

West Coast Aquatics  
PACIFIC SWIMMING Short COURSE C/B/A+ MEET  
Race to JOs  
March 7-8, 2015  
Enter Online: <http://ome.swimconnection.com/pc/WEST20150307>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-028**

*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://fastlanetek.com> or 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:**

<i>Meet Referee:</i> Jennifer McKennan	<i>Head Starter:</i> Phil Beisel
<i>Meet Marshal:</i> Son Diep	<i>Admin Official:</i> ChangChi Wang
<i>Meet Director:</i> Guiselle Morrone: <a href="mailto:teammanager@westcoastaquatics.org">teammanager@westcoastaquatics.org</a> /408-540-8569	

**LOCATION:** Frank Fiscalini International Swim Center at Independence High School, 627 North Jackson Avenue , San Jose, CA 95133.

**DIRECTIONS:** From Interstate-680, exit McKee Road and head west, away from foothills. Turn right at the first light, which is Jackson Avenue, turn left into the parking lot at the second traffic light, which is just after the football stadium. From Highway-101, exit McKee Road and head east toward the foothills. Go down McKee to the 7<sup>th</sup> traffic light which will be Jackson Avenue. Turn left on Jackson Avenue and the second light turn left into the parking lot. There is plenty of parking for all participants in front of the pool venue.

**COURSE:** **25 yard by 50 meter outdoor, heated** pool with up to **15** lanes available for competition. A separate 25 yard, **7** lane diving well 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 **4'5"** at the start end and **7'** 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 **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. **Gates for set up will open no earlier than 6:30 AM on Saturday and 6:30 AM on Sunday.**

**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 events will swim fast to slow
- 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.**
- **Swimmers competing in the 400 IM must provide their own timers, and swimmers in the 500 Free and 1000 Free must provide their own timers and lap counters.**

**ATTENTION HIGH SCHOOL SWIMMERS:** If you are a high school swimmer in season, you need to be Unattached from this meet. It is the swimmers 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.
- 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 observe, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or remove 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.

**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 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 and special accommodations on entry times and seeding per Pacific Swimming policy.
- Swimmers 19 years of age and over are eligible to compete in the meet for time only, no awards.
- 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, February 16, 2015 or entered online by 11:59 p.m. Monday, February 16, 2015 will be given priority acceptance. All entries from Zone 1 South, all other Pacific LSC zones, and other LSC's either postmarked by Monday February 23, 2015, entered online by 11:59 p.m. Wednesday, February 25, 2015, or hand delivered by 6:30 p.m. Wednesday, February 25, 2015, will be considered in the order that they are received or until meet cap is reached.**

**ENTRY FEES:** \$4.00 per event plus an \$8.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

**ONLINE ENTRIES:** To enter on-line go to <http://ome.swimconnection.com/pc/WEST20150307> 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, **February 25, 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, **February 23, 2015,** or hand delivered by 6:30 p.m. Wednesday, **February 25, 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: West Coast Aquatics**

**Mail entries to: Guiselle Morrone/WEST Meet Director**  
**6317 Grand Oak Way**  
**San Jose, CA 95135**

**Hand deliver entries to: Guiselle Morrone**  
**6317 Grand Oak Way**  
**San Jose, CA 95135**

**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 swimmer 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 eight by division (C/B/A+) will be provided for each age grouping (8/U, 9/10 10/U, 11-12, 13-14, 15-16, and 17-18) within each event. "A" medals will be provided for new "A" times. A team representative must pick up their swim team's awards at the conclusion of the meet at the awards desk. Awards will not be handed to individuals unless they are unattached. The 400 IM, and 1000 free will swim together as 11-18 event, but will be awarded in age grouping as listed above. All 10 & U events will be awarded as 8 & U and 9-10. Awards will not be mailed.

**ADMISSION:** Free. A 2 day program will be available at a reasonable price.

**SNACK BAR & HOSPITALITY:** A snack bar/food trucks 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. **Participating teams will be assigned timer assignments based on the number of swimmers entered from a team.**

## EVENT SUMMARY

Saturday				Sunday			
8 & UN	10 & Under	11-12	13-UP	8 & UN	10 & Under	11-12	13-UP
25 Back	50 Back	100 Back	200 Back	25 Fly	50 Free	50 Free	200 Free
25 Free	100 Free	100 Free	50 Free	25 Breast	100 Fly	50 Fly	100 Fly
	50 Breast	50 Breast	100 Breast		100 Back	100 Breast	100 Free
	50 Fly	100 Fly	200 Fly		100 Breast	200 IM	200 Breast
	500 Free	1000 Free	1000 Free		200 IM	400 IM	400 IM

## EVENTS

Saturday, March 7, 2015		
EVENT #	EVENT	EVENT #
1	11-12 100 Back	2
3	10 & UN 50 Back	4
5	13-UP 200 Back	6
7	8 & UN 25 Back	8
9	11-12 100 Free	10
11	13-UP 50 Free	12
13	10 & UN 100 Free	14
15	11-12 50 Breast	16
17	13-UP 100 Breast	18
19	10 & UN 50 Breast	20
21	11-12 100 Fly	22
23	8 & UN 25 Free	24
25	13-UP 200 Fly	26
27	10&UN 50 Fly	28
29	10&UN 500 Free**	30
31	11-UP 1000 Free**	32

Sunday, March 8, 2015		
EVENT #	EVENT	EVENT #
33	13-UP 200 Free	34
35	10&UN 50 Free	36
37	11-12 50 Free	38
39	8 & UN 25 Fly	40
41	13-UP 100 Fly	42
43	10&UN 100 Fly	44
45	11-12 50 Fly	46
47	13 & UP 100 Free	48
49	10 & UN 100 Back	50
51	11-12 100 Breast	52
53	10 & UN 100 Breast	54
55	13 & UP 200 Breast	56
57	8 & UN 25 Breast	58
59	11-12 200 IM	60
61	10 & UN 200 IM	62
63	11 - UP 400 IM**	64

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

\*\*The distance events (500 Free, 1000 Free, and 400 IM. Swimmers in these events must provide their own timer as well as lap counters for the two freestyle distance events.

Pacific Swimming – Hosted by WEST  
 Pacific Swimming Short Course C/B/A+  
 Race to JOs  
 March 7-8, 2015  
 Consolidated Entry Form

Name: Last,                      First                      Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M    F	LSC – (PC, SN)
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USA-#															
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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 \$4.00 = \$ \_\_\_\_\_  
 Participation Fee        \$ 8.00  
 Total                                \$ \_\_\_\_\_

Coach

Swimmer's  
Address

Home Phone	Cell Phone
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Email