

Burlingame Aquatic Club

Pacific Swimming / Zone 1 North Long Course PC-C/PC-B/PC-A+ Meet

Friday, Saturday, and Sunday June 21 – 23, 2013

Enter online at: <http://ome.swimconnection.com/pc/bac20130621>

Zone 1 North Teams Assigned to this venue: BAC, PASA, OSC, DCD, BSC, PSL, MAV, HDAC, PPSC



**PACIFIC
SWIMMING**

SANCTION: Held under USA/Pacific Swimming Sanction No.: **13-104**

In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims of 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 cameras, cell phones and tablets, 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.

OFFICIALS: **Head Referee:** Karl Nakamura
 Meet Marshal: Tammy Hopkins

Head Starter: Clara Tao
Meet Directors: Patrick Tan BACMeetdirector@yahoo.com

LOCATION: **Burlingame High School Pool, 851 Oak Grove Avenue, Burlingame CA 94010.** From Highway 101, exit Broadway. Turn left onto Carolan Avenue, and turn left at stop sign onto Oak Grove Avenue. The pool is on the right hand side. Parking at the pool will be held for meet officials and swim coaches. **Additional parking is available behind the High School off Carolan Avenue.**

COURSE: Outdoor 50 meter by 25 yard heated pool. Up to 7 competition lanes with 1 warm-up/cool down lane. The minimum water depth, measured in accordance with Article 103.2.3, is 12' at the start end and 3 ½ ' at the turn end. Warm-up/cool-down area will be available during the meet. The competition course has not been certified in accordance with 104.2.2C(4). Colorado Timing System will be used.

TIME: **Friday Session:** Meet begins at 4:15 PM; Warm-up is from 3:00 – 4:00 PM.

Saturday and Sunday are split into sessions "A" and "B"

Session A (All 13 & Over Swimmers and 11-12 Girls): Meet Begins at 8:30 AM; Warm-up is from 7:00 – 8:15 AM

Session B (All 10 & Under Swimmers and 11-12 Boys): Session B will begin one hour after Session A finishes, but not before 1:00 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 TOTAL 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 Rules", based on the swimmers age and gender. Therefore, meet entries may close prior to the entry deadline stated.**
- All swimmers competing in the 400 Meter Freestyle and/or 400 Meter IM must provide their own lane timers.
- The 400 Meter Freestyle and 400 Meter IM events will be held as "Open" events and will be swum in event order and in a "fast to slow" sequence.
- All 13-14, 15-16, and 17/O events will compete together but will be awarded separately.
- If conditions warrant it, the Meet Referee, with concurrence of the Meet Director may require a mandatory scratch down; refunds will be given at the Clerk of Course.
- No late entries. Fax entries, or entries without payment will not be accepted. No refunds will be made.
- **All Coaches and Deck Officials must wear their USA Swimming (USA-S) Registration Card in a visible manner.**

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 USAS 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 USAS 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 USAS Club Member-Coach. The swimmer must be certified by a USA Swimming 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 and alcohol products is prohibited on the pool deck, in the locker rooms, in the spectator seating area and in all areas used by swimmers during the meet and warm-up periods.
- Glass bottles are not allowed in all areas of the meet venue.
- Pets, not including guide dogs, are strictly prohibited in all areas of the meet venue.

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 the 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 meet registration fee). Duplicate Registrations will be refunded by mail.
- Swimmers in the "A" Division must have at least the listed "PC-A" time standard. Swimmers in the "B" Division must have met at least the listed "PC-B" time standard and have not met the listed "PC-A" 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.**
- Entry times submitted for this meet will be checked against a computer database and may change 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 the entry times and seeding per Pacific Swimming Policy.
- Swimmers 19 years and over may compete in 13 & Over events but may not receive awards.
- The Swimmers age will be the age of the swimmer on the first day of the meet.

ENTRY PRIORITY: Zone 1N swimmers from **BAC, PASA, OSC, DCD, BSC, PSL, MAV, HDAC and PPSC** entering online must do so by **11:59 PM, Wednesday, June 5th** in order to receive priority acceptance to the meet. **Surface mail entries must be postmarked by Monday, June 3rd** in order to receive priority acceptance to the meet. No swimmers other than those from BAC, PASA, OSC, DCD, BSC, PSL, MAV, HDAC, and PPSC may enter the meet until the preference period has concluded.

