

PACIFIC SWIMMING SHORT COURSE JUNIOR OLYMPIC CHAMPIONSHIPS
HOSTED BY QUICKSILVER SWIMMING
DECEMBER 6-8, 2019
Enter Online: <http://www.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **19-158**

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 Meet Mobile.**

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: Jennifer McKennan | Head Starter: Mike Piccardo |
| Meet Marshal: Anne Vargas & Martin Delgado | Admin Referee: Mike Davis |
| Meet Director: Sara Fernandes – sara@quicksilversantacruz.org | |

CERTIFICATION MEET: Officials wishing to be evaluated must apply to Michael Davis (mekidadad1@yahoo.com) before the meet by email or when they first arrive at the meet and attend pre-session meetings. Please send in your application prior to the meet by email. We may not be able to accommodate applications submitted at the meet due to resource limitations. Briefing will occur one hour before the start of both Preliminaries and Finals. Officials' dress for Finals is white polo shirts/blouse, blue long pants or skirts, and closed-toed white athletic shoes. For an N3 evaluation to be valid, it must be done over 4 sessions in the position. N2 evaluations must be done over 3 sessions in the position. Recertification evaluations must each be done over two sessions. However, the official must work at least 4 sessions at the meet for advancement or recertification evaluation(s) to be valid. The application form can be found on the Pacific Swimming website.

All officials should be LSC certified at Level 2 for their positions to officiate at this meet. Level 1 Officials having the recommendations (in writing) to work their positions by their Zone Official's Chair may be accepted to officiate.

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 25 yard pool with up to 18 lanes available for competition. An additional 6 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 4:15pm on Friday with warm-ups from 3:00pm- 4:00pm. Meet will begin at 9:00 AM on Saturday and Sunday with warm-ups from 7:30 to 8:45 AM each day. A special warm-up time for 8 and under athletes only will be held from 8:30- 8:45 AM. The Finals session will begin no earlier than 4pm on Saturday/Sunday but no less than one hour after the conclusion of the prelims session OR immediately after distance (which ever ends last). The gates will open at 3pm on Friday and 6:30 AM on Saturday and Sunday.

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. Locker room and bathroom facilities may be distinguished as athletes, parents, and/or coaches/officials use only.
- 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 preliminaries and finals (Exception –all of Friday’s events as well as the 1650 Freestyle events Sat. & Sun.)
- All preliminary events shall swim fast to slow with the first three heats circle seeded.
- Athletes may compete in a maximum of three (3) individual events per day and a maximum of seven (7) individual events, plus relays for the entire meet.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds shall be made for any mandatory scratches.
- All deck officials must wear their USA Swimming membership cards in a visible manner. All coaches must check-in with credentials to gain access to the deck and hospitality.
- Preliminary events will be swim as combined age groups 10&U, 11-12 & 13-14.
- Championship Finals only with the top 10 athletes in 10&U, 11’s, 12’s, 13’s and 14’s year olds qualifying for each final.
- Meet Entry may close prior to the entry deadline due to timeline considerations. If deemed necessary, closing the meet or specific sessions shall be determined by the Pacific Age Group Committee with input from the Meet Referee.
- RELAYS: All relays are timed finals. Entries must be received by the entry deadline. NO deck entered relays. Relay Only athletes must be entered on the relay only entry list in order to be eligible to swim relays. Do NOT include qualified athletes entered into the meet on the relay only list. Relay athletes must swim in their respective age groups. **Clubs may enter a maximum of two (2) relays per event.** All relay teams will be scored.
- Mixed Gender Relays – must consist of two (2) males and two (2) females.

DISTANCE RULES: • The 500 free and 400 IM events are timed finals seeded fastest to slowest. The 1650 events are timed finals seeded fastest to slowest alternating girls to boys.

