

**QUICKSILVER SWIMMING WINTER INVITATIONAL
PACIFIC SWIMMING LONG COURSE MEET
SATURDAY MARCH 7th, 2020
QSS vs PEAK v TIDE v ALTO v PASA**



SANCTION: Held under USA/Pacific Swimming Sanction No. **20-035**

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: **Meet Referee:** Jennifer McKennan
Meet Marshal: Andre Salles-Cunha
Meet Director: Lucas Salles-Cunha Lucas@QuicksilverSantaCruz.org
Head Starter: Dustin McKennan
Admin Official: Atilla Lengyel

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 pool 50 meter pool with up to 9 lanes available for competition. Up to 6 additional 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' at the start end and 4' 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 3:30 PM. Warm-ups from 2:00-3:15 PM.

RULES:

- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- All events are timed finals.
- All events will swim fast to slow.
- Men and Women's distance events are combined
- Check in is required for distance events 30 minutes prior to the event
- The 1500 and 800 Freestyles shall be swum as combined gender and shall be capped at 3 heats, with priority going to the fastest 12 Men and 12 Women.
- The meet will close when the time line reaches 7:00 pm.
- Athletes may compete in up to 3 individual events
- 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 NOT be made for any mandatory scratch downs
- All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.
- At the close of the meet entries, no further entries shall be accepted, times updated, or events swapped.
- There will be a 3-minute break for announcements prior to events with Olympic Trial hopefuls

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 athletes 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 planning for such supervision; however, it is recommended that such arrangements be made in advance of the meet-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. THIS WILL BE STRICTLY ENFORCED. COACHES WILL BE ASKED PRIOR TO THE MEET AND AT THE COACHES MEETING TO ENSURE ATHLETES ARE PROPERLY DIVE CERTIFIED

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 are 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.

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 (exception – 11/12 year old athletes, see eligibility below), but coaches are highly encouraged to enter coach verified times for all NT athletes to ensure a smooth meet flow.
- 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 13/Over are eligible to enter this meet. There is no proof of time.
- Athletes 11 and 12 years of age must meet the Senior Open time standard as outlined by Pacific Swimming time verification procedures. No refunds will be given if a time cannot be proven.
- Athletes under the age of 11 years are not eligible to compete.
- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations. The athlete's age will be the age on the first day of the meet.
- Athlete's must be members of QSS, PEAK, ALTO, TIDE, PASA or Unattached athletes registered with QSS, PEAK, ALTO, PASA or TIDE to participate. Members of College swim teams looking to obtain Olympic trials cuts are accepted.

ENTRY FEES: \$30 Flat Fee per athlete

ONLINE ENTRIES: To enter online go to 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 **Sunday, March 1st, 2020 at 11:59 PM.**

CHECK-IN: All individual events, except the 1500 and 800 free will be pre-seeded. The 1500 and 800 events check-in with close 30 minutes prior to the estimated start of the event. Athletes that do not check in for distance 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 entered shall not be penalized.

AWARDS: None.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: Coaches and working deck officials will be provided dinner. A food truck may be on site

Saturday March 7 th Winter Invitational		
Event #	Events	Event #
1	OPEN 1500 Free	2
3	OPEN 200 Free	4
5	OPEN 100 Fly	6
7	OPEN 200 Back	8
9	OPEN 200 Breast	10
11	OPEN 100 Free	12
13	OPEN 400 IM	14
15	OPEN 200 Fly	16
17	OPEN 100 Back	18
19	OPEN 100 Breast	20
21	OPEN 200 IM	22
23	OPEN 50 Free	24
25	OPEN 400 Free	26
27	OPEN 800 Free	28

**** Athletes must provide their own times and lap counters for the 1500 and 800m Freestyle
Women's/Men's distance events will be combined.**

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