ENTRY FEES: \$2.75 per event, \$10 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

Make check payable to: **BAC (Burlingame Aquatic Club)**
Mail with entries to: Swim Meet Entries
P.O. Box 281
Burlingame, CA 94010

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmer's best time. Entries must be entered using the current Pacific Swimming form. Entries must be postmarked by midnight, **Monday, June 10th**, or hand delivered to the above stated address by **6:30 p.m. Wednesday, June 12th**. 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/bac20130621> 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 12th**, **11:59 PM.**

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. Swimmers who do not check-in will not be allowed to compete in the event.

SCRATCHES: Swimmers who do not check-in will not be allowed to compete in the event. 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: 6 & Under, 7-8, 9-10, 11-12, and 13-14. All 13-14, 15-16, and 17/O events will compete together but will be awarded separately. Swimmers 15 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 three day program will be available for a reasonable fee.

SNACK BAR: A Snack Bar will be open each day.

HOSPITALITY: Generous and friendly hospitality provided for officials, coaches, and volunteers. Lunches will be available for officials and coaches.

TIMERS: All participating teams are expected to provide lane timers based upon the number of swimmers registered to swim each day. Team timing lanes 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.

Number of swimmers per team per session	# of trained and certified officials required
0-24	0
25-50	1
51-75	2
76 -100	3
101 and up	4 and up (1 for every 25 swimmers)

EVENT SUMMARY

FRIDAY, June 21 st		SATURDAY, June 22 nd				SUNDAY, June 23 rd			
9 – 10	11 & O	8-UN	9-10	11-12	13-O	8-UN	9-10	11-12	13-O
400 FR	400 FR	100 FR	200 FR	100 FR	100 FR	50 FR	100 FR	100 FL	100 FL
	400 IM	50 FL	100 FL	50 FL	200 FL	50 BR	100 BR	200 IM	200 FR
			100 BK	100 BK	200 BK	50 BK	50 BK	50 BR	100 BR
			50 BR	200 BR	50 FR		200 IM	50 FR	200 IM

NOTE – ALL SWIMMERS IN THE 400 FREE AND 400 IM MUST PROVIDE THEIR OWN TIMERS

EVENTS

Girls #	Friday Session	Boys #
1	9 & Over 400 Free	2
3	11 & Over 400 IM	4

Girls #	Saturday Session A	Boys #
5	11 – 12 100 Free	
7	13 & Over 100 Free	8
9	11 – 12 50 Fly	
11	13 & Over 200 Fly	12
13	11 – 12 100 Back	
15	13 & Over 200 Back	16
17	11 – 12 200 Breast	
19	13 & Over 50 Free	20

Girls #	Saturday Session B	Boys #
21	9 – 10 200 Free	22
23	8 & Under 100 Free	24
	11 – 12 100 Free	26
27	9 – 10 100 Fly	28
29	8 & Under 50 Fly	30
	11 – 12 50 Fly	32
33	9 – 10 100 Back	34
	11 – 12 100 Back	36
37	9 – 10 50 Breast	38
	11 – 12 200 Breast	40

Girls #	Sunday Session A	Boys #
41	11 – 12 100 Fly	
43	13 & Over 100 Fly	44
45	11 – 12 200 IM	
47	13 & Over 200 Free	48
49	11 – 12 50 Breast	
51	13 & Over 100 Breast	52
53	11 – 12 50 Free	
55	13 & Over 200 IM	56

Girls #	Sunday Session B	Boys #
57	9 – 10 100 Free	58
59	8 & Under 50 Free	60
	11 – 12 100 Fly	62
63	9 – 10 100 Breast	64
65	8 & Under 50 Breast	66
	11 – 12 200 IM	68
69	9 – 10 50 Back	70
71	8 & Under 50 Back	72
	11 – 12 50 Breast	74
75	9 – 10 200 IM	76
	11 – 12 50 Free	78

BAC Long Course PC-C/B/A+ Burlingame High school June 21 – 23, 2013 Consolidated Entry Card		
Name:		
Last: First: MI:		
Club Abbr.	Club Name:	
Age:	Date of Birth:	Age Group:
USA-S Reg #:		Amt Paid:
Sex (Circle):	Boy	Girl
Event #	Distance/Stroke	Entry Time
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
Entries # _____ X \$2.75 = \$ _____ Swimmer Participation Fee: + \$ 10.00 ENTRY FEE TOTAL: = \$ _____		
Coach:		
Swimmer's Address:		
Phone #:		
E-Mail:		