



**ATTENTION HIGH SCHOOL ATHLETES:** High school athletes in season need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. Athletes 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-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.

**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.
- 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.
- In accordance with Pacific Swimming Safety standards, absolutely no propane heaters will be allowed on the pool deck or in the fenced pool area regardless of the air temperature. Please do not ask for permission to set up a propane heater on the pool deck. Propane heaters set up outside the fenced pool area are permitted as long as their use and operation are safe. Safety is to be determined in the sole discretion of the meet director (or university personnel).

**ELIGIBILITY:**

- Athletes must be current members of USA-Swimming 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 under the age of 12 years are not eligible to compete.
- Athletes 13 & Over are eligible to enter this meet. There is no proof of time. Entry times should be the athlete's actual time and not the minimum standard.
- Athletes 12 years of age shall meet the Senior Open time standard as outlined by Pacific Swimming time verification procedures. No refunds shall be given if a time cannot be proven.
- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- Entries with "NO TIME" will be rejected.

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

**SCRATCH RULE PRELIMINARIES** – Closing for the Saturday preliminary session will be **Friday, February 14<sup>th</sup> at 5:30 pm**. Coaches must e-mail their scratches to the Meet Referee - [mpiccardo@pacswim.org](mailto:mpiccardo@pacswim.org) and the Admin Referee - [mary.ruddell@att.net](mailto:mary.ruddell@att.net). Closing for the Sunday preliminary session will be on **Saturday, February 15<sup>th</sup>, 30 minutes after the start of Saturday's FINALS**. The scratch box will be located at the Scratch Desk at the start of the meet on Saturday until the scratch deadline. The penalty for failure to compete in an individual preliminary heat in which such athlete is entered and has not been scratched will be:

- Barred from the rest of his/her events that day.
- If the Athlete qualifies for a final before missing an event, they may swim that final.

- The Athlete shall not be seeded in any further individual events on succeeding days unless that Athlete declares an intent to swim prior to the close of the scratch box for that day's events.

**NOTE:** Heat sheets for the next day will be posted on the Pac Swim Website and the [Aptos Cabrillo Website](#).

**SCRATCH RULE FINALS** - Any Athlete qualifying for any level of 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 they may not intend to compete in Bonus, Consolation or Championship Finals. In this case they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual Preliminary Event. In a non-positive check-in Preliminaries & Finals meet any Athlete qualifying for a Bonus Final, Consolation Final or Championship Final race in an individual event who fails to show up in said Bonus Final, Consolation Final or Championship Final race prior to calling the alternate shall be barred from further competition for the remainder of the Meet. 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 shall be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.

**ENTRY FEES:** \$7.50 per individual event plus an \$8.00 per athlete participation fee. Entries will be rejected if payment is not sent at time of request. No late entries will be accepted. No refunds will be made, except mandatory scratch downs.

**ONLINE ENTRIES:** To enter online go to [www.fastswims.com](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 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, February 5** or the meet reaches a cap of 450 athletes per day.

**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 entered using the current Pacific Swimming procedure: and postmarked by midnight, **Monday, February 3th, 2020** or hand delivered by **6:30 p.m. Wednesday, February 5th, 2020**. Requests for confirmation of receipt of entries should include a self-addressed, stamped envelope.

**Make checks payable to:** Aptos Cabrillo Swim Club

**Mail entries to:** Sean Lemmon, 202 Sidesaddle Circle, Scotts Valley, CA 95066

**Hand deliver entries to:** Sean Lemmon, 202 Sidesaddle Circle, Scotts Valley, CA 95066

**AWARDS:** None.

**ADMISSION:** Free.

**HOSPITALITY:** Hospitality available for coaches, officials, timers, and volunteers. Lunches will be provided for coaches and working deck officials. There will be a snack bar.

**MISCELLANEOUS:** Neither the University of California, Santa Cruz nor the Aptos Cabrillo Swim Team will be responsible for any items (EZ-ups, tents, chairs, coolers, towels, clothing, etc.) left at the pool facility or on campus overnight.

## ORDER OF EVENTS

Saturday, 2/15			Sunday, 2/16		
GIRLS EVENT #	EVENT	BOYS EVENT #	GIRLS EVENT #	EVENT	BOYS EVENT #
1	500 FREE	2	15	400 I.M.	16
3	200 I.M.	4	17	200 FREE	18
5	100 BACK	6	19	100 FLY	20
7	200 FLY	8	21	200 BREAST	22
9	100 BREAST	10	23	50 FREE	24
11	100 FREE	12	25	200 BACK	26
13	1650 FREE	14	27	1000 FREE	28

Events 13-14 and 27-28 are timed finals and shall be swum fastest to slowest alternating women and men at the end of prelims

There shall be a 10-minute break before the start of these events

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

Pacific Swimming – Hosted by ACSC  
 SENIOR OPEN PRELIMINARIES & FINALS  
 February 15 – 16, 2020  
 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 / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM

# of entries \_\_\_\_\_ x \$7.50 = \$ \_\_\_\_\_  
 Participation Fee                      \$8.00  
 Total    \$ \_\_\_\_\_

Coach

Athlete's  
Address

Home Phone	Cell Phone
------------	------------

Email