

**SANTA CRUZ SWIMMING LEAP TO JO'S  
PACIFIC SWIMMING SHORT COURSE CBA+ MEET  
FEBRUARY 29 – MARCH 1, 2020  
Enter Online: <https://fastswims.com/>**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **20-028**

*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 <http://cruzswimming.org>.

**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> Brett Shaug	<b>Head Starter:</b> Ray Tanaka
<b>Meet Marshal:</b> Greg Andrews	<b>Admin Official:</b> Liz Tanaka
<b>Meet Director:</b> Bill Norris; <a href="mailto:cruz.meetdirector@gmail.com">cruz.meetdirector@gmail.com</a> , 650-303-2921	

**LOCATION:** Harbor High School, 300 La Fonda Ave, Santa Cruz, CA 95062. GPS location is: 36.987313, -121.993421.

**DIRECTIONS:** Map for parking and pool location can be found at <http://cruzswimming.org>. From the SF Bay area take US 280 or CA 101 to US 880 to CA Hwy 17 south. Take Hwy 17 south to Santa Cruz, take the Highway 1 south exit towards Monterey. Take exit 439 and turn right onto Soquel Avenue. In about 100 feet turn left onto Soquel Drive. Turn right onto La Fonda Avenue. Harbor High will be on the right. From the Monterey Bay area take Highway 1 north, exit at Soquel Drive and turn left on to Soquel. Turn right on La Fonda Avenue, Harbor high will be on your right.

**COURSE:** Outdoor pool with up to 9 lanes available for competition. An additional 3 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 7'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** Meet will begin at 9 AM each day with warm-ups from 7:30 to 8:45 AM each day. Warmup lanes for 8 and under swimmers will be offered and allocated by deck officials.

**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 a maximum of 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.
- 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.
- All 25 yard events will start at the south end of the pool without starting blocks while timers remain in place at the north side of the pool.
- 500 Free and 400IM will be limited to three heats or 27 athletes for each event. 1650 Free will be limited to one heat of and 9 athletes for each event. Coach verified times will be accepted, however athletes must enter coach verified time in fastwims.com at the time of entry and coach must email [cruz.meetdirector@gmail.com](mailto:cruz.meetdirector@gmail.com) with time prior to meet close. If email from coach is not received and athlete does not meet time standard, they will be scratched.
- Athletes must provide their own lap counters for the 500 Freestyle events, timers for the 400 IM events and both timers and lap counters for the 1650 Freestyle events.

- At time of close, the times entered shall be the times accepted for the meet. No further time changes may be made after the close of the meet. In addition, at the time of the close of the meet, no addition of events, nor exchanging of events shall be allowed without explicit approval of the meet referee.

**ATTENTION HIGH SCHOOL ATHLETES:** If you are a high school athlete in season, you need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. You 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-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 Member Coach 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.
- PLEASE DO NOT BRING YOUR DOGS TO THIS MEET. No animals are allowed in any area of the meet venue (which includes the parking lots) except service animals wearing a service animal vest and working to assist a disabled person. Service animals who are not behaving properly (barking, jumping and the like) will be asked to leave the meet venue.
- 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.
- For safety and accessibility reasons the entire pool deck must be cleared of non-coach tents, chairs, blankets, etc. All setup is intended to be located on the basketball courts between the pool and the football field.

**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.
- Entries with "NO TIME" will be accepted with the exception of the 500 Free, 400 IM and 1650 Free events where time standards will apply. Coach verified times will be accepted, however athletes must enter coach verified time in fastwims.com at the time of entry and coach must email [cruz.meetdirector@gmail.com](mailto:cruz.meetdirector@gmail.com) with time prior to meet close. If email from coach is not received and athlete does not meet time standard, they will be scratched.
- 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 (Z1S) entries postmarked by Monday, February 10, 2020 or entered online by 11:59 p.m. Monday, February 10, 2020 will be given priority acceptance. All entries from Zone 1 South, all other Pacific LSC zones, and other LSC's either

postmarked by Monday, February 17, 2020 entered online by 11:59 p.m. Wednesday, February 19, 2020 or hand delivered by 5:00 p.m. Wednesday, February 19, 2020 will be considered in the order that they were received or until meet cap is reached.

