

**MONTEREY BAY SWIM CLUB RACE TO JO'S**  
**PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET**  
**November 15<sup>th</sup> – 17<sup>th</sup>, 2019**  
Enter Online: <http://fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **19-143**

*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 the Internet at 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.

**MEET PERSONNEL:**

<i>Meet Referee:</i> Mike Piccardo	<i>Head Starter:</i> Bob McNamara
<i>Meet Marshal:</i> Chris Rodgers	<i>Admin Official:</i> Liz Tanaka
<i>Meet Director:</i> Elizabeth Garcia <a href="mailto:mbscmeetdirector@gmail.com">mbscmeetdirector@gmail.com</a>	

**LOCATION:** Hartnell College 156 Homestead Road, Salinas, CA

**DIRECTIONS: From US-101 South:** Take the Main St. exit toward Salinas. Stay straight to go onto N Main St/CA-183 S. N Main ST/CA-183 becomes Salinas St. Turn Right onto W Alisal St. Turn right onto Homestead Ave. From US-101 North: Take the John St. exit. Turn left onto John ST. Turn right onto Monterey St. Turn Left onto E Alisal St. Turn right onto Homestead Ave.

**COURSE:** OUTDOOR 25 YARD pool with up to 10 lanes available for competition. An additional 8 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 14' at the start end and 4'6" 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:** Friday warm-ups 2:45-3:45 pm, meet starts at 4:00pm. Saturday & Sunday: warm-ups 7:30-8:45 am, meet starts at 9:00am. A special warm-up time for 8 and under athletes only will be held from 8:30-8:45 AM.

**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. The 1000 & 1650 will alternate girls and boys by heat
- Athletes may compete in **MAXIMUM 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 athletes age and gender. The meet will be capped at 800 athletes
- 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 may display credentials via Deck Pass.**
- **Athletes entering the Open 1650, 1000, 500 Free must provide their own timers and lap counters**

**SPECIAL RULES:** The USA Swimming Motivational "BB" minimum time standard per age group and gender will be used as the qualifying time standard for the 1650, 1000, and 500 Free at this meet. Athletes in the 11 & Over 400 IM must have met the USA Swimming Motivational "BB" time standard for his/her age group and gender in order to enter the event. 10 & U athletes in the 200IM OPEN must have met the USA Swimming Motivational "BB" time standard requirements. Use the following link to find the time standards <http://www.pacswim.org/swim-meet-times/standards>

***At close of meet, times entered for events shall be the time used for seeding the meet. No further adjustments to times shall be permitted without explicit approval of the Meet Referee. In addition, no exchanging of events shall be permitted as well without the explicit approval of the Meet Referee.***

**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.
- **Food and beverages (other than water) are not allowed on deck.**
- **No more than 25 tents on deck. Tents may not be on Campus Landscaping or blocking walkways or entry/exit ways.**

**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.** Exception - 400IM, 500, 1000 & 1650 FR (See Special Rules)
- 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 will have a one week (7day) priority of entries when online entries open. All other zones are invited to enter after the priority period ends.

**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. Online entries will be accepted through 11:59 PM Wednesday, November 6<sup>th</sup>, 2019. LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS. Zone 1 South will have a one week (7day) priority of entries when online entries open. All other zones are invited to enter after the priority period ends.

**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<sup>th</sup>, 2019**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Monterey Bay Swim Club**

**Mail entries to: Elizabeth Garcia  
3028 Eddy St  
Marina, CA 93933**

**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, for each event designated as an age group event. (9-10, 11-12, 13-14, 15-18). Awards will be available for pickup by the coaches, or a club representative, the last day of the meet.

**ADMISSION:** Free.

**SNACK BAR & HOSPITALITY:** A snack bar 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. **Parking is FREE on campus Saturday and Sunday only. Tents may not be on campus landscaping.**

**MINIMUM OFFICIALS:** Please provide certified officials according to the chart below.

Club athletes 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

## EVENT SUMMARY

<b>FRIDAY</b>
OPEN 200 IM
11/OVER 1650 FR**

SATURDAY			SUNDAY		
10/UN	11-12	13-18	10/UN	11-12	13-18
200 FR	200 FR	200 FR	100 FR	400 IM**	400 IM**
50 BK	50 BK	200 FL	100 FL	100 FR	100 FR
50 FR	200 FL	50 FR	50 BR	100 FL	100 FL
100 BR	50 FR	100 BR	50 FL	50 BR	200 BR
100 IM	100 BR	200 BK	100 BK	200 BR	100 BK
500 FR**	200 BK	500 FR**		50 FL	1000 FR**
	100 IM			100 BK	
	500 FR**			1000 FR**	

### EVENTS

Friday, November 15th			Sunday, November 17th		
EVENT #	EVENT	EVENT #	EVENT #	EVENT	EVENT #
1	OPEN 200 IM	2	43	11-12 50 FL	44
3	11/OVER 1650 FR**	4	45	10/UN 100 FR	47
<b>Saturday, November 16th</b>			45	13-18 400 IM**	47
5	10/UN 200 FR	6	49	11-12 400 IM**	50
7	11-12 200 FR	8	51	10/UN 100 FL	52
9	13-18 200 FR	10	53	11-12 100 FR	54
11	10/UN 50 BK	12	55	13-18 100 FR	56
13	11-12 100 IM	14	57	10/UN 50 BR	58
15	13-18 200 FL	16	59	11-12 100 FL	60
17	10/UN 50 FR	18	61	13-18 100 FL	62
19	11-12 200 FL	20	63	10/UN 50 FL	64
21	13-18 50 FR	22	65	11-12 50 BR	66
23	10/UN 100 BR	24	67	13-18 200 BR	68
25	11-12 50 FR	26	69	10/UN 100 BK	70
27	13-18 100 BR	28	71	11-12 200 BR	72
29	10/UN 100 IM	30	73	13-18 100 BK	74
31	11-12 100 BR	32	75	11-12 100 BK	76
33	13-18 200 BK	34	77	13-18 1000 FR**	78
35	11-12 200 BK	36	79	11-12 1000 FR**	80
37	10/UN 500 FR**	38			
39	11-12 500 FR**	40			
41	13-18 500 FR**	42			

\*\* Athletes entering the 1650, 1000, 500 Free must provide their own timers and lap counters

\*\* See time requirements for 500, 1000, 1650 Free and 400 IM in the Special Rules Section

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

Pacific Swimming – Hosted by MBSC C/B/A Race to JO's November 15th – 17th, 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				
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						:	:	.	SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee        \$ 8.00 Total                         \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													