- Athletes in the 1650 Freestyle event may check-in from the first day of the meet until 11:00 AM on the day of the 1650.
- The 1650 event will be swum between preliminary events and finals.
- Athletes shall provide their own lap counters for the all of the 500 yard events, and 11-14 1650 Free.
- Athletes shall provide their own timers for all of Friday’s events as well as the 1650 Freestyle events.
- Athletes can qualify for the 1650 Freestyle with 1500 LCM, 1500 SCM, 1650 SCY, 800 LCM, 800 SCM, or 1000 SCY qualifying time. The 1650 will be seeded in the following order: 1650 SCY, 1500 LCM, 1500 SCM, 1000 SCY, 800 LCM, and 800 SCM.

UNACCOMPANIED ATHLETES: Any USA Swimming athlete-member competing at the meet shall 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 Swimming 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 Swimming 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 Swimming Club Member-Coach.

RACING STARTS: Athletes shall be certified by a USA Swimming member-coach as being proficient in performing a racing start, or shall 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. Any athletes who are not USA Swimming dive certified by a USA Swimming coach will be required to start from in the water. The shallow end of the pool will be used for the preliminary competition, so athletes must be able to complete a race dive in 4’ water to enter the meet in accordance with USA Swimming rules.

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.
- 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.

- No entry until 3:00 PM due to school being in session. No early set-up permitted.
- QuickSilver and Pacific Swimming are not responsible for missing items or items left on campus. Please do not leave tents or any valuables overnight at the facility.
- Campers and RVs are not permitted in the back lots including the solar lots. Any attendees who plan to bring a camper or RV need to park in the front parking lot.

ELIGIBILITY: • Athletes shall be current members of USA Swimming and shall enter their name and registration number on their entries exactly as they are shown in their USA Swimming Registration. 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.

- Meet is open to Pacific Swimming Athletes only.
- Athlete's shall have met the "JO" time standard in every event entered. Entries with "NO TIME" shall be rejected.
- 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 shall be the age of the athlete on the first day of the meet.

PROOF OF TIME: Proof of time shall be required for this meet per Pacific Swimming rule Section 4.C.2. All entry times will be verified against the USA Swimming SWIMS database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. Entry times must have been achieved after June 6, 2018 and prior to the closing date of entries for the meet November 27, 2019. If a time cannot be proven prior to the meet, the athlete shall not be allowed to check-in for the event until the entry time has been proven. When possible, the coaches shall be notified of the athletes who have not proven their entry time. No refunds shall be given if a time cannot be proven.

ENTRY FEES: \$7.50 per individual event, \$8.00 participation fee per athlete. \$20.00 per relay. Relay only athletes are not required to pay the participation fee. All entry fees shall be included with entry. No refunds will be made, except mandatory scratch downs.

ONLINE ENTRIES: You may enter this meet online or by U.S. mail. To enter on-line go to <http://www.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 want 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, November 27, 2019.

MAILED ENTRIES: Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with athlete's best time. Entries shall be postmarked by midnight, Monday, November 25, 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 Swimming

Mail entries to: Meet Director, 5409 Silver Vista Way, San Jose, CA 95138

SEEDING: Event seeding shall be in the following order: conforming short course yards, non-conforming long course meters, and non-short course meters - USA Swimming rules 207.11.7B. **See Rules for distance events seeding.**

CHECK-IN: The meet shall be deck seeded. Athletes shall 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 remaining 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:

- Pacific Swimming scratch rules shall be enforced. A copy shall be posted at the clerk-of-course.
- Athletes entered in a preliminary individual event in a Preliminaries and Finals meet that is deck seeded who have checked in for that event, shall compete 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 compete in an event shall result in being barred from their next preliminary individual event.
- Any athlete qualifying for finals in an individual event who does not wish to compete shall scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that may not intend to compete in finals. In this case, they shall declare their final intention within 30 minutes after the announcement of qualifiers following their individual preliminary event.

