

VALLEY SPLASH
OLD SCHOOL: RACE TO JO'S
PACIFIC SWIMMING LONG COURSE A+ MEET
June 21-June 23, 2013



Enter Online: <http://ome.swimconnection.com/pc/VS20130621>

SANCTION: Held under USA Pacific Swimming Sanction No. **13-084**

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 Video: Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, restrooms, or locker rooms.

OFFICIALS: **Meet Referee:** Jim Nachtigal **Head Starter:** Bob Auchard **Meet Marshal:** Cathy Manthey
 Meet Director: Lou Thomas 4mthomas6355@gmail.com

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

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: Up to 8 lanes, 50 meter, outdoor, heated pool. One warm up/down lane will be open during competition. Colorado electronic timing system and Colorado 10 lane LED scoreboard will be used for this meet. The minimum water depth for the course, measured in accordance with Article 103.2.3, is a minimum of 9'0" at the start end and a minimum of 6'6" at the turn end. This competition course has not yet been certified in accordance with 104.2.2C(4).

TIME: Meet begins at 9:00 AM each day, warm-ups from 7:30AM to 8:45 AM each day. A special warm-up time for 8 and under swimmers only will be held from 8:15 AM 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.
- Swimmers may compete in 4 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.
- Per Zone 1 South the meet will be capped at 525 swimmers.
- 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.

SPECIAL RULES: •Swimmers in the 400 Free & 400 IM – must provide their own timers / All swimmers in the 800 & 1500 meters freestyle 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.
- 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.

DECK CHANGING: 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.

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 Swimming 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. A USA swimming member coach must certify the swimmer as being proficient in performing a racing start or the swimmer 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.
•All shelters must be properly secured. No glass containers are allowed in the meet venue.
•No propane heaters are permitted except for snack bar/meet operations. Only coaches EZ-up's are allowed on competition 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 must 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.
•**All swimmers entering this meet must have met at least the listed "PC-A" time standard for each event.**
•Entries with "NO TIME" will be rejected.
•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 special accommodations on entry times and seeding per Pacific Swimming policy.
•The swimmer's age will be the age of the swimmer on the first day of the meet.

Entry Priority: Zone 1 South club attached swimmers will be given priority to this meet. As a result, only Zone 1 South swimmers will be accepted up through 5/29//2013. Assuming the meet is not capped by 5/29/2013, the meet will be open to other zone attached swimmers after 5/29//2013.

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

Make check payable to: Valley Splash
Mail with entries to: Curtiss Kikuta
Swim Meet Entries
832 Upton Way
San Jose, CA 95136

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 entered using the current Pacific Swimming procedures. Entries must be postmarked by midnight, Monday, **June 10, 2013** or hand delivered to the Valley Christian High School Aquatics Office by 6:30 p.m. Wednesday, **June 12, 2013**. 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.

ONLINE ENTRIES: To enter on-line go to <http://ome.swimconnection.com/pc/VS20130621> 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 12, 2013.

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Close of check-in for all 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. **Check-in for the 800/1500 meters freestyles will close at 11:00 AM on the day of event.** Swimmers who do not check-in will not be allowed to compete in the event.

SCRATCHES: Swimmers entered in an individual event that have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun. Swimmers who miss an event they have checked in for will no longer be penalized by the loss of the next event they have entered.

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 three day program will be available for \$3.00. The Hy Tek Meet Mobile live app will be available for \$5.00 which will include heat/lane assignments and live results.

REFRESHMENTS: A snack bar will be available serving hot breakfast, hot lunches, salads and other nutritious items and beverages. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers. No outside food will be allowed inside the facility.

TIMERS: Participating teams will be responsible for providing timers with adequate rotation for the entire meet. Lane assignments will be made based on the number of entries from each team.

PARKING: Parking on campus is extremely limited. No overnight parking is allowed. Please note signs and avoid parking in restricted areas or you will be ticketed.

EVENTS:

Friday June 21, 2013			Saturday June 22, 2013			Sunday June 23, 2013		
Girls Event #	Event Age Group and Description	Boys Event #	Girls Event #	Event Age Group and Description	Boys Event #	Girls Event #	Event Age Group and Description	Boys Event #
1	15-18 200 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	15-18 200 Free	74
7	11-12 200 Fly	8	41	15-18 200 Fly	42	75	11-12 100 Free	76
9	15-18 100 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	15-18 100 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	15-18 50 Free	50	83	11-12 200 Breast	84
17	15-18 100 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	15-18 100 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	15-18 200 Breast	58	91	13-14 50 Free	92
25	15-18 200 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	15-18 400 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	15-18 400 Free	68	103	11-14 800 Free	
101	15-18 800 Free	102		11-14 800 Free	104		11-18 1500 Free	106
			105	11-18 1500 Free				

Use the following URL to find the time standards: http://www.pacswim.org/page/times_standards.shtml

Pacific Swimming – Hosted by Valley Splash Old School: Race to JO's A+ Meet 6/21-23/2013 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				
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						: .			SCY / LCM				
# of entries _____ x \$2.75 = \$ _____ Participation Fee \$ 10.00 Total \$ _____													
Coach													
Swimmer's Address													
Email Address							Cell Phone						