

**BULLDOG SWIM CLUB  
FIRST CHANCE LONG COURSE C/B/A+ MEET  
SATURDAY MARCH 26, 2016**

Enter Online: <http://ome.swimconnection.com/pc/BSC20160326>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **16-035**

*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/pcbsc/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:**

<i>Meet Referee:</i> Nan McKenna	<i>Head Starter:</i> Robert Iacobacci
<i>Meet Marshal:</i> Eric Lucero	<i>Admin Official:</i> Darryl Woo
<i>Meet Director:</i> Jim Stretch <a href="mailto:stretchj@smccd.edu">-stretchj@smccd.edu</a>	

**LOCATION:** CSM AQUATIC CENTER, 1700 W. HILLSDALE BLVD, BUILDING #5, SAN MATEO, CA 94402

**DIRECTIONS:** **From Hwy 280:** take Hwy 92 east towards San Mateo, West Hillsdale Blvd. exit. Turn left at signal and proceed uphill through 2nd and 3rd sets of traffic lights. Turn right onto campus at College Heights Drive. **From Hwy 101:** take Hwy 92 west towards Half Moon Bay, West Hillsdale Blvd exit. Turn right and proceed up hill through 2nd and 3rd sets of traffic lights. Turn right onto campus at College Heights Drive. There is a drop off area at BLDG. #5 near the flagpoles

**COURSE:** Outdoor 50 Meter pool with up to eight 8 lanes available for competition. A separate pool will offer two (2) short course 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 104.2.2C(4).

**TIME:** SESSION A (12 & Under Swimmers): Meet begins at 8:30AM, warm-up from 7:00 to 8:15AM.  
SESSION B (13 & Over Swimmers): Session B will begin one hour after Session A finishes, but not before 12:00 PM. Session B warm-up will begin immediately upon completion of Session A

**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 **three (3)** events.
- All athletes 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 athlete's age and gender.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down or cancel relay event(s). Immediate cash refunds will be made for any mandatory scratches.
- Athletes in the 400 IM and 400 Freestyle must submit a time, NT entries will be rejected.
- Athletes in the 400 IM and 400 Freestyle must provide their own timers.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

**ATTENTION HIGH SCHOOL ATHLETES:** If you are a high school athlete 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).

**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.

**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 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.
- **OBEY POSTED PARKING RESTRICTIONS. DO NOT PARK IN SMAC MEMBER OR STAFF AREAS. MEET PARTICIPANTS SHOULD PARK IN BEETHOVEN LOTS WHERE PERMITS ARE NOT REQUIRED ON WEEKENDS.**
- **MEET PATRONS ARE NOT ALLOWED TO USE SMAC'S MEMBER-ONLY LOCKER-SHOWER ROOMS**

**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.
- Swimmers in the "A" Division must have met at least USA Swimming Motivational "A" minimum time standard. Athletes 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 – 400 Free/400 IM 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 athletes 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.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such athletes must have met standards for the 17-18 age group.
- The athlete's age will be the age of the athlete on the first day of the meet.

**ENTRY PRIORITY:** Zone 1 North athletes entering online must do so by **11:59 PM on Wednesday, March 2, 2016** in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by Monday, February 29th in order to receive priority acceptance to the meet. No athletes other than those from **Pacific Swimming Zone 1 North** may enter the meet until the preference period has concluded.

**ENTRY FEES:** \$4.00 per event plus a **\$10.00** participation fee per athlete. 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/BSC20160326> 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 11:59pm 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 athlete’s best time. Entries must be postmarked by midnight, Monday, **March 14**, or hand delivered by 6:30 p.m. Wednesday, **March 16, 2016**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: BULLDOG SWIM CLUB**

**Mail entries to: Jim Stretch, Meet Director**  
**1700 W. Hillsdale Blvd. #5**  
**San Mateo, CA 94402**

**Hand deliver entries to:**

**Jim Stretch c/o SMAC**  
**1700 W. Hillsdale Blvd. Bldg. #5**  
**San Mateo, CA 94402**

**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 individual 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 seeded and will not be allowed to compete in that event.

**SCRATCHES:** Any athletes 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/un, 9/10, 11/12, 13-14. Standard “A” medals awarded to swimmers achieving NEW “A” times in each event regardless of place achieved in the event. Athletes who have prior “A” time in any event they compete in, regardless of course the time was earned in, will not receive “A” medal. All awards to be picked up by coaches at end of each session. Awards will not be mailed out.

**ADMISSION:** Free. Programs will not be printed for sale. A psych sheet will be emailed to coaches of participating clubs for distribution to their teams (non-Z1N clubs should supply an email address to Meet Director in order to receive this email).

**SNACK BAR & HOSPITALITY:** A snack bar or refreshments for purchase may be available at the venue. 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:** All clubs participating are expected to adhere to Zone 1 North rules for providing officials. Each club must provide officials for each session according to the number of swimmers entered in that session, following the table below. Clubs 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			
12 & U			13 & O
200 IM			200 Free
50 Fly			100 Breast
100 Back			200 Back
50 Breast			100 Fly
100 Free			200 Breast
50 Back			100 Free
100 Breast			200 Fly
50 Free			100 Back
100 Fly			50 Free
400 Free			400 IM

**EVENTS**

<b>SATURDAY, March 26<sup>th</sup></b>		
<b>SESSION A</b>		
<b>GIRLS #</b>	<b>EVENT</b>	<b>BOYS #</b>
<b>1</b>	12 & U 200 IM	<b>2</b>
<b>3</b>	12 & U 50 Fly	<b>4</b>
<b>5</b>	12 & U 100 Back	<b>6</b>
<b>7</b>	12 & U 50 Breast	<b>8</b>
<b>9</b>	12 & U 100 Free	<b>10</b>
<b>11</b>	12 & U 50 Back	<b>12</b>
<b>13</b>	12 & U 100 Breast	<b>14</b>
<b>15</b>	12 & U 50 Free	<b>16</b>
<b>17</b>	12 & U 100 Fly	<b>18</b>
<b>19*</b>	12 & U 400 Free	<b>20*</b>

<b>SESSION B</b>		
<b>21</b>	13 & O 200 Free	<b>22</b>
<b>23</b>	13 & O 100 Breast	<b>24</b>
<b>25</b>	13 & O 200 Back	<b>26</b>
<b>27</b>	13 & O 100 Fly	<b>28</b>
<b>29</b>	13 & O 200 Breast	<b>30</b>
<b>31</b>	13 & O 100 Free	<b>32</b>
<b>33</b>	13 & O 200 Fly	<b>34</b>
<b>35</b>	13 & O 100 Back	<b>36</b>
<b>37</b>	13 & O 50 Free	<b>38</b>
<b>39*</b>	13 & O 400 IM	<b>40*</b>

\*Athletes in the 400 IM and 400 Freestyle must submit a time, NT entries will be rejected.

Athletes in the 400 IM and 400 Freestyle must provide their own timers.

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

Pacific Swimming – Hosted by BSC C/B/A+ MEET March 26, 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				
						: .			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        \$ 10.00 Total                        \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													