

**WEST COAST AQUATICS**  
**LONG COURSE SENIOR OPEN MEET**  
co-sponsored by Pacific Swimming  
April 2-3, 2016

Enter Online: <http://ome.swimconnection.com/pc/west20160402>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **16-041**

*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 will be posted in real time on the Internet at <http://www.fastlanetek.com> and 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.

**OFFICIALS:**

<b>Meet Referee:</b> Paul Reidl	<b>Head Starter:</b> George Cleveland
<b>Meet Marshal:</b> Le Nguyen	<b>Admin Official:</b> Curtiss Kikuta
<b>Meet Director:</b> Guiselle Morrone – <a href="mailto:teammanager@westcoastaquatics.org">teammanager@westcoastaquatics.org</a>	

**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:** Outdoor 50 meter by 25 yard outdoor, heated pool with up to 8 lanes available for competition. A separate 25 yard, 7 lanes 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 and 7' end and 13'0" 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.

**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.
- Athletes may compete in **3** events per day.
- 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.
- The 800 and 1500 Freestyles will be swum fast to slow alternating women's and men's heats.
- All athletes competing in the 800 and/or 1500 Freestyles must provide their own timers and lap counters.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

**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 athlete or the athlete's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the athlete 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.

**ATTENTION HIGH SCHOOL ATHLETES:** If you are a high school swimmer in season, you need to be Unattached from this meet. It is

the athlete's responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**RACING STARTS:** Athletes 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 athlete or the athlete'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 athletes, 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 heaters are permitted except for snack bar/meet operations. Or any other open flame devices.
- 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.

**ELIGIBILITY:** • Athletes 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 athlete with the registration and times database. The meet host will check all athlete 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.

- Athletes 13/Over are eligible to enter this meet. There is no proof of time. Entry times should be the athlete's actual time and not the minimum standard.
- Athletes 11 and 12 years of age must meet the Senior Open time standard as outlined by Pacific Swimming time verification procedures. No refunds will be given if a time cannot be proven.
- Athletes under the age of 11 years are not eligible to compete.
- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- No time conversion will be accepted.
- Entries with "NO TIME" will be rejected.

**SEEDING:** Event seeding will be in the following order: conforming long course meters, non-conforming short course yards, and non-conforming short course meters - USA Swimming rules 207.11.7B. **See Rules for distance events seeding.**

**CHECK-IN:** The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. 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. Athletes who do not check-in will not be allowed to compete in the event.

**SCRATCH RULE:** Athletes entered in a timed final individual event that is seeded on the deck 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 that they wish to scratch. Failure to swim an event will result in being barred from their next individual event in which the athlete is entered on that day or the next meet day, whichever is first.

**ENTRY FEES:** \$6.50 per individual event plus a \$10.00 per athlete participation fee. Entries will be rejected if payment is not sent at time of request. No late entries will be accepted. No refunds will be made, except mandatory scratch downs.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/west20160402> 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 an athlete by Pacific Swimming.** Online entries will be accepted through Wednesday, **March 16, 2016.**

**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 procedure: and postmarked by midnight, Monday, **March 14, 2016** or hand delivered by 6:30 p.m. Wednesday, March 16, 2016. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: West Coast Aquatics**

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

**AWARDS:** None.

**ADMISSION:** Free. A program will be available for a small fee

**HOSPITALITY & SNACK BAR:** A snack bar will be available throughout the competition. Hospitality available for coaches, officials, timers, and volunteers. Lunches will be provided for coaches and working deck officials.

**ORDER OF EVENTS**

Saturday February 20, 2016		
EVENT #	EVENT	EVENT #
1	400 FREE	2
3	100 BREAST	4
5	100 FLY	6
7	200 IM	8
9	100 FREE	10
11	200 FLY	12
13	1500 FREE	14

Sunday February 21, 2016		
EVENT #	EVENT	EVENT #
15	200 BACK	16
17	200 BREAST	18
19	100 BACK	20
21	50 FREE	22
23	200 FREE	24
25	400 IM	26
27	800 FREE	28

Events 13-14 and 27-28 will be swum fastest to slowest alternating women and men

There will be a 10 minute break before the start of these events

Time standards may be found at: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by West Coast Aquatics SENIOR OPEN April 2 - 3, 2016 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 / SCM				
							: .		SCY / LCM / SCM				
							: .		SCY / LCM / SCM				
							: .		SCY / LCM / SCM				
							: .		SCY / LCM / SCM				
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							: .		SCY / LCM / SCM				
							: .		SCY / LCM / SCM				
							: .		SCY / LCM / SCM				
							: .		SCY / LCM / SCM				
# of entries _____ x \$6.50 = \$ _____ Participation Fee                      \$10.00 Total    \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													