

**PALO ALTO STANFORD AQUATICS  
LONG COURSE INTRASQUAD MEET  
SUNDAY, JULY 24, 2016**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **16-113**

*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.

**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 electronic devices, including but not limited to film and digital camera, cell phones and tablets, and Google Glass is not permitted in changing areas, restrooms or locker rooms. Violation of this recording prohibition may result in the ejection from the swimming pool facility by the Meet Referee or his/her designee.

**OFFICIALS:**

<b>Meet Referee:</b> Jimmy Hong	<b>Head Starter:</b> Karl Nakamura
<b>Meet Marshal:</b> Kayla Tom	<b>Admin Official:</b> Robin Stewart
<b>Meet Director:</b> Joe Brinkman – <a href="mailto:coachjoebrinkman@gmail.com">coachjoebrinkman@gmail.com</a>	

**LOCATION:** Foothill College. 12345 El Monte Road, Los Altos Hills, CA 94022

**COURSE:** Outdoor, heated, 50 meter pool. Up to 8 lanes will be used for competition. A warm-up and cool-down area will be available during the meet. The minimum water depth, measured in accordance with Article 103.2.3 is 4'5" at the start end and 13' at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

**TIME:** Meet begins at 8:30 AM, with warm-up from 7:30-8:30 am.

**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.
- Athletes may compete in a **maximum of five (5)** events per day.
- All events will run fastest to slowest.
- 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 ATHLETES:** 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 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 must be currently registered as PASA or UN-PASA in order to compete.
- Entries with "**NO TIME**" will be **ACCEPTED**.
- Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- The athlete's age will be the age of the athlete on the first day of the meet.

**ENTRY FEES:** There is no entry fee for this meet.

**ENTRIES:** Entries will only be accepted via Hytek team entry. Entry times must be submitted in LCM using Hytek. Entries should be submitted to Joe Brinkman at [coachjoebrinkman@gmail.com](mailto:coachjoebrinkman@gmail.com) by July 18.

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

**SCRATCHES:** Athletes shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. Any athlete not reporting for or competing in an individual timed final event **shall not** be penalized.

**AWARDS:** None.

**ADMISSION:** Free.

**REFRESHMENTS:** A snack bar will not be available. Coaches and working deck officials will be provided light refreshments.

## EVENTS

SUNDAY JULY 24 <sup>th</sup>		
GIRLS #	EVENT	BOYS #
1	OPEN 50 FLY	2
3	OPEN 100 FLY	4
5	OPEN 200 FLY	6
7	OPEN 50 BACK	8
9	OPEN 100 BACK	10
11	OPEN 200 BACK	12
13	OPEN 50 BREAST	14
15	OPEN 100 BREAST	16
17	OPEN 200 BREAST	18
19	OPEN 50 FREE	20
21	OPEN 100 FREE	22
23	OPEN 200 FREE	24
25	OPEN 200 IM	26
27	OPEN 400 IM	28
29	OPEN 400 FREE	30
31	OPEN 800 FREE	32
33	OPEN 1500 FREE	34

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

Athletes competing in the 800 free & 1500 free need their own timers and lap counters.