

**PACIFIC SWIMMING SHORT COURSE SUPER LEAGUE #1**  
**HOSTED BY PALO ALTO STANFORD AQUATICS**  
**CO-SPONSERED BY PACIFIC SWIMMING**  
**INVITED TEAMS: PASA, NBA, SCSC**  
**SATURDAY, SEPTEMBER 27, 2014**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **14-175**

*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 [www.fastlanetek.com](http://www.fastlanetek.com)**

**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:** Nan McKenna      **Head Starter:** Kirt Williams  
                                 **Meet Marshal:** Rodney Centeno      **Admin Official:** Larry Rice  
                                 **Meet Director:** Gaku R. Ito, [coachgakuito@gmail.com](mailto:coachgakuito@gmail.com)

**LOCATION:** Alpine Hills Tennis & Swimming Club. 4139 Alpine Road, Portola Valley, CA 94028.

**DIRECTIONS:** From 280: Exit Alpine Road. Head West on Alpine Road for approximately 3 miles. Alpine Hills will be on the left. Limited parking available in back lot located on Los Trancos Road past Alpine Hills front entrance. Please park in lower lot.

**COURSE:** 25 yard x 25 meter outdoor, heated pool with up to 8 lanes available for competition. An additional 2 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 7'0" at the start end and 7'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** Meet will begin at **10:00 AM** on Saturday with warm-ups from **9:00** to **9:45 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
- All events will swim fast to slow.
- Swimmers may compete in **3 individual and 2 relay** events per day.
- 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.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.
- 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 competing at this meet must be members of PASA, NBA or SCSC.
- 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.
- 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.
- Unattached swimmers may compete, but may not score team points. Unattached swimmers will be seeded the same as attached swimmers
- Entries with **"NO TIME" will be accepted.**
- The swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRY FEES:** There are no entry fees.

**ONLINE ENTRIES:** Submit entries to [franz@fastlanetek.net](mailto:franz@fastlanetek.net) via Hytek entry file by Wednesday September 24, 2014.

**RELAY ENTRIES:** Relay Cards with any adjustments to athletes must be filled out completely by the coaches and turned in by 9:30 AM the day of the meet. Both the 400 yard Medley Relay and the 400 yard Free relay will be swum as a MIXED relay, with relay team consisting of 2 girls and 2 boys in no particular order.

**SEEDING:** The meet will be pre-seeded.

**SCRATCHES:** There is NO penalty for a swimmer entered in this meet that misses his/her event.

**SCORING:** There is a limit of three (3) scoring individual swimmers per event per team, and a limit of two (2) scoring relays per team.

**Each individual event and relay event will be scored as below:**

<b>Individual</b>	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>	<b>5<sup>th</sup></b>	<b>Relay</b>	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b>
	<b>9</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>		<b>11</b>	<b>4</b>	<b>2</b>

**AWARDS:** None

**ADMISSION:** Free. Programs will not be available for purchase.

**SNACK BAR & HOSPITALITY:** A snack bar will be available during the meet. Light hospitality will be available for working officials and coaches.

**MISCELLANEOUS:** No overnight parking allowed. No noise makers allowed in pool facility. Parents please respect the area designated for coaches and officials (i.e. do not sit or stand in front of coaches or officials).

EVENTS

Saturday September 27, 2014

WOMEN'S EVENT #	DESCRIPTION		MEN'S EVENT #
	AGE GROUP	EVENT	
1	Open	Mixed 400 Medley Relay	
2	Open	1000 Free	3
4	Open	200 Free	5
6	Open	200 Fly	7
8	Open	100 Back	9
10	Open	100 Breast	11
12	Open	50 Free	13
<b>Scheduled Break</b>			
14	Open	100 Fly	15
16	Open	200 Back	17
18	Open	200 Breast	19
20	Open	500 Free	21
22	Open	100 Free	23
<b>Scheduled Break</b>			
24	Open	400 IM	25
26	Open	Mixed 400 Free Relay	