

**PALO ALTO STANFORD AQUATICS  
5<sup>th</sup> ANNUAL BIG DUAL MEET  
PACIFIC SWIMMING SHORT COURSE MEET  
NOVEMBER 17, 2018  
INVITED CLUBS: PASA-DKS Site, QSS, SASO**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **18-159**

*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:**

<b>Meet Referee:</b> Mike Tramack	<b>Head Starter:</b> Larry Hyde
<b>Meet Marshal:</b> Paul Coleman	<b>Admin Official:</b> Nan Mckenna
<b>Meet Director:</b> Bruce Smith <a href="mailto:brucesmithswim@gmail.com">brucesmithswim@gmail.com</a>	

**LOCATION:** Gunn High School, 780 Arastradero Rd, Palo Alto, CA, 94306

**DIRECTIONS:** From 101: Take the San Antonio Rd exit, head South towards the El Camino Real. Turn right onto Charleston Rd. Charleston Rd will turn into Arastradero Rd when you cross El Camino Real. Continue & turn right into Gunn High School.  
From 280: Take the Page Mill Road exit and go East towards the bay. Take Page Mill Rd to Foothill Expressway. Exit onto Foothill Expressway going South (make a right). Take Foothill Expressway to Arastradero Road. Make a left onto Arastradero Road. Continue on Arastradero Road one block and Gunn High School is on the left.

**COURSE:** Outdoor, heated, 25 yard pool. Up to 10 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 7' at the start end and 7' at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

**TIME:** Session 1 will begin at 8:30 AM with warm-ups from 7:00 to 8:15 AM.  
Session 2 will begin 30 minutes after the conclusion of session 1; no later than 11:00.

**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. Session 1 is a Tri-Meet format with a maximum of 4 athletes per club and 1 heat per event.
- All events will swim fast to slowest.
- Athletes competing in **one session and a maximum of 3 individual events and 2 relays**
- Entries will be accepted until the number of splashes reaches the estimated timeline, 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.
- **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 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.

**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 must be a member of PASA-DKS, QSS, or SASO. Athletes who are unattached, but participating with PASA-DKS, QSS, or SASO are eligible to compete.
- Entries with "**NO TIME**" will be **ACCEPTED**,
- The 400 IM in session 2 will be limited to one heat per gender.
- 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.
- The athlete's age will be the age of the athlete on the first day of the meet.

**ENTRY FEES:** \$30 per athlete. One check must be made by each club, payable to the host. Checks must be hand delivered to the meet director on the day of the meet.

**ONLINE ENTRIES:** A sd3 entry file must be submitted by the Thursday November 8<sup>th</sup> by 11:59pm. Request a confirmation of receipt to ensure delivery of the email and file. Send meet entry file to the meet director.

**ENTRY DEADLINE:** Athletes competing in session 1 must submit their names and USAS Reg # by Thursday, November 8 by 11:59pm for USA Swimming Membership Verification. Athletes competing in session 2 must submit entries by Thursday, November 8 by 11:59pm.

**MAILED OR HAND DELIVERED ENTRIES:** Will not be accepted

**Make check payable to:** DBA-DKS

**E-Mail entries to:** Meet Director – [spaswimming@gmail.com](mailto:spaswimming@gmail.com)

**CHECK-IN:** All sessions will be pre seeded.

**SCRATCHES:** Any athletes not reporting for or competing in an individual timed final event that they have entered shall not be penalized.

**ADMISSION:** Free. A program will not be available. Heat Sheets may be available electronically and should be printed before the meet.

**SNACK BAR & HOSPITALITY:** A snack bar may be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to deck officials, marshals, and coaches.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. Each club is required to provide timers. Meet director will email timer/lane assignments to each team prior to the meet. This meet will be scored according to CSA rules for dual meets.

### SESSION EVENTS

Girls Event #	Age Group	Event	Boys Event #
1	OPEN	4x100 Mixed Medley Relay	
3	OPEN	1000 Freestyle*	4
		5 Minute Break	
5	OPEN	200 Freestyle	6
7	OPEN	100 Backstroke	8
9	OPEN	100 Breaststroke	10
11	OPEN	200 Butterfly	12
13	OPEN	50 Freestyle	14
15	OPEN	400 Individual Medley	
		5 Minute Break	
17	OPEN	100 Freestyle	18
19	OPEN	200 Backstroke	20
21	OPEN	200 Breaststroke	22
23	OPEN	500 Freestyle	24
25	OPEN	100 Butterfly	26
27		4x50 Mixed Medley Relay	
		5 Minute Break	
29	OPEN	200 Individual Medley	30
31	OPEN	4x100 Mixed Freestyle Relay	
		30 Minute Break	
51	9-14	4x50 Mixed Medley Relay*	
53	9-14	200 Freestyle	54
55	9-14	100 Backstroke	56
57	9-14	100 Breaststroke	58
59	9-14	200 Butterfly	60
61	9-14	50 Freestyle	62
63	9-14	400 Individual Medley*	64
65	9-14	100 Freestyle	66
67	9-14	200 Backstroke	68
69	9-14	200 Breaststroke	70
71	9-14	100 Butterfly	72
73	9-14	200 Individual Medley	74
75	9-14	4x50 Mixed Freestyle Relay*	

**\*The 1000 will be swum combined with each club allotted 4 spots to be distributed between men and women as the club's coach sees fit.**

**\*Relays for 9-14 year old age groups will be offered based on timeline availability**