

**QUICKSILVER SANTA CRUZ
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
MARCH 23-24, 2019**

Enter Online: <http://ome.swimconnection.com/pc/gsc20190323>



SANCTION: Held under USA/Pacific Swimming Sanction No. **19-009**

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: | Robert McNamara | Head Starter: | Mike Piccardo |
| Meet Marshal: | Mike Elliot | Admin Official: | Attila Lengyel |
| Meet Director: | Sara Fernandes - sara@quicksilversantacruz.org | | |

LOCATION: Watsonville High School, 380 Lincoln Street, Watsonville, CA 95076

DIRECTIONS: From US Highway 101 (either from north or south): Take Chittenden Road (CA 129) west toward Watsonville. **From CA 1 (either from north or south):** Take Riverside Drive (CA 129) east toward Watsonville. From either direction, turn north onto Lincoln Street. Athletic fields will be on your right. Turn first right onto Wildcatz Way. Pool entrance and drop-off will be on your right. Parking will be at the end of Wildcatz Way under the solar installations.

COURSE: Outdoor 25 yard pool with up to 10 lanes available for competition. An additional 4 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 7'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Meet begins at 9:00 AM; Warm-Up is from 7:30 – 8:45 AM

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 4 events per day.
- All athletes ages 12 and under should complete competition within four (4) hours.
- For distance events (400 IM, 500 free) - athletes need to provide their own timer. For the 500 free, athletes need to provide their own lap counter.
- Awards will not be given for open events.
- 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.
- Upon closure of meet no times shall be updated, nor late entries accepted.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

ATTENTION HIGH SCHOOL ATHLETES: If you are a 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 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 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.
- 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.
- 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 NOT be accepted.** A coach's time in lieu of "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.

ENTRY PRIORITY: Zone 1 South (Z1S) entries postmarked by Wednesday, March 6, 2019 or entered online by 11:59 p.m. Wednesday, March 6, 2019 will be given priority acceptance. All entries from Zone 1 South, all other Pacific LSC zones, and other LSC's either postmarked by Monday, March 11, 2019, entered online by 11:59 p.m. Wednesday, March 13, 2019 will be considered in the order they are received or until meet cap is reached.

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/gsc20190323> 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 13, 2019.

MAILED 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 11, 2019. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: QuickSilver Santa Cruz

**Mail entries to: Sara Fernandes
1827 Via Pacifica
Aptos, CA 95003**

CHECK-IN: The meet will be pre-seeded. There will not be any check-in.

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 awards will be awarded in the A, B, and C division. Ribbons for First through Third place will be given to the following age groups: 8&Under, 9-10, 11-12, 13-14, 15&Up. Athletes 13 years of age and older will not receive ribbons. All swimmers who achieve a new "A" time will receive an "A" medal. 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 small snack bar may 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 will be assigned and coaches will be notified of assignments during the week prior to the meet.

REQUESTED OFFICIALS: Each club should provide officials for the meet according to the number of athletes entered, following the table below. Since there are multiple sessions for this meet, the meet referee will be requesting from each team which officials will be working which session.

| Club athlete 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

For distance events (400 IM, 500 free) - swimmers need to provide their own timer. For the 500 free, swimmers need to provide their own lap counter.

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

EVENTS

For distance events (400 IM, 500 free) - athletes need to provide their own timer.

For the 500 free, athletes need to provide their own lap counter.

| Saturday, March 23, 2019 | | |
|---------------------------------|-------------------|---------|
| EVENT # | EVENT | EVENT # |
| 1 | Open 200 Breast | 2 |
| 3 | 13&Over 100 Back | 4 |
| 5 | 11-12 100 Fly | 6 |
| 7 | 9-10 50 Fly | 8 |
| 9 | 8&Under 25 Fly | 10 |
| 11 | 11-12 50 Breast | 12 |
| 13 | 9-10 50 Breast | 14 |
| 15 | 8&Under 50 Breast | 16 |
| 17 | Open 200 IM | 18 |
| 19 | 8&Under 100 IM | 20 |
| 21 | 13&Over 100 Free | 22 |
| 23 | 11-12 100 Free | 24 |
| 25 | 9-10 50 Free | 26 |
| 27 | 8&Under 25 Free | 28 |
| 29 | 13&Over 100 Fly | 30 |
| 31 | 11-12 50 Back | 32 |
| 33 | 9-10 100 Back | 34 |
| 35 | Open 500 Free | 36 |

| Sunday, March 24, 2019 | | |
|-------------------------------|--------------------|---------|
| EVENT # | EVENT | EVENT # |
| 37 | Open 200 Free | 38 |
| 39 | 11-12 100 Back | 40 |
| 41 | 9-10 50 Back | 42 |
| 43 | 8&Under 25 Back | 44 |
| 45 | Open 200 Back | 46 |
| 47 | 9-10 100 IM | 48 |
| 49 | 11-12 100 IM | 50 |
| 51 | Open 200 Fly | 52 |
| 53 | 8&Under 50 Fly | 54 |
| 55 | 9-10 100 Fly | 56 |
| 57 | 11-12 50 Fly | 58 |
| 59 | 8&Under 25 Breast | 60 |
| 61 | 9-10 100 Breast | 62 |
| 63 | 11-12 100 Breast | 64 |
| 65 | 13&Over 100 Breast | 66 |
| 67 | 8&Under 50 Free | 68 |
| 69 | 13&Over 50 Free | 70 |
| 71 | Open 400 IM | 72 |

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

| Pacific Swimming – Hosted by QuickSilver Santa Cruz Short Course C/B/A+ March 23-24, 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 | | | | |
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| | | | | | | : . | | | SCY / LCM | | | | |
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| | | | | | | : . | | | SCY / LCM | | | | |
| | | | | | | : . | | | SCY / LCM | | | | |
| | | | | | | : . | | | SCY / LCM | | | | |
| # of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____ | | | | | | | | | | | | | |
| Coach | | | | | | | | | | | | | |
| Athlete's Address | | | | | | | | | | | | | |
| Home Phone | | | | | | | Cell Phone | | | | | | |
| Email | | | | | | | | | | | | | |