

DALY CITY DOLPHINS AQUATICS CLUB
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
Saturday and Sunday, December 14-15, 2019

Enter Online: <http://ome.swimconnection.com/pc/dcd20191214>

Priority Z1N Clubs: BCP, DCD, FOG, LO, MAV, OSC, PASA, PCCA, PPSC, SSF, SUNN, YPAC, PASA



SANCTION: Held under USA/Pacific Swimming Sanction No. **19-163**

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:

| | |
|---|-----------------------------------|
| Meet Referee: Stephanie Kuang | Head Starter: Sam Tang |
| Meet Marshal: Norman Bolanos | Admin Official: Darryl Woo |
| Meet Director: Mauricio Ponce (coachmauricio3@gmail.com) | |

LOCATION: Giammona Pool, Westmoor High School, 131 Westmoor Avenue, Daly City, CA 94015

DIRECTIONS: From South Bay: Take 280N to Daly City. EXIT 47 to Eastmoor Avenue/Pacifica. LEFT at lights onto Junipero Serra Blvd. LEFT onto San Pedro Road. San Pedro Road will immediately change to Eastmoor Avenue. Eastmoor Avenue becomes Westmoor Avenue. Continue straight up Westmoor Avenue. At the 4th stop sign, LEFT turn onto Edgemont Drive. Giammona Pool is on your left. Park on the street. 2nd parking option: At the 3rd stop sign, turn left into the main Westmoor High School parking lot. **From central San Francisco:** Take 280S. EXIT 48 / Sullivan Avenue towards Eastmoor Avenue. Keep LEFT to take ramp exit towards Eastmoor Avenue. LEFT onto Sullivan Avenue. Take 1st RIGHT onto Eastmoor Avenue. Eastmoor Avenue becomes Westmoor Avenue. Continue straight up Westmoor Avenue. At the 4th stop sign, LEFT turn onto Edgemont Drive. Giammona Pool is on your left. Park on the street. 2nd parking option: At the 3rd stop sign, turn left into the main Westmoor High School parking lot. **From Half Moon Bay:** Take Hwy 1N. EXIT Hwy 35N/Skyline Blvd/Exit 508. Merge onto Skyline Blvd/Hwy 35N. RIGHT into Westmoor Avenue. RIGHT onto Edgemont Drive. Giammona Pool on your left.

Remember to "Curb Your Wheels" when parking on the hilly streets. Daly City PD will issue tickets for improperly curbed wheels. On Edgemont Drive and Westmoor/Eastmoor Avenue, park along the Westmoor High School Campus – opposite from the residential area.

Free Additional Parking: Westmoor High School Main Parking Lot. Entrance off Eastmoor Avenue. Look for the green and yellow-lighted Westmoor HS marquee/sign.

Coaches' & Officials' Parking: Pool parking lot. Limited space available.

COURSE: Indoor, heated 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 7'0" at the start end and 7'10" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Saturday and Sunday are split into sessions "A" and "B"

| | |
|------------------|--|
| Session A | All 13 & Over Athletes and 11-12 Girls. Warm-ups from 7:00-8:15 AM. Meet begins at 8:30AM. |
| Session B | All 10 & Under Athletes and 11-12 Boys. Session B will begin approximately one hour after Session A finishes but not before 12:30PM. Warm-up begins immediately after Session A finishes. |

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 400 IM & 500 Free athletes must enter a seed time (coach verified ok). Athletes in the 9-10 500 Free must have achieved USA-S Motivational "B" Time Standard for their gender.

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 personal tents/EZ-ups will be allowed on the pool deck. You are welcome to set up tents/canopies on the grounds outside of the building. Keep lobby entryways, access ways, passageways, doorways, and stairways clear of chairs, seats, bulky items, and bags per compliance with the Fire Marshall's orders. Items may be immediately removed upon discretion of the Meet Director and the Meet Referee.

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 – 400 IM & 500 Freestyle, see 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: Priority entry will be given to the following **TEAMS: BCP, DCD, FOG, LO, MAV, OSC, PASA, PCCA, PPSC, SSF, SUNN,**

YPAC, PASA entering online must do so by **11:59 PM, Wednesday, November 27th** in order to receive priority acceptance to the meet. Athletes from **BCP, DCD, FOG, LO, MAV, OSC, PASA, PCCA, PPSC, SSF, SUNN, YPAC, PASA** submitting surface mail entries must be postmarked by **Monday, November 25th** in order to receive priority acceptance into the meet. No athletes other than those from the teams listed above may enter the meet until the priority period passes. After November 27th, and if the estimated timeline still permits, the meet will be open to athletes outside of the priority clubs list.

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 <http://ome.swimconnection.com/pc/dcd20191214> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per athlete plus 5% of the total Entry Fees. 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, **December 4th, at 11:59 PM (pending the meet does not fill up sooner per the “Four-Hour Rule,” see Rules above).**

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, December 2nd or hand delivered by 6:30 p.m. Wednesday, December 4th. No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Daly City Dolphins Aquatics Club

Mail entries to: Mauricio Ponce
P.O. Box 2881
Daly City, CA 94015

Hand deliver entries to: Mauricio Ponce
Giammona Pool, 131 Westmoor Avenue
Daly City, CA 94015

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: Individual events will be awarded in the A, B, and C Divisions. Ribbons for 1st – 8th place are given to the following age groups: 6/un, 7-8, 9-10, & 11-12. Athletes 13 years of age and older will not receive awards. Standard “A” medals will be awarded to athletes achieving NEW USA Swimming National “A” times in each event, regardless of place achieved in the event. All awards must be picked up at the meet. Awards will not be mailed. Dolphin plush prizes will also be awarded to 1st place winners of each heat.