**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 Wednesday, February 19, 2020. **LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.**

**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, February 17, 2020 hand delivered by 5:00 p.m. Wednesday, February 19, 2020. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Santa Cruz Swimming**

**Mail entries to: Bill Norris  
Swim Meet Entries  
P.O. Box 1616  
Soquel, CA 95073**

**Hand deliver entries to: Bill Norris  
Leave at Front Desk of Business  
345 Encinal Street  
Santa Cruz, CA 95073**

**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 remaining 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:** Awards will be given to top 8 finishers in the following age groups in each division (C, B, A): 8&u, 9-10, 11-12, 13-14, 15-16 and 17-18 age groups. "A" medals will be awarded to athletes achieving a new USA-S "A" time regardless of place achieved in event. No awards will be given to athletes age 19 years or older. All Individual awards must be picked up at the meet. No awards will be mailed or distributed after 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.

## EVENT SUMMARY

Saturday February 29, 2020				Sunday March 1, 2020			
8 & UN	9-10	11-12	13 & Over	8 & UN	9-10	11-12	13 & Over
25 Free	200 Free	200 Free	500 Free	25 Free	500 Free	500 Free	200 Free
50 Fly	50 Fly	200 Fly	200 Fly	100 Fly	100 Fly	100 Fly	100 Fly
25 Fly	50 Breast	50 Fly	200 Breast	100 Breast	100 Breast	100 Breast	100 Breast
50 Breast	100 Back	200 Breast	100 Back	25 Breast	50 Back	200 Back	200 Back
100 Back	50 Free	50 Breast	100 Free	50 Back	100 Free	50 Back	50 Free
25 Back	100 IM	100 Back	400 IM	25 Back	200 IM	100 Free	200 IM
50 Free		50 Free		100 Free		200 IM	1650 Free
100 IM		100 IM				1650 Free	
		400 IM					

## EVENTS

Saturday February 29, 2020				
Warm-up 7:30-8:45				
Time Standard	Girls EVENT #	EVENT	Boys EVENT #	Time Standard
7:09.09	1	13 & Up 500 Free	2	6:57.29
	3	9 - 12 200 Free	4	
	5	8 & Under 25 Free	6	
	7	11 & Up 200 Fly	8	
	9	12 & Under 50 Fly	10	
	11	8 & Under 25 Fly	12	
	13	11 & Up 200 Breast	14	
	15	12 & Under 50 Breast	16	
	17	13 & up 100 Back	18	
	19	12 & Under 100 Back	20	
	21	8 & Under 25 Back	22	
	23	12 & Under 50 Free	24	
	25	13 & Up 100 Free	26	
	27	12 & Under 100 I.M.	28	
6:24.19	29	11 & Up 400 IM	30	6:13.09

Sunday March 1, 2020				
Warm-up 7:30-8:45				
Time Standard	Girls EVENT #	EVENT	Boys EVENT #	Time Standard
8:26.09	31	9 - 12 500 Free	32	8:16.69
	33	13 & Up 200 Free	34	
	35	8 & Under 25 Free	36	
	37	13 & Up 100 Fly	38	
	39	12 & Under 100 Fly	40	
	41	13 & Up 100 Breast	42	
	43	12 & Under 100 Breast	44	
	45	8 & Under 25 Breast	46	
	47	11 & Up 200 Back	48	
	49	12 & Under 50 Back	50	
	51	8 & Under 25 Back	52	
	53	12 & Under 100 Free	54	
	55	13 & Up 50 Free	56	
	57	9 - 12 200 IM	58	
	59	13 & Up 200 IM	60	
24:53.99	61	11 & Up 1650 Free	62	24:21.89

***Athletes must provide their own lap counters for the 500 Freestyle events, timers for the 400 IM events and both timers and lap counters for the 1000 Freestyle events.***

***All 25 yard events will start at the south end of the pool without starting blocks while timers remain in place at the north side of the pool.***



Pacific Swimming – Hosted by Santa Cruz Swimming Leap to JO's C/B/A+ Feb 29 – Mar 1, 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-#		<table border="1" style="width: 100%; height: 20px; border-collapse: collapse;"> <tr> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> </tr> </table>																									
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																											