- Any athlete qualifying for finals in an individual event who fails to report to the blocks in said final race prior to calling the alternate shall be barred from the remainder of any final events for that day. Should the athlete have no additional final events for that day they will be barred from their next preliminary event.
- If the No-Show occurs on the last day that the athlete is entered in an individual final event in the meet, and no other individual event penalty is applicable, the athlete shall then be fined \$100.00. The fine will be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment
- Athletes entered in a timed final event that is Deck Seeded who have checked in for that event, shall compete 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 compete in an event shall result in being barred from their next individual event.

AWARDS: Medals will be given to athletes finishing in the Top 10 in individual events. Double Ribbons will be given to athletes finishing Top 3 in relay events. High Point Awards will be given to the highest individual point scorer in each age group and gender. Club High Point Awards will be virtual. Pacific Swimming will maintain a virtual leaderboard on Pacific Swimming’s website.

SCORING: Individual Event Scoring

1st – 2nd – 3rd – 4th – 5th – 6th – 7th – 8th – 9th – 10th
 11 – 9 – 8 – 7 – 6 – 5 – 4 – 3 – 2 – 1

Relay Event Scoring

1st – 2nd – 3rd – 4th – 5th – 6th – 7th – 8th – 9th – 10th
 22 – 18 – 16 – 14 – 12 – 10 – 8 – 6 – 4 – 2

ADMISSION: Free. A 3-day meet program will be available for a fee.

SNACK BAR: A snack bar vendor or food trucks may be available during the meet.

HOSPITALITY: Hospitality will be available to all working officials and coaches.

HOTEL INFO: **Hayes Mansion**
 200 Edenvale Ave
 San Jose, CA 95136
 \$129 double rooms.
 \$8 per registered guest voucher for breakfast & free wifi.
 Beautiful historic building and hotel. Restaurant on site.
 To Book: <https://book.passkey.com/event/50001276/owner/20668/home>

EVENTS

| Friday, December 6, 2019 – ALL TIMED FINALS | | |
|---|-------------------------------|---------|
| Event # | Event | Event # |
| 1 | 10 & U 500 Free | 2 |
| 3 | 11–12 500 Free | 4 |
| 5 | 13-14 500 Free | 6 |
| 7 | 10 & U 200 IM | 8 |
| 9 | 11-12 400 IM | 10 |
| 11 | 13-14 400 IM | 12 |
| 13 | 10 & U Mixed 200 Medley Relay | |
| 15 | 11-12 Mixed 200 Medley Relay | |
| 17 | 13-14 Mixed 200 Medley Relay | |
| 19 | 10 & U Mixed 200 Free Relay | |
| 21 | 11-12 Mixed 200 Free Relay | |
| 23 | 13-14 Mixed 200 Free Relay | |

Athletes shall provide their **own timers** for Friday events & their own lap counters for the 500 Frees.

Mixed Gender Relays – must consist of two (2) males and two (2) females.

| Saturday, December 7, 2019 – TRIALS & FINALS | | |
|--|-------------------------|----|
| # | EVENT | # |
| 25 | 11-12 200 Back | 26 |
| 27 | 13-14 200 Back | 28 |
| 29 | 10 & U 200 Free | 30 |
| 31 | 11-12 200 Free | 32 |
| 33 | 13-14 200 Free | 34 |
| 35 | 10 & U 50 Back | 36 |
| 37 | 11-12 50 Back | 38 |
| 39 | 13-14 200 Breast | 40 |
| 41 | 11-12 200 Breast | 42 |
| 43 | 10 & U 100 IM | 44 |
| 45 | 11-12 100 IM | 46 |
| 47 | 13-14 100 Fly | 48 |
| 49 | 11-12 100 Fly | 50 |
| 51 | 10 & U 100 Fly | 52 |
| 53 | 11-12 50 Breast | 54 |
| 55 | 10 & U 50 Breast | 56 |
| 111 | *11-14 1650 Free | |
| 57 | 13- 14 200 Medley Relay | 58 |
| 59 | 11-12 200 Medley Relay | 60 |
| 61 | 10 & U 200 Medley Relay | 62 |

