Los Altos & Mountain View Aquatic Club
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET
SATURDAY, MAY 10TH and SUNDAY, MAY 11TH, 2014
Z1N TEAMS ASSIGNED: LAMV, PASA, SOLO, OSC, KOA, SSF, MAV, MCAC, PSL, PSRP
Enter Online: http://ome.swimconnection.com/pc/lamv20140510

SANCTION: Held under USA/Pacific Swimming Sanction No. **14-067**
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 electronic devices, including but not limited to film and digital camera, cell phones and tablets, is not permitted in changing areas, restrooms or locker rooms. Violation of this recording prohibition may result in the ejection from the swimming pool facility by the Meet Referee or his/her designee.

OFFICIALS: ***Meet Referee:*** Conny Barton ***Head Starter:*** Jim Boyce
Meet Marshal: Patti White **Admin Referee:** Larry Rice
Meet Director: Steve O'Neill - **meetdirector@lamvac.org**

LOCATION: Foothill College Pool, 12345 El Monte Road, Los Altos Hills. The College is west of Highway 280 on El Monte Road. Drop off point for swimmers is on the Bus Stop/Handicapped Parking Lot at the bottom of the walk bridge. Please do not drop off your swimmers on the roadside; use the parking lot/bus stop. Swimmers may use the stairs to go over the walk bridge to the pool. Map of Foothill College can be found at http://www.foothill.fhda.edu/news/mainmaps.html. Designated parking is on Lot 2 ($3.00). **Lot 2A is reserved for meet officials and coaches only.**

COURSE: 50 meter, outdoor heated pool. Up to 8 lanes will be used for competition. Warm-up/cool-down area will be available during the meet. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 4.5' at the start end and 13' at the turn end.

TIME: **SESSION A (13 & Over and 11 – 12 GIRLS):** Meet begins at 8:30 AM; Warm-Up is from 7:00 – 8:15 AM.
SESSION B (10 & Under and 11 – 12 BOYS): Session B will begin 1 hour after Session A finishes, but not before 12:00 PM. Session B Warm-Ups will begin immediately after Session A finishes.

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 events are timed finals.
- Swimmers may compete in **a maximum of three (3)** events per day.
- All swimmers 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 swimmers 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 events will run in a fast to slow sequence
- All swimmers competing in the 400 meter Freestyle or 400 meter IM must have achieved a "PC-B" Time Standard for their age group.
- All swimmers competing in the 400 meter Freestyle or 400 meter IM events must provide their own lane timers.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

ATTENTION HIGH SCHOOL SWIMMERS: If you are a high school swimmer in competition season, you need to be unattached from this meet. It is your responsibility to be unattached from this meet. You can un-attach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

UNACCOMPANIED SWIMMERS: 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 swimmer or the swimmer's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the swimmer 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: Swimmers 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 swimmer or the swimmer'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 swimmers, 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.
• Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

ELIGIBILITY: • Swimmers 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 swimmer with the registration and times database. The meet host will check all swimmer 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.
• Swimmers in the "A" Division must have met at least the listed "PC-A" time standard. Swimmers in the "B" Division must have met at least the listed "PC-B" time standard. All entry times slower than the listed "PC-B" time standard will be in the "C" Division.
• Entries with **"NO TIME" will be ACCEPTED, except in the 400 meter freestyle and 400 meter IM events.**
• Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
• Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding and special accommodations on entry times and seeding per Pacific Swimming policy.
• Swimmers 19 years of age and over may compete in the meet for time only, no awards. Such swimmers must have met standards for the 17-18 age group.
• The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY PRIORITY: Zone 1N swimmers from LAMV, PASA, SOLO, OSC, KOA, SSF, MAV, MCAC, PSL & PSRP who are entering online must do so by 11:59 PM Wednesday, April 23rd in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by Monday, April 21st in order to receive priority acceptance to the meet. No swimmers other than those from **LAMV, PASA, SOLO, OSC, KOA, SSF, MAV, MCAC, PSL, & PSRP** may enter the meet until the priority period has concluded.

ENTRY FEES: $2.75 per event plus a $10.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

ONLINE ENTRIES: To enter online go to **http://ome.swimconnection.com/pc/lamv20140510** 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 swimmer 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 a swimmer by Pacific Swimming. **Online entries will be accepted through Wednesday, April 30th 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 swimmers best time. Entries must be postmarked by midnight, Monday, April 28th or hand delivered by 6:30 p.m. Wednesday, April 30th. 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: LAMVAC

Mail entries to: Steve O'Neill – LAMV Meet Director
P.O. Box 1269
Los Altos, CA 94023-1269

Hand deliver entries to: Steve O'Neill –Meet Director
876 Nantucket Ct.
Sunnyvale, CA 94087

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Close of check-in for all individual events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. No event shall be closed more than 30 minutes before the scheduled start of the session. Swimmers who do not check in will not be seeded and will not be allowed to compete in that event.

