

**PASA WINTER FROLIC CHAMPIONSHIPS
PACIFIC SWIMMING SHORT COURSE JO MINUS INTRASQUAD MEET
DECEMBER 21, 2019**



SANCTION: Held under USA/Pacific Swimming Sanction No. **19-169**

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, webcasting, 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: Mike Tramack	Head Starter: Manus Jirasetpatana/Jimmy Hong
Meet Marshal: Paul Coleman	Admin Official: Larry Rice
Meet Director: Bruce Smith/ brucesmithswim@gmail.com	

LOCATION: Gunn High School, 780 Arastradero Rd, Palo Alto, CA, 94306

DIRECTIONS: From 101: Take the San Antonio Rd exit, head South towards the El Camino Real. Turn right onto Charleston Rd. Charleston Rd will turn into Arastradero Rd when you cross El Camino Real. Continue & turn right into Gunn High School.
From 280: Take the Page Mill Road exit and go East towards the bay. Take Page Mill Rd to Foothill Expressway. Exit onto Foothill Expressway going South (make a right). Take Foothill Expressway to Arastradero Road. Make a left onto Arastradero Road. Continue on Arastradero Road one block and Gunn High School is on the left.

COURSE: Outdoor, heated, 25 yard pool. Up to 10 lanes may be used for competition. A warm-up and cool-down area will be available during the meet. The minimum water depth, measured in accordance with Article 103.2.3 is 7' at the start end and 7' at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

TIME: Prelims will begin at 9:00 AM with warm-ups from 7:45 to 8:45 AM. Finals will begin no sooner than 1 hour after the conclusion of Prelims

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.
- Prelims will be seeded fastest to slowest, with the top 3 heats circle seeded
- Preliminary events shall be swum as combined age groups.
- Finals MAY swim single age, age group or combined depending on entries and polling of the coaches.
- The Mixed 1000y Freestyle, which will be swum between trials and finals, shall be limited to the top 20 entries. Immediate cash refunds or the opportunity to move to another event will be available to athletes not in the top 20, and shall be swum fastest to slowest. Athletes must provide their own timers and lap counters.
- Athletes may compete in **3 individual events per day, not including finals**
- Entries will be accepted until the number of splashes reaches the estimated time line, per the "Four-Hour Rule," based on the athlete's 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 refunds will be made for any mandatory scratches.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

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.
- 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.
- 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.

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.
- Meet is open to eligible athlete members from PASA only. Athletes who are unattached, but participating with PASA are eligible to compete.
- Entries with **"NO TIME" will NOT be ACCEPTED**
- Entries must be in SCY times.
- Athletes who have achieved the Pacific Swimming JO Time Standard for their age group (and 14&Older who have achieved the 14 year old Pacific Swimming JO Time Standard) for an event may NOT enter that event.
- 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 FEES: \$35 entry fee per athlete, with an additional \$10 for the 1000y freestyle.

ONLINE ENTRIES: To enter online 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. Online entries will be accepted through Sunday, December 15th, 2019 at 11:59pm,

TEAM ENTRIES: PASA Sites may enter by submitting a SD3 File: Accepted until Friday, December 13th, 2019 at 11:59pm. An sd3 entry file may be submitted by coaches for their site's athletes. Request a confirmation of receipt to ensure delivery of the email and file. Send meet entry file to the meet director. One check must be made by each PASA site and must be hand delivered to the meet director on the day of the meet. **Make check payable to: DBA-DKS**

CHECK-IN: All prelim sessions will be pre seeded.

SCRATCHES:

- Any athlete not reporting for or competing in a preliminary event that they have entered shall not be penalized.
- Any athlete qualifying for finals in an individual event who does not wish to compete shall scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that they may not intend to compete in finals. In this case, they shall declare their final intention within 30 minutes after the announcement of

qualifiers following their last individual preliminary event.

- Any athlete not reporting for or competing in a final or consolation final event in which they have qualified shall not be penalized.

AWARDS: There may be awards for finalists.

ADMISSION: Free. A program will not be available. Heat Sheets will be available electronically only.

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 deck officials, marshals, and coaches.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. Each PASA site is required to provide timers. Meet director will email timer/lane assignments to each team prior to the meet.

SESSION EVENTS

Girls Event #	Age Group	Event	Boys Event #
1	Open	100 Freestyle	2
3	12 & Under	50 Breaststroke	4
5	11 & Up	200 Breaststroke	6
7	Open	100 Backstroke	8
9	12 & Under	50 Butterfly	10
11	11 & Up	200 Butterfly	12
13	12 & Under	100 Individual Medley	14
15	Open	200 Individual Medley	16
17	Open	50 Freestyle	18
19	11 & Up	200 Freestyle	20
21	Open	100 Breaststroke	22
23	12 & Under	50 Backstroke	24
25	11 & Up	200 Backstroke	26
27	Open	100 Butterfly	28
29	11 & Up	Mixed 1000 Freestyle*	----

* The 1000 Freestyle is a Timed Final with a maximum of 2 heats. Athletes in the 1000 Freestyle must provide their own lap counter and timer.