

SANCTION: Held under USA/Pacific Swimming Sanction No. **15-112**

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 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> Mike McCombs	<i>Head Starter:</i> Jennifer McKennan
<i>Meet Marshal:</i> Dolores Akin	<i>Admin Official:</i> Phil Keslin
<i>Meet Director:</i> Liv Lyons QSSmeetdirector@gmail.com (925) 285-9934	
Kim Calleja-Harris swimgss@gmail.com	

LOCATION: Gunderson High School Pool, 622 Gaundabert Lane, San Jose, CA 95136.

DIRECTIONS: From 85-S, take Santa Teresa exit, turn right on Thornwood Drive, right on Winfield, right on Chynoweth. The pool is located in the back of the campus past the football field off Chynoweth Drive. Parking is available near the front entrance of pool, in the front of the school, and overflow parking in the neighborhood.

COURSE: Outdoor 50 meter pool with up to 9 lanes available for competition. An additional 6 lanes will be available for warm-up/cool down throughout the competition. The minimum water depth at the shallow end course, measured in accordance with Article 103.2.3, is 7' at the start end and 4' 6" 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 4:45 PM each day with warm-ups from 3:00 to 4:15 PM 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.
- Swimmers may compete in **3** events.
- All swimmers ages 12 and under should complete competition within four (4) hours.
- 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.**
- Coaches will be limited to entering a total of 2 heats in event numbers 1, 2, 3 and 4. Coaches will be limited to entering a total of 4 heats in events 5 and 6. The meet director will coordinate with coaches to ensure entries remain under the heat limit.

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, or 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 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.
- Only Coaches EZ-Ups will be allowed on the pool deck. Set-up is allowed outside the yellow bars of the pool deck, on the bleachers, and in distinguished areas outside the pool gates.

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.
- **Entries with "NO TIME" entries 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 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.
- The swimmer's age will be the age of the swimmer on the first day of the meet.
- Swimmers must be part of PASA, WEST, TIDE or QSS. All PASA Swimmers must train at the Fremont Hills facility. Swimmers who are unattached, but participating with PASA (Fremont-Hills facility), WEST, TIDE, or QSS are eligible to enter the meet.

ONLINE ENTRIES: Each team must send a SD3 file to omlyons@gmail.com by July 3rd.

Make check payable to: QuickSilver Swimming

ENTRY FEES: \$4.00 per event plus a \$10.00 participation fee per swimmer. Each team must submit a team check.

CHECK-IN: The meet will be pre-seeded.

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: No awards.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar may be available. Coaches and working deck officials will be provided snacks.

EVENTS

Wednesday, July 8th		
Event #	Event	Event #
1	11 & Up 400 IM	2
3	10 & Under 200 IM	4
5	11 & Up 200 Free	6
7	10 & Under 50 Free	8
9	11 & Up 50 Free	10
11	10 & Under 50 Back	12
13	11 & Up 100 Back	14
15	10 & Under 50 Breast	16
17	11 & Up 100 Breast	18
19	10 & Under 50 Fly	20
21	11 & Up 100 Fly	22
23	11 & Up 100 Free	24
25	10 & Under 100 Free	26
27	8 & Under 200 Free Relay	28
29	10 & Under 200 Free Relay	30
31	11-12 200 Free Relay	32
33	13-14 200 Free Relay	34
35	15 & up 200 Free Relay	36