

VALLEY SPLASH  
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET  
JUNE 26-28, 2015  
Enter Online: <http://ome.swimconnection.com/pc/VS20150626>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-079**

*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 the Internet at <http://www.ValleySplash.com>.**

**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 Piccardo      *Head Starter:* Mark Stander  
*Meet Marshal:* Kevin Parizi      *Admin Official:* Brett Shaug  
*Meet Director:* Cathy Manthey, [cmanthey@vcs.net](mailto:cmanthey@vcs.net), 408-513-2450

**LOCATION:** Valley Christian High School Skyway Campus, 100 Skyway Drive, San Jose, CA 95111

**DIRECTIONS:** **From 101 South:** Take 101 South to the Capitol Expressway/Yerba Buena Road exit. Merge onto Capitol Expressway heading west. Take the Monterey Road ramp. Turn left onto Monterey Road. Turn left onto Skyway Drive. Valley Christian High School is located at 100 Skyway Drive. **From 280 South:** Take 280 South to 87 South. Take 87 South to the Capitol Expressway Auto Mall exit. Turn left onto West Capitol Expressway. Take the Monterey Road ramp. Turn left onto Monterey Road. Turn left onto Skyway Drive. Valley Christian High School is located at 100 Skyway Drive. **From 85 South:** Take 85 South to the Blossom Hill Road exit. Turn left onto Blossom Hill Road. Turn left onto Snell Avenue. Turn right onto Skyway Drive. Valley Christian High School is located at 100 Skyway Drive

**COURSE:** Outdoor, 50 meter pool with up to 8 lanes available for competition. An additional 1 lane 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 9'0" at the start end and 6'6" at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of this certification is on file with USA Swimming.

**TIME:** Meet will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. A special warm-up time for 8 and under swimmers only will be held from 8:15 to 8:45 AM.

**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.
- All events will swim fast to slow.
- Swimmers may compete in **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 coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**
- **Meet will be capped at 600 swimmers per day.**
- All Swimmers in the 400 Freestyle & 400 IM – must provide their own timers / All swimmers in the 800 & 1500 Freestyles must provide their own timers and lap counters.
- All 800/1500's will be timed finals and will swim fastest to slowest, alternating girls and boys heats.
- Distance events will run as combined age groups but will be awarded by age group.

- Any break between end of prelims and beginning of the distance is at the discretion of the referee.
- The Meet Referee may decide to swim two swimmers per lane in the 800/1500 freestyle events

**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, or 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.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is 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.
- **Only Coaches EZ-Ups will be allowed on the pool deck.**

**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 USA Swimming Motivational "A" minimum time standard. Swimmers 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.**
- 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 any 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 1 South (Z1S) entries postmarked by Monday, June 1, 2015 or entered online by 11:59pm Wednesday, June 3, 2015 will be give priority acceptance. All entries from Zone 1 South, all other Pacific LSC zones, and other LSC's either postmarked by Monday, June 15, 2015, entered online by 11:59pm Wednesday, June 17, 2015, or hand delivered by 6:30pm Wednesday, June 17, 2015, will be considered in the order that they are received or until meet cap is reached.

**ENTRY FEES:** \$4.00 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/VS20150626> 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, June 17, 2015 .

**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, **June 15, 2015** or hand delivered by 6:30 p.m. Wednesday, **June 17, 2015**. 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: Valley Splash**

**Mail entries to: ATTN: Aquatics, Cathy Manthey**  
**100 Skyway Drive**  
**San Jose, CA 95111**

**Hand deliver entries to: Cathy Manthey – Aquatics Office**  
**100 Skyway Drive**  
**San Jose, CA 95111**

**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:** Any swimmers not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized.

**AWARDS:** Ribbons for First through Eighth place will be given to the following age groups: 8 & Under, 9-10, 11-12, 13-14, 15-16 and 17-18 within each event. All awards must be picked up at the meet by a coach or parent representative at the end of the meet on Sunday. Awards will not be mailed.

**ADMISSION:** Free. A **3-day** program will be available for **\$6.00**.

**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. **Parking on campus is extremely limited.** No overnight parking is allowed. Please note signs and avoid parking in restricted areas or you may be ticketed. Timing lane assignments will also be required based on the total entries by club.

**EVENT SUMMARY**

Friday				Saturday			
10&Under	11-12	13-14	15-UP	10&Under	11-12	13-14	15-UP
100 Free	200 Fly	200 Free	200 IM	200 Free	200 Free	200 IM	200 Fly
100 Fly	100 Breast	100 Fly	100 Free	50 Fly	100 Fly	100 Free	50 Free
50 Back	50 Free	200 Back	100 Breast	50 Breast	50 Breast	200 Breast	200 Breast
400 Free	200 Back	400 Free	200 Back	100 Back	100 Back	100 Back	400 Free
	400 Free		800 Free		400 IM		
					800 Free (Boys)		
					1500 Free (Girls)		

Sunday			
10&Under	11-12	13-14	15-UP
200 IM	200 IM	200 Fly	200 Free
100 Breast	100 Free	100 Breast	100 Fly
50 Free	200 Breast	50 Free	100 Back
	50 Back	400 IM	400 IM
	50 Fly		
	800 Free (Girls)		
	1500 Free (Boys)		

**EVENTS**

Friday June 26, 2015			Saturday June 27, 2015			Sunday June 28, 2015		
Event #	Event	Event #	Event #	Event	Event #	Event #	Event	Event #
1	15-UP 200 I.M.	2	35	11-12 200 Free	36	69	11-12 200 I.M.	70
3	10-UN 100 Free	4	37	10-UN 200 Free	38	71	10-UN 200 I.M.	72
5	13-14 200 Free	6	39	13-14 200 I.M.	40	73	15-UP 200 Free	74
7	11-12 200 Fly	8	41	15-UP 200 Fly	42	75	11-12 100 Free	76
9	15-UP 100 Free	10	43	11-12 100 Fly	44	77	13-14 200 Fly	78
11	10-Un 100 Fly	12	45	13-14 100 Free	46	79	15-UP 100 Fly	80
13	13-14 100 Fly	14	47	10-UN 50 Fly	48	81	10-UN 100 Breast	82
15	11-12 100 Breast	16	49	15-UP 50 Free	50	83	11-12 200 Breast	84
17	15-UP 100 Breast	18	51	11-12 50 Breast	52	85	13-14 100 Breast	86
19	10-UN 50 Back	20	53	10-UN 50 Breast	54	87	15-UP 100 Back	88
21	11-12 50 Free	22	55	13-14 200 Breast	56	89	11-12 50 Back	90
23	13-14 200 Back	24	57	15-UP 200 Breast	58	91	13-14 50 Free	92
25	15-UP 200 Back	26	59	11-12 100 Back	60	93	10-UN 50 Free	94
27	11-12 200 Back	28	61	13-14 100 Back	62	95	11-12 50 Fly	96
29	10-UN 400 Free	30	63	10-UN 100 Back	64	97	15-UP 400 I.M.	98
31	13-14 400 Free	32	65	11-12 400 I.M.	66	99	13-14 400 I.M.	100
33	11-12 400 Free	34	67	15-UP 400 Free	68	103	11-14 800 Free*	
101	15-UP 800 Free*	102		11-14 800 Free*	104		11-UP 1500 Free*	106
			105	11-UP 1500 Free*				

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

*\*Indicates athlete must supply their own lap counter and timer for event*

Pacific Swimming – Hosted by Valley Splash Long Course C/B/A+ June 26-28, 2015 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				
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						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee      \$ 10.00 Total                              \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													