastaquatics.org

LOCATION: Frank Fiscalini Swim Center at Independence High School, 627 North Jackson Avenue, San Jose, CA 95133

DIRECTIONS: From Interstate-680, exit McKee Road and head west, away from foothills. Turn right at the first light, which is Jackson Avenue, turn left into the parking lot at the second traffic light, which is just after the football stadium. From Highway-101, exit McKee Road and head east toward the foothills. Go down McKee to the 7th traffic light, which will be Jackson Avenue. Turn on Jackson Avenue and at second light turn left into the parking lot.

COURSE: 25 yard by 50 meter outdoor, heated pool with up to 15 lanes available for competition. A separate 25 yard, 7 lane diving well 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 4'5" at the start end and 7' 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 9:00 AM each day with warm-ups from 7:30 to 8:45 AM 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.
- Athletes may compete in **MAXIMUM 4** events per day.
- All athletes ages 12 and under should complete competition within four (4) hours.
- Age groups will be awarded separately as 8 under, 9/10, 11/12, 13/14, 15/16, and 17/18 however events will be swum as 8 and under, 11 and over, 12 and under, or Open.
- The meet will be LIMITED to the first 800 Athletes or 2000 splashes each day, or when the meet estimated time line exceeds the Four-Hour Rule per Age Group and Gender.
- All 8 & UN 25 events will start from the turn side of the pool.
- If conditions warrant, the Meet Referee with concurrence of the Meet Director, may require a mandatory scratch down to three (3) events. Immediate refunds will be given ONLY for any mandatory scratch downs.
- **All events will be seeded fastest to slowest. The 500 Free and 400 IM will alternate girls and boys by heat.**
- **Athletes in the 500 Free and the 400 IM are required to provide their own timers, as well as lap counters.**
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

ATTENTION HIGH SCHOOL ATHLETES: If you are a California (CIF) high school athlete in season, you need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. You can UN-attach at the meet if necessary. This does not apply to California or Nevada athletes swimming under the rules of the **Nevada Interscholastic Activities Association (NIAA)**.

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 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.
- **No tents will be allowed on the pool deck, other than Coaches' Tents.**
- **There will be no drone flying devices over the facility.**

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 the listed USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division must have met at least the listed "B" 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, with the exception of the 400 IM and the 500 Free.
- **Athletes entering the 400 IM and the 500 free must meet the B motivational time at a minimum. Please refer to the Pacific Swimming URL for time standards listed under the events table.**
- 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 and 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.

ENTRY PRIORITY: Athletes from Zone 1 South clubs entering online must do so by 11:59 PM, **Wednesday, March 7th** in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by **Monday, March 5th** in order to receive priority acceptance to the meet. No athletes other than those from Zone 1 South may enter the meet until the preference period has concluded.

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/WEST20180324> 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, March 14, 2018.**

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, March 12, 2018.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: West Coast Aquatics

**Mail/Hand deliver entries to: Guiselle Morrone/West Meet Director
6317 Grand Oak Way
San Jose, CA 95135**

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: Ribbons will be awarded to the 1st – 8th place finishers in the “A,” “B” and “C” divisions, for each event and age group (8&U, 9-10, 11-12, 13-14, 15-16 and 17-18.) Awards will be available for pickup by the coaches, or a club representative at the conclusion of the meet at the awards desk. “A” medals will be awarded to athletes achieving new “A” times. Awards will not be handed to individuals unless they are unattached. Awards will not be mailed.

ADMISSION: Free

SNACK BAR & HOSPITALITY: There will be food trucks available during 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 open after meet hours. **Participating clubs will be assigned timer assignments based on the number of athletes entered from the club.** There will be **NO** set up outside the perimeters of the pool venue.

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13/OVER	8 & UN	9-10	11-12	13/OVER
25 Breast	100 IM	200 IM	200 IM	50 Breast	200 Free	400 IM	400 IM
50 Back	100 Breast	100 Fly	100 Fly	25 Back	100 Back	100 Back	100 Back
25 Fly	50 Back	50 Back	200 Back	50 Fly	50 Fly	200 Fly	200 Fly
25 Free	100 Free	100 Breast	100 Breast	50 Free	50 Breast	50 Free	50 Free
	500 Free	100 Free	100 Free		50 Free	200 Breast	200 Breast
		500 Free	500 Free			200 Free	200 Free

EVENTS

Saturday, March 24		
Event #	Event	Event #
1	13 & Over 200 IM	2
3	11-12 200 IM	4
5	9-10 100 IM	6
7	8 & UN 25 Breast	8
9	13 & Over 100 Fly	10
11	11-12 100 Fly	12
13	9-10 100 Breast	14
15	8 & UN 50 Back	16
17	13 & Over 200 Back	18
19	11-12 50 Back	20
21	9-10 50 Back	22
23	8 & UN 25 Fly	24
25	13 & Over 100 Breast	26
27	11-12 100 Breast	28
29	9-10 100 Free	30
31	8 & UN 25 Free	32
33	13 & Over 100 Free	34
35	11-12 100 Free	36
37	**9-10 500 Free	38
39	**13 & Over 500 Free	40
41	**11-12 500 Free	42

Sunday, March 25		
Event #	Event	Event #
43	13 & Over 400 IM	44
45	11-12 400 IM	46
47	9-10 200 Free	48
49	8 & UN 50 Breast	50
51	13 & Over 100 Back	52
53	11-12 100 Back	54
55	9-10 100 Back	56
57	8 & UN 25 Back	58
59	13 & Over 200 Fly	60
61	11-12 200 Fly	62
63	9-10 50 Fly	64
65	8 & UN 50 Fly	66
67	13 & Over 50 Free	68
69	11-12 50 Free	70
71	9-10 50 Breast	72
73	8 & UN 50 Free	74
75	13 & Over 200 Breast	76
77	11-12 200 Breast	78
79	9-10 50 Free	80
81	13 & Over 200 Free	82
83	11-12 200 Free	84

**** Athletes entering the 13 & Over 500 Free must provide their own timers and lap counters.**

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

Pacific Swimming – Hosted by West Coast Aquatics Age Group Open March 24-25, 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				
						: .			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													