

**SOUTH SAN FRANCISCO AQUATIC CLUB
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
SATURDAY AND SUNDAY, SEPTEMBER 19-20, 2015**

Enter Online: <http://ome.swimconnection.com/pc/ssf20150919>



SANCTION: Held under USA/Pacific Swimming Sanction No. **15-120**

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://results.teamunify.com/ssf/index.html>.**

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: Brett Shaug Head Starter: Joanna Dunn
Meet Marshal: Manuel Solano Admin Official: Darryl Woo
Meet Director: Stephanie Kuang – skuang168@yahoo.com

LOCATION: Jean E. Brink Swimming Pool, Oceana High School, 401 Paloma Avenue, Pacifica, CA 94044-2436

DIRECTIONS: **From San Francisco/I-280:** Take HWY 1 SOUTH into Pacifica. EXIT the POLOMA/FRANCISCO exit. Turn LEFT at the end of the off-ramp stop sign, and cross over the Highway 1 overpass. After the overpass is a stop sign. Continue STRAIGHT/EAST. After the next stop sign, continue EAST half a block. Oceana Pool is the first driveway on your left. Please PARK on the STREET. **From Half Moon Bay:** Take HWY 1 NORTH into Pacifica. EXIT the OCEANA / CLARENDON exit. At the end of the off ramp is a stop sign. Continue STRAIGHT / NORTH for about 1/4 mile along Oceana until you reach the next stop sign. At the stop sign take a RIGHT to the next stop sign. Oceana Pool is the first driveway on your left. Please PARK on the STREET.

COURSE: INDOOR 25 YARD pool with up to Seven (7) lanes available for competition. An additional Three (3) lanes 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 5' at the start end and 5' at the turn end. In accordance with Article 104.2.2C(4) the competition course has not been certified.

TIME: SESSION A (10 & Under and 11-12 BOYS): Meet Begins at 8:30 AM, Warm Up is from 7:00-8:15 AM.

SESSION B (13 & OVER and 11-12 GIRLS): Session B will begin 1 hour after Session A finishes, but not before 11:30 am.

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.
- All events will swim fast to slow.
- Swimmers may compete in **MAXIMUM of Three (3)** events per day, plus relays.
- 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.**

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.
- Restricted access area the East and South ends of the swimming pool deck. Access only for Competitors, Coaches, Officials, and meet Staff/Volunteers and Timers. No Flash Photography.
- 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:

- 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 and 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 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. Relays \$9.00 per relay team, teams must enter their relays online or by mail/hand delivery by 11:59 pm September 9, 2015.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/ssf20150919> 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, September 9, 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, September 7, 2015** or hand delivered by 6:30 p.m. **Wednesday, September 9, 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: South San Francisco Aquatic Club

Mail entries to: Stephanie Kuang
2221 Kenry Way
South San Francisco, CA 94080

Hand deliver entries to: Marcus Nava
781 Tennis Drive
South San Francisco, CA 94030

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 1st thru 8th place for individual events in the A, B, and C divisions: 8 & under, 9/10, 11/12, 13/14, 15-18. No ribbons for swimmers 19 and over. Standard "A" medals awarded to swimmers achieving NEW National Motivational "A" times (PC-A for 8 & Under Swimmers) in each event regardless of place achieved in the event. All awards to be picked up by coaches at end of each session. Awards will not be mailed out.

ADMISSION: Free. A 2-day program will be available for a reasonable fee.

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.

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

Club swimmers entered in session	Trained and carded officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5 (+1 for every additional 25 swimmers)

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
100 F.R.	200 F.R.	200 F.R.	200 F.R.	100 M.R.	200 M.R.	200 M.R.	200 M.R.
100 IM	100 IM	100 BK	100 BK	100 FR	200 FR	100 FL	100 FL
25 BR	100 BR	50 FR	50 FR	50 BR	50 BR	50 BR	200 BR
50 FL	50 FL	100 BR	100 BR	25 FL	100 FL	100 FR	100 FR
25 FR	100 FR	50 FL	200 FR	25 BK	50 BK	200 IM	200 IM

EVENTS

SATURDAY, SEPT. 19th		
Event #	Event	Event #
1	8 & U 100 Free Relay	2
3	9-10 200 Free Relay	4
	11-12 200 Free Relay	6
7	9-10 100 I.M.	8
9	8-UN 100 I.M.	10
	11-12 100 Back	12
13	9-10 100 Breast	14
15	8-UN 25 Breast	16
	11-12 50 Free	18
19	9-10 50 Fly	20
21	8-UN 50 Fly	22
	11-12 100 Breast	24
25	9-10 100 Free	26
27	8-UN 25 Free	28
	11-12 50 Fly	30
SESSION B		
31	11-12 200 Free Relay	
33	13-18 200 Free Relay	34
35	11-12 100 Back	
37	13-14 100 Back	38
39	15-O 100 Back	40
41	11-12 50 Free	
43	13-14 50 Free	44
45	15-O 50 Free	46
47	11-12 100 Breast	
49	13-14 100 Breast	50
51	15-O 100 Breast	52
53	11-12 50 Fly	
55	13-14 200 Free	56
57	15-O 200 Free	58

SUNDAY, SEPT. 20th		
Event #	Event	Event #
59	8 & U 100 Medley Relay	60
61	9-10 200 Medley Relay	62
	11-12 200 Medley Relay	64
	11-12 100 Fly	66
67	8-UN 100 Free	68
69	9-10 200 Free	70
	11-12 50 Breast	72
73	8-UN 50 Breast	74
75	9-10 50 Breast	76
	11-12 100 Free	78
79	8-UN 25 Fly	80
81	9-10 100 Fly	82
	11-12 200 IM	84
85	8-Un 25 Back	86
87	9-10 50 Back	88
SESSION B		
89	11-12 200 Medley Relay	
91	13-18 200 Medley Relay	92
93	11-12 100 Fly	
95	13-14 100 Fly	96
97	15-O 100 Fly	98
99	11-12 50 Breast	
101	13-14 200 Breast	102
103	15-O 200 Breast	104
105	11-12 100 Free	
107	13-14 100 Free	108
109	15-O 100 Free	110
111	11-12 200 IM	
113	13-14 200 IM	114
115	15-O 200 IM	116

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

Pacific Swimming – Hosted by South San Francisco Aquatic Club Short Course C/B/A+ September 19 – 20, 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				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													

RELAY ENTRY FORM

CLUB				LSC		CLUB ABBREVIATION	
Saturday, September 19, 2015							
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
Sunday, September 20, 2015							
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
COACH NAME					# RELAYS		
					RELAY X \$9.00 EA.		
COACH EMAIL					TOTAL		\$