

**PACIFICA SEA LIONS  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET**

**Saturday and Sunday, February 6-7, 2016**

**Z1N Teams Assigned: PSL, DACA, SSF, OSC, DCD, BSC, MCAC, PPSC, MLKB, STAR, MAV, YEMB**

**Enter Online: <http://ome.swimconnection.com/pc/PSL20160206>**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **16-022**

*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/psl/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:**

<b>Meet Referee:</b> Paul Reidl	<b>Head Starter:</b> Robert Iacobacci
<b>Meet Marshal:</b> Gina Harmon	<b>Admin Official:</b> Darryl Woo
<b>Meet Director:</b> Magda Carranza <a href="mailto:coachmagda.mc@gmail.com">coachmagda.mc@gmail.com</a>	<b>650-738-7460</b>

**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. The competition course has not been certified in accordance with Article 104.2.2C(4).

**TIME:** **SESSION A (11-12 Girls and All 13 & Over Swimmers):** Meet begins at 8:30 AM; Warm-Up is from 7:00 – 8:15 AM.  
**SESSION B (11-12 Boys and All 10 & Under Swimmers):** Session B will begin 1 hour after Session A finishes, but not before 12:30 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.
- All events will swim fast to slow.
- Swimmers may compete in a maximum of Four (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.
- 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 swimmers in the 500 Free must provide their own lane timers and lap counters. Swimmers in the 400 IM must provide their own lane timers.
- Swimmers competing in the 9-10 500 Free must have achieved the USA-S Motivational “B” time for their gender.
- All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

**ATTENTION HIGH SCHOOL SWIMMERS:** If you are a high school swimmer in competition season, you need to be unattached from this meet. It is your 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 swimmers 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.
- There will be no swimmer/spectator seating on the pool deck.
- 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:**

- 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. (Exception – 9/10 500 Free. See rules)**
- 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 any 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 swimmers age will be the age of the swimmer on the first day of the meet

**ENTRY PRIORITY:** PSL, DACA, SSF, OSC,DCD, BSC, MCAC,PPSC, MLKB, STAR, MAV, YEMB swimmers entering online must do so by 11:59 PM, Wednesday, **Jan. 20th** in order to receive priority acceptance to the meet. Zone 1N Swimmer's surface mail entries must be postmarked by Tuesday, Jan. 19<sup>th</sup> in order to receive priority acceptance to the meet. No swimmers other than those from PSL, DACA, SSF, OSC,DCD, BSC, MCAC,PPSC, MLKB, STAR, MAV, YEMB may enter the meet until the preference period has concluded.

**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. No refunds will be made, except mandatory scratch downs.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/psl20160206> 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, Jan. 27th or until meet has been filled. There are No Refunds.

**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, January 25 or hand delivered by 6:30 p.m. Wednesday, Jan. 27th. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Pacifica Sea Lions Aquatics**

**Mail entries to: Magda Carranza**  
646 Foothill Dr.  
Pacifica Ca, 94044

**Hand deliver entries to: Magda Carranza**  
1810 Francisco Blvd.  
Pacifica Ca, 94044

**CHECK-IN:** The meet will be deck seeded. Swimmers 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 individual events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. 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 (PCA 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. There WILL NOT BE a program available

**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. Please be courteous to the sounding neighbors. There will be two public parking lots available above the pool.

**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
50 BK	100Bk	200 BK	100Fr	25 Fr	200 Fr	200 IM	50 Fr
25 Fly	200IM	50Fr	200 IM	25 Br	100 FR	50 BK	100 FLY
50 Fr	50 Fly	200Br	200Fly	100 IM	50 BR	200 Fly	200 FR
50 Br	100 Br	100 IM	100 Br	50 Fly	100 Fly	100 Fr	100 Bk
100Fr	50Fr	50 Fly	200Bk	25 Bk	50 Bk	50 Br	200 Br
	500Fr*	400IM			100 IM	200 Fr	500 Fr

**EVENTS**

<b>SATURDAY, February 6</b>		
<b>Event #</b>	<b>Event</b>	<b>Event #</b>
1	13 & O 100 Free	2
3	11-12 200 Back	
5	13 & O 200 IM	6
7	11-12 50 Free	
9	13 & O 200 Fly	10
11	11-12 200 Breast	
13	13 & O 100 Breast	14
15	11-12 100 IM	
17	13 & O 200 Back	18
19	11-12 50 Fly	
21	11-12 400 IM	
<b>SESSION B</b>		
	11-12 200 Back	24
25	9-10 100 Back	26
27	8 & UN 50 Back	28
	11-12 50 Free	30
31	9-10 200 IM	32
33	8 & UN 25 Fly	34
	11-12 200 Breast	36
37	9-10 50 Fly	38
39	8 & UN 50 Free	40
	11-12 100 IM	42
43	9-10 100 Breast	44
45	8 & UN 50 Breast	46
	11-12 50 Fly	48
49	9-10 50 Free	50
51	8 & Under 100 Free	52
53	9-10 500 free	54
	11-12 400 IM	56

<b>SUNDAY, February 7</b>		
<b>Event #</b>	<b>Event</b>	<b>Event #</b>
57	11-12 200 IM	
59	13 & O 50 Free	60
61	11-12 50 Back	
63	13 & O 100 Fly	64
65	11-12 200 Fly	
67	13 & O 200 Free	68
69	11-12 100 Free	
71	13 & O 100 Back	72
73	11-12 50 Breast	
75	13 & O 200 Breast	76
77	11-12 200 Free	
79	13 & O 500 Free	80
<b>SESSION B</b>		
	11-12 200 IM	82
83	9-10 200 Free	84
85	8 & UN 25 Free	86
	11-12 50 Back	88
89	9-10 100 Free	90
91	8 & UN 25 Breast	92
	11-12 200 Fly	94
95	9-10 50 Breast	96
97	8 & UN 100 IM	98
	11-12 100 Free	100
101	9-10 100 Fly	102
103	8 & Under 50 Fly	104
	11-12 50 Breast	106
107	9-10 50 Back	108
109	8 & Under 25 back	110
	11-12 200 free	112
113	9-10 100 IM	114

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

All 9-10 swimmers in the 500 yard freestyle must have met the National "B" Standard

Swimmers must provide their own timers for the 500 free & 400 IM.

Pacific Swimming – Hosted by Pacifica Sea Lions C/B/A+ Sat-Sun, Feb. 6-7 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				
						: .			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													