SCRATCHES: Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. Any swimmers not reporting for or competing in an individual timed final event ***shall not*** be penalized.

AWARDS: Individual events will be awarded in the A, B, and C division. Ribbons for First through Eighth place will be given to the following age groups 8 & U, 9-10, 11-12. Swimmers 13 years of age and older will not receive awards. "A" time medals will be given to swimmers achieving a new "PC – A" times, regardless of place achieved in the event. All awards must be picked up at the meet by coaches at the end of each session. Awards will not be mailed.

ADMISSION: Free. A 2-day program will be available for a reasonable fee.

HOSPITALITY: A snack bar will be open each day. Generous and friendly hospitality provided for officials, coaches, and volunteers. Lunches will be available for officials and coaches.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. All participating teams are expected to provide lane timers based upon the number of swimmers registered to swim each day. Team 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: Teams must follow Zone 1 North rules for providing officials. Each team must provide officials for each session according to the number of swimmers entered in that session, following the table below. Teams that do not provide sufficient officials must provide coaches to act in the place of officials.

Club swimmers 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 swimmers)

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	**9-10**	**11-12**	**13-O**	**8 & UN**	**9-10**	**11-12**	**13-O**
100 FR	100 FR	100 FR	200 FR	50 FR	50 FR	200 FR	100 FR
50 BR	100 BR	100 BR	200 BR	50 BK	100 BK	50 BK	200 BK
	50 BK	200 BK	100 BK	50 FL	100 FL	200 FL	100 BR
	50 FL	50 FL	100 FL		200 IM	200 IM	200 IM
	400 FR	400 IM	50 FR		50 BR	50 FR	400 FR

EVENTS

SATURDAY, MAY 10th		
SESSION A		
GIRLS #	**EVENT**	**BOYS #**
1	13 & O 200 FREE	**2**
3	11 – 12 100 FREE	
5	13 & O 200 BREAST	**6**
7	11 – 12 100 BREAST	
9	13 & O 100 BACK	**10**
11	11 – 12 200 BACK	
13	13 & O 100 FLY	**14**
15	11 – 12 50 FLY	
17	13 & O 50 FREE	**18**
19	11 – 12 400 IM	
SESSION B		
	11 – 12 100 FREE	**22**
23	10 & U 100 FREE	**24**
	11 – 12 100 BREAST	**26**
27	9 – 10 100 BREAST	**28**
29	8 & U 50 BREAST	**30**
	11 – 12 200 BACK	**32**
33	9 – 10 50 BACK	**34**
	11 – 12 50 FLY	**36**
37	9 – 10 50 FLY	**38**
	11 – 12 400 IM	**40**
41	9 – 10 400 FREE	**42**

SUNDAY, FEBRUARY 23RD		
GIRLS #	**EVENT**	**BOYS #**
43	11 – 12 200 FREE	
45	13 & O 100 FREE	**46**
47	11 – 12 50 BACK	
49	13 & O 200 BACK	**50**
51	11 – 12 200 FLY	
53	13 & O 100 BREAST	**54**
55	11 – 12 200 IM	
57	13 & O 200 IM	**58**
59	11 – 12 50 FREE	
61	13 & O 400 FREE	**62**
SESSION B		
	11 – 12 200 FREE	**64**
65	10 & U 50 FREE	**66**
	11 – 12 50 BACK	**68**
69	9 – 10 100 BACK	**70**
71	8 & U 50 BACK	**72**
	11 – 12 200 FLY	**74**
75	9 – 10 100 FLY	**76**
77	8 & U 50 FLY	**78**
	11 – 12 200 IM	**80**
81	9 – 10 200 IM	**82**
	11 – 12 50 FREE	**84**
85	9 – 10 50 BREAST	**86**

Swimmers in the 400 Free and 400 IM must have achieved a "PC-B" Time Standard for their age group

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

Pacific Swimming – Hosted by Los Altos & Mountain View Aquatic Club
Long Course C/B/A +
May 10 – 11, 2014
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 $2.75 = $_____
Participation Fee $ 10.00
Total $_____

Coach

Swimmer's
Address

Home Phone	Cell Phone

E-Mail Address