

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **14-028**

*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.**

**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, 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.

**OFFICIALS:**      *Meet Referee:* MIKE PICCARDO      *Head Starter:* GEORGE CLEVELAND      *Admin Official:* CURTISS KIKUTA  
                         *Meet Marshal:* LOU THOMAS      *Meet Director:* CATHY MANTHEY, [cmanthey@vcs.net](mailto:cmanthey@vcs.net)

**LOCATION:** Valley Christian High School Skyway Campus, 100 Skyway Drive, San Jose, CA 95111

**COURSE:** Outdoor, 50 meter 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 9' at the start end and 6'6" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** Meet will begin at 9:00 AM each day with warm-ups from 7:30 AM to 8:45 AM each day. A special warm-up time for 8 and under swimmers only will be held from 8:20 AM to 8:45 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.
- Swimmers may compete in a **maximum of 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 coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**
- **This meet will be capped at 375 swimmers per day.**

**ATTENTION HIGH SCHOOL SWIMMERS (February through May):** If you are a high school swimmer in season, you need to be Unattached from this meet. It is the swimmers 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 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.
- Use of elevators by swimmers is prohibited.

**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 the listed "PC-A" time standard. Swimmers in the "B" Division must have met at least the listed "PC-B" time standard. All entry times slower than the listed "PC-B" time standard will be in the "C" Division.
- Entries with "NO TIME" 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 and 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.

**ENTRY PRIORITY: Zone 1 South attached swimmers will be given priority to this meet. As a result, only Zone 1 South swimmers will be accepted up through March 10, 2014. Assuming the meet is not capped by March 10, 2014, the meet will be open to other Zone attached swimmers after March 10, 2014.**

**ENTRY FEES:** \$2.75 per event plus a \$10.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/VS20140329> 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, March 19, 2014.

**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, March 17, 2014 or hand delivered by 6:30 p.m. Wednesday, March 19, 2014. No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to:** Valley Splash

<b>Mail entries to:</b> Cathy Manthey 100 Skyway Drive San Jose, CA 95111	<b>Hand deliver entries to:</b> Cathy Manthey, Aquatics Office 100 Skyway Drive San Jose, CA 95111
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**CHECK-IN:** The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. 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. No event shall be closed more than 30 minutes before the scheduled start of the session. Swimmers who do not check in will not be seeded and will not be allowed to compete in that event.

**SCRATCHES:** Swimmers entered in an individual event that they have checked in for, must swim in the event unless they notify the clerk of the course before seeding for that event has begun. Swimmers who miss an event they have checked in for will not be penalized by the loss of the next event they have entered.

**AWARDS:** Ribbons for First through Eighth place will be awarded to the following age groups and gender: 8&Under, 9-10, 11-12, 13-14, 15-16 and 17&18. All awards must be picked up by a coach or parent representative by the conclusion of the meet. Awards will not be mailed.

**ADMISSION:** Free. A 2 day program will be available for \$5.00.

**REFRESHMENTS:** 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.

**EVENT SUMMARY**

SATURDAY			SUNDAY		
10&Under	11-12	13-UP	10&Under	11-12	13-UP
200 IM	200 IM	200 IM	50 BR	100 BR	100 BK
100 BR	100 FL	100 FL	100 BK	200 BK	200 FL
50 BK	50 BK	200 BK	50 FL	200 FL	200 FR
100 FR	200 BR	100 BR	200 FR	200 FR	50 FR
100 Fly	100 FR	100 FR	50 FR	50 FR	400 IM

**EVENTS**

Saturday, March 29, 2014		
EVENT #	EVENT	EVENT #
1	13-UP 200 I.M.	2
3	11-12 200 I.M.	4
5	10&Under 200 I.M.	6
7	13-UP 100 Fly	8
9	11-12 100 Fly	10
11	10&Under 100 Breast	12
13	13-UP 200 Back	14
15	11-12 50 Back	16
17	10&Under 50 Back	18
19	13-UP 100 Breast	20
21	11-12 200 Breast	22
23	10&Under 100 Free	24
25	13-UP 100 Free	26
27	11-12 100 Free	28
29	10&Under 100 Fly	30

Sunday, March 30, 2014		
EVENT #	EVENT	EVENT #
31	11-12 100 Breast	32
33	10&Under 50 Breast	34
35	13-UP 100 Back	36
37	11-12 200 Back	38
39	10&Under 100 Back	40
41	13-UP 200 Fly	42
43	11-12 200 Fly	44
45	10&Under 50 Fly	46
47	13-UP 200 Free	48
49	11-12 200 Free	50
51	10&Under 200 Free	52
53	13-UP 50 Free	54
55	11-12 50 Free	56
57	10&Under 50 Free	58
59	13-UP 400 IM	60

Use the following URL to find the time standards: <http://www.pacswim.org/index.shtml>

**Pacific Swimming – Hosted by Valley Splash  
Long Course CBA Meet  
March 29 & 30, 2014  
Consolidated Entry Form**

Name: Last,                      First                      Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M    F	LSC – (PC, SN)
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USA-#															
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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 \$2.75 = \$ \_\_\_\_\_  
 Participation Fee        \$ 10.00  
 Total                                \$ \_\_\_\_\_

Coach

Swimmer's  
Address

Home Phone	Cell Phone
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Email