ADMISSION: Free. A program will **NOT** be available.

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. All participating clubs are expected to provide lane timers based upon the number of athletes registered to swim each day. Club timing lanes for Saturday and Sunday will be assigned and coaches will be notified of assignments during the week prior to the meet.

MINIMUM OFFICIALS: Clubs must follow Zone 1 North rules for providing officials. Each club must provide officials for each session according to the number of Athletes entered in that session, following the table below. Clubs that do not provide sufficient officials must provide coaches to act in the place of 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 and up (1 for every 25 Athletes) |

EVENT SUMMARY

| SATURDAY, Dec. 14 th | | | | SUNDAY, Dec. 15 th | | | |
|---------------------------------|--------|---------|---------|-------------------------------|--------|--------|--------|
| 8 & UN | 9-10 | 11-12 | 13-18 | 8 & UN | 9-10 | 11-12 | 13-18 |
| 50 BK | 100 FR | 100 FR | 50 FR | 50 FR | 50 FR | 200 FR | 100 FR |
| 25 FLY | 50 FLY | 50 BK | 100 FLY | 50 BR | 100 BR | 100 IM | 200 IM |
| 25 BR | 50 BR | 200 FLY | 100 BK | 25 BK | 50 BK | 100 BR | 100 BR |
| 25 FR | 100 BK | 50 FR | 200 FR | 100 FR | 500 FR | 200 BK | 500 FR |
| 100 IM | 100 IM | 400 IM | 200 BR | | | | |

EVENTS

| SATURDAY, DECEMBER 14 TH | | |
|-------------------------------------|--------------------|---------|
| SESSION A | | |
| EVENT # | EVENT | EVENT # |
| Girl | | Boy |
| 1 | 13 – OV 50 FREE | 2 |
| 3 | 11 – 12 100 FREE | |
| 5 | 13 – OV 100 FLY | 6 |
| 7 | 11 – 12 50 BACK | |
| 9 | 13 – OV 100 BACK | 10 |
| 11 | 11 – 12 200 FLY | |
| 13 | 13 – OV 200 FREE | 14 |
| 15 | 11 – 12 50 FREE | |
| 17 | 13 – OV 200 BREAST | 18 |
| 19 | 11 – 12 400 IM | |
| SESSION B | | |
| 21 | 8 & UN 50 BACK | 22 |
| 23 | 9 – 10 100 FREE | 24 |
| | 11 – 12 100 FREE | 26 |
| 27 | 8 & UN 25 FLY | 28 |
| 29 | 9 – 10 50 FLY | 30 |
| | 11 – 12 50 BACK | 32 |
| 33 | 8 & UN 25 BREAST | 34 |
| 35 | 9 – 10 50 BREAST | 36 |
| | 11 – 12 200 FLY | 38 |
| 39 | 8 & UN 25 FREE | 40 |
| 41 | 9 – 10 100 BACK | 42 |
| | 11 – 12 50 FREE | 44 |
| 45 | 8 & UN 100 IM | 46 |
| 47 | 9 – 10 100 IM | 48 |
| | 11 – 12 400 IM | 50 |

| SUNDAY, DECEMBER 15 TH | | |
|-----------------------------------|--------------------|---------|
| SESSION A | | |
| EVENT # | EVENT | EVENT # |
| Girl | | Boy |
| 51 | 11 – 12 200 FREE | |
| 53 | 13 – OV 100 FREE | 54 |
| 55 | 11 – 12 100 IM | |
| 57 | 13 – OV 200 IM | 58 |
| 59 | 11 – 12 100 BREAST | |
| 61 | 13 – OV 100 BREAST | 62 |
| 63 | 11 – 12 200 BACK | |
| 65 | 13 – OV 500 FREE | 66 |
| SESSION B | | |
| 67 | 8 & UN 50 FREE | 68 |
| | 11 – 12 200 FREE | 70 |
| 71 | 9 – 10 50 FREE | 72 |
| 73 | 8 & UN 50 BREAST | 74 |
| | 11 – 12 100 IM | 76 |
| 77 | 9 – 10 100 BREAST | 78 |
| 79 | 8 & UN 25 BACK | 80 |
| | 11 – 12 100 BREAST | 82 |
| 83 | 9-10 50 BACK | 84 |
| 85 | 8 & UN 100 FREE | 86 |
| | 11 – 12 200 BACK | 88 |
| 89 | 9 – 10 500 FREE | 90 |

**Athletes in the 9-10 500 Free must have achieved USA-S Motivational "B" Time Standard for their gender.
Girls: 8:26.09. Boys: 8:16.69**

Please make sure you have your own timers for the 400 IM & 500 Free and bring your own lap counters. All 400 IM & 500 Free athletes must enter a seed time (coach verified ok) for proper seeding purposes.

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

| Pacific Swimming – Hosted by Daly City Dolphins Aquatics Club C/B/A+ Short Course Meet Saturday and Sunday, December 14-15, 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 | | | | |
| | | | | | | : . | | | SCY / LCM | | | | |
| # of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____ | | | | | | | | | | | | | |
| Coach | | | | | | | | | | | | | |
| Athlete's Address | | | | | | | | | | | | | |
| Home Phone | | | | | | | Cell Phone | | | | | | |
| Email | | | | | | | | | | | | | |