

OSPREY AQUATICS RACE TO JO  
PACIFIC SWIMMING SHORT COURSE MEET  
NOVEMBER 16-17, 2019  
Enter Online: <http://www.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **19-148**

*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:</i> Mette Graversen	<i>Head Starter:</i> Bob Armbruster
<i>Meet Marshal:</i> Jason and Ashley Goldsmith	<i>Admin Official:</i> George Feltovich
<i>Meet Director:</i> Shannon Mackin <a href="mailto:shannon@ospreyaquatics.com">shannon@ospreyaquatics.com</a>	

**LOCATION:** Willow Glen High School - 2001 Cottle Avenue San Jose, CA 95125

**DIRECTIONS:** From Almaden Expressway North – Exit at Lincoln Blvd exit (exit on left) Follow Lincoln to Curtner Avenue, left on Curtner then take a right on Cottle. Parking behind the school and on the corner of Cottle and Dry Creek. From Almaden Expressway South – Exit at Curtner Avenue

**COURSE:** Outdoor 25 yard pool with up to 8 lanes available for competition. An additional 2 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 10' at the start end and 3'6" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**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, 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.
- 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.
- Entries will be accepted until the number of splashes exceeds the estimated time line, per the “Four-Hour Rule,” based on the swimmers 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.
- Coaches, Deck pass may be used to prove registration status. Sign up at [www.usaswimming.org](http://www.usaswimming.org)
- At time of close, times entered shall be times used for seeding. No further time updates or adding/swapping of events shall be permitted without the explicit approval of the Meet Referee.

**SPECIAL RULES:** 500 Free and 400 IM will be limited to the first 40 athletes entered in each gender, 5 heats each.

**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.
- 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 photography of the pool or athletes from behind the starting blocks is allowed.
- No Tent set up on deck except for Coaches.

**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 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:** Athletes from Zone 1 South teams entering online must do so by 11:59 PM, Tuesday, October 29th in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by Tuesday, October 29<sup>th</sup> 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:** 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 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. LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS. Online Entries will open October 1<sup>st</sup> and be accepted through 11:59 PM Wednesday, November 6, 2019, or when the athlete cap of 425 athletes is met for each session.

**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, **November 4, 2019** or hand delivered by 6:30 p.m. Wednesday, **November 6, 2019**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Osprey Aquatics**

**Mail or hand deliver entries to:** Shannon Mackin  
757 Harry Road  
San Jose, CA 95120

**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:** : Individual events: 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, 15-18.) Athletes 19 years of age and older will not receive awards. Awards will be available for pickup by the coaches, or a team representative, at the end of the meet. "A" medals will be awarded to athletes achieving new "A" times swum during this meet only.

**ADMISSION:** Free. Meet Program will be available online at [www.ospreyaquatics.com](http://www.ospreyaquatics.com)

**SNACK BAR & HOSPITALITY:** A snack bar as well as food trucks will 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.

**REQUESTED OFFICIALS:** Officials are requested from each team based on the number of athletes participating.

Number of Club Athletes	Trained and Certified Officials
1-10	0
11-25	1
26-50	2
51-75	3
76-99	4
100 Plus	5

**EVENT SUMMARY**

<b>SATURDAY</b>				<b>SUNDAY</b>			
<b>8 &amp; UN</b>	<b>9-10</b>	<b>11-12</b>	<b>13/OVER</b>	<b>8 &amp; UN</b>	<b>9-10</b>	<b>11-12</b>	<b>13/OVER</b>
200 FREE	200 FREE	200 FREE	200 FREE	25 BREAST	200 IM	200 IM	200 IM
25 FREE	100 FLY	100 FLY	100 FLY	100 BACK	100 BACK	100 BACK	100 BACK
100 FLY	50 BACK	50 BACK	100 BREAST	50 BREAST	50 BREAST	50 BREAST	200 BREAST
50 BACK	100 BREAST	100 BREAST	200 BACK	25 FLY	50 FLY	200 BREAST	100 FREE
100 BREAST	100 IM	200 BACK	100 IM	50 FLY	100 FREE	50 FLY	200 FLY
25 BACK	50 FREE	100 IM	50 FREE	100 FREE	500 Free	100 FREE	500 FREE
100 IM		50 FREE	400 IM			200 FLY	
50 FREE		400 IM				500 FREE	

<b>Saturday, November 16</b>		
Girls Event #	Event	Boys Event #
1	Open 200 Free	2
3	8 -UN 25 Free	4
5	Open 100 Fly	6
7	12 and under 50 Back	8
9	Open 100 Breast	10
11	8 -UN 25 Back	12
13	11 and over 200 Back	14
15	Open 100 IM	16
17	Open 50 Free	18
19	11 and over 400 IM*	20

<b>Sunday, November 17</b>		
Girls Event #	Event	Boys Event #
21	9 and over 200 IM	22
23	8 -UN 25 Breast	24
25	Open 100 Back	26
27	12 and under 50 Breast	28
29	8 -UN 25 Fly	30
31	11 and over 200 Breast	32
33	12 and under 50 Fly	34
35	Open 100 Free	36
37	11 and over 200 Fly	38
39	9 and over 500 Free**	40

\* Athletes entering the 11 & Over 400 IM must provide their own timers.

\*\* Athletes entering the 9 and over 500 Free must provide their own timers and/or lap counters

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

Pacific Swimming – Hosted by Osprey Aquatics Race to JO Swim Meet November 16/17, 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				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			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													