| Sunday, December 8, 2019 - TRIALS & FINALS | | |
|--|-----------------------|-----|
| # | EVENT | # |
| 63 | 11-12 200 IM | 64 |
| 65 | 13-14 200 IM | 66 |
| 67 | 10 & U 100 Free | 68 |
| 69 | 11-12 100 Free | 70 |
| 71 | 13-14 100 Free | 72 |
| 73 | 10 & U 50 Fly | 74 |
| 75 | 11-12 50 Fly | 76 |
| 77 | 10 & U 100 Breast | 78 |
| 79 | 11-12 100 Breast | 80 |
| 81 | 13-14 100 Breast | 82 |
| 83 | 11-12 200 Fly | 84 |
| 85 | 13-14 200 Fly | 86 |
| 87 | 10 & U 100 Back | 88 |
| 89 | 11-12 100 Back | 90 |
| 91 | 13- 14 100 Back | 92 |
| 93 | 10 & U 50 Free | 94 |
| 95 | 11-12 50 Free | 96 |
| 97 | 13-14 50 Free | 98 |
| | *11-14 1650 Free | 112 |
| 99 | 10 & U 200 Free Relay | 100 |
| 101 | 11-12 200 Free Relay | 102 |
| 103 | 13-14 200 Free Relay | 104 |

*1650 Freestyle event shall swim after the conclusion of the last trial event and before the starts of the finals session. Athletes in these events shall provide their own timers and lap counters.

Events will be swum by age group during prelims, and separated out to single age during finals.

Time standards are located on the PC website: <http://www.pacswim.org/swim-meet-times/standards>

RELAY ENTRY FORM

| CLUB | | | | LSC | | CLUB ABBREVIATION | | |
|-----------------------------------|-----------|-------|---|--------|-----------------|-------------------|----------------------|--|
| | | | | | | | | |
| FRIDAY, DECEMBER 6, 2019 | | | | | | | | |
| GENDER | AGE GROUP | EVENT | # | A TEAM | B TEAM | C TEAM | D TEAM | |
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| SATURDAY, DECEMBER 7, 2019 | | | | | | | | |
| GENDER | AGE GROUP | EVENT | # | A TEAM | B TEAM | C TEAM | D TEAM | |
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| SUNDAY, DECEMBER 8, 2019 | | | | | | | | |
| GENDER | AGE GROUP | EVENT | # | A TEAM | B TEAM | C TEAM | D TEAM | |
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| | | | | | | | | |
| COACH NAME | | | | | # RELAYS | | | |
| | | | | | RELAY | | X \$20.00 EA. | |
| COACH EMAIL | | | | | TOTAL | | \$ | |

2019 JUNIOR OLYMPIC SHORT COURSE CHAMPIONSHIP

Hosted by QuickSilver Swimming

December 6-8, 2019

To be accepted, all entry information must be completely filled out. Please print clearly!

| | | | | | |
|----------------------------|-----------------------|---|-----------------|---------------|-------|
| Last Name | | | First Name | | Init. |
| LSC | Club Abbr. | Club Name | | | |
| Age | Age Group | USA Swimming Registration Number | Gender M F | Date of Birth | |
| Event Number | Qualifying Entry Time | (LCM /SCY) | Distance/Stroke | | |
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| Athlete's Address: | | Total Entries _____ x \$7.50 US Dollars | \$ | | |
| Athlete's Phone # | | Participation Fee | \$ 8.00 | | |
| Athlete's/ parent's email: | | ----- | ----- | | |
| Athlete's Coach: | | Total Due | \$ | | |

IMPORTANT!

Please PRINT clearly. Be sure to include all information. All entry times must be at least "JO" time standard for each event. Entries with "NO Time", the omission of a time, or a time slower than a "JO" time will not be accepted. All clubs will be assigned Timer Assignments by the Meet Director. The Longer distance events require that the athlete provide their own timers and counters. Parents, please take your turn at timing, we cannot make this possible without your help. Thank you.