

**QUICKSILVER SWIMMING RACE TO JO'S  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
FEBRUARY 28 – MARCH 1, 2020  
Enter Online: <http://www.fastswims.com>**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **20-027**

*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.

**MEET PERSONNEL:**

<b>Meet Referee:</b> Mike Piccardo	<b>Head Starter:</b> Csaba Andrejka
<b>Meet Marshal:</b> Rudy Vargas	<b>Admin Official:</b> Curtiss Kikuta
<b>Meet Director:</b> Liv Weaver, <a href="mailto:liv@swimgss.org">liv@swimgss.org</a>	

**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 4:45 PM on Friday with warm-ups from 3:30 to 4:30 PM. 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 8:00 to 8:45 AM on Saturday and Sunday in a designated lane.

**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 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. Coaches may be required to check in for a hospitality pass and/or deck access.

**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 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.
- Do not leave items overnight. The campus is not secure and theft is likely in the area after hours. QSS and Pacific Swimming are not responsible for lost or stolen items.
- GATES WILL NOT BE OPEN FOR ENTRY UNTIL 3:00 PM. DO NOT ARRIVE ON CAMPUS UNTIL AFTER SCHOOL LETS OUT AT 2:45 PM. PARKING IS PERMITTED IN THE FRONT LOT AND THE BACK SOLAR LOT. NO PARKING PERMITTED IN THE BACK AREAS. THIS IS RESERVED FOR MEET PERSONNEL AND GUNDERSON STAFF ONLY. PATRONS NOT FOLLOWING PARKING RULES MAY HAVE THEIR VEHICLE TOWED AND/OR ASKED TO LEAVE THE FACILITY.

**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 in all events except the 1650 Free. Athletes in the 1650 Free must have a minimum B time in a distance event (400 LCM Free, 500 SCY Free, 800 LCM Free, 1000 SCY Free, 1500 LCM Free, or 1650 SCY Free) to enter. It is the coach's responsibility to ensure an athlete swimming a distance event is ready to compete in that event.
- 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.
- The athlete's age will be the age of the athlete on the first day of the meet.

**ENTRY PRIORITY:** Zone 1 South clubs will have entry priority until Saturday, February 1.

**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:** 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 19<sup>th</sup> at 11:59 PM.

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

**Make check payable to:** QuickSilver Swimming

**Mail entries to:** Liv Weaver  
5409 Silver Vista Way  
San Jose, CA 95138

**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 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 seeded in the 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:** 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.) Athletes older than 14 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.

**ADMISSION:** Free.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch.

**MISCELLANEOUS:** No overnight parking allowed. Facilities not be provided after meet hours.

**REQUESTED MINIMUM OFFICIALS:**

Club athlete 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**

Friday		Saturday			Sunday		
10 & U	11 & Over	10 & U	11-12	13 & Over	10 & U	11-12	13 & Over
500 Free	400 IM	200 Free	200 Free	200 Free	200 IM	200 IM	200 IM
	1650 Free	50 Breast	100 Breast	100 Breast	100 Back	200 Back	200 Back
		50 Back	50 Back	100 Back	100 Free	50 Breast	100 Free
		100 Fly	200 Fly	200 Fly	50 Fly	100 Free	100 Fly
		50 Free	50 Free	50 Free	100 Breast	100 Fly	200 Breast
		100 IM	100 IM			200 Breast	500 Free
			50 Fly			100 Back	
			500 Free				

## EVENTS

<b>Friday, February 28</b>		
<b>EVENT #</b>	<b>EVENT</b>	<b>EVENT #</b>
101	11 & Over 400 IM	102
103	10 & U 500 Free	104
105	11 & Over 1650 Free^	106

^Must have an USA Swimming B time in a distance event  
(400 LCM Free, 500 SCY Free, 800 LCM Free, 1000 SCY Free, 1500 LCM Free, or 1650 SCY Free)

<b>Saturday, February 29</b>		
<b>EVENT #</b>	<b>EVENT</b>	<b>EVENT #</b>
1	13 & Over 200 Free	2
3	11-12 200 Free	4
5	10 & U 200 Free	6
7	13 & Over 100 Breast	8
9	11-12 100 Breast	10
11	10 & U 50 Breast	12
13	13 & Over 100 Back	14
15	11-12 50 Back	16
17	10 & Under 50 Back	18
19	13 & Over 200 Fly	20
21	11-12 200 Fly	22
23	10 & Under 100 Fly	24
25	13 & Over 50 Free	26
27	11-12 50 Free	28
29	10 & U 50 Free	30
31	11-12 100 IM	32
33	10 & U 100 IM	34
35	11-12 50 Fly	36
37	11-12 500 Free	38

<b>Sunday, March 1</b>		
<b>EVENT #</b>	<b>EVENT</b>	<b>EVENT #</b>
39	13 & Over 200 IM	40
41	11-12 200 IM	42
43	10 & U 200 IM	44
45	13 & Over 200 Back	46
47	11-12 200 Back	48
49	10 & Under 100 Back	50
51	11-12 50 Breast	52
53	13 & Over 100 Free	54
55	11-12 100 Free	56
57	10 & U 100 Free	58
59	13 & Over 100 Fly	60
61	11-12 100 Fly	62
63	10 & U 50 Fly	64
65	13 & Over 200 Breast	66
67	11-12 200 Breast	68
69	10 & U 100 Breast	70
71	11-12 100 Back	72
73	13 & Over 500 Free	74

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

Pacific Swimming – Hosted by QuickSilver Swimming  
 Race to Jos – C/B/A+  
 2/28- 3/1  
 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
		: .	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
-------