

**PALO ALTO STANFORD AQUATICS  
PACIFIC SWIMMING Zone 1 North LCM A+  
"Race for Earth Day" Meet**

**April 20-21, 2013**

Enter Online: <http://ome.swimconnection.com/pc/pasa20130420>



**PACIFIC  
SWIMMING**

**SANCTION:** Held under USA Pacific Swimming Sanction No. **13-080**

*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 and heat & lane assignments of this meet will be posted in real time on the Internet at <http://www.teamunify.com/TabGeneric.jsp?tabid=78229&team=pcpasaah>.**

**Use of Audio and Video:** Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms. Photography or video recording from behind the starting block and starting areas are prohibited unless previous/prior permission to do so is granted by the Meet Referee.

**OFFICIALS:** **Meet Referee:** Mike Meyer **Head Starter:** Kirt Williams **Meet Marshal:** Tim Harris  
**Meet Director:** Gaku Ito – [coachgakuito@gmail.com](mailto:coachgakuito@gmail.com)

**LOCATION:** College of San Mateo Aquatic Center, 1700 West Hillsdale Boulevard, San Mateo, CA. Ample free parking is available on campus in Beethoven Lot 2. **DO NOT PARK IN OLYMPIAN LOT 12 OR ANY STAFF PARKING LOTS.** **From Hwy 280:** take Hwy 92 east towards San Mateo, West Hillsdale Blvd. exit. Turn left at signal and proceed uphill through 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 uphill through traffic lights. Turn right onto campus at College Heights Drive. The Aquatic Center's pool is adjacent to the Building 5, Health and Wellness, located up College Heights Drive on the right next to circular drop-off. Signs will be posted to direct you to pool entrance

**COURSE:** 50 meter x 25 yard outdoor pool. One (1) 7-lane course will be used for competition. One (1) separate lane for warm-up/warm-down will be available during the meet. The minimum water depth for both ends of the 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). Fully functional scoreboard and touchpads will be used during competition.

**TIME:** This is a split session meet:

**Session A (10 & Under, 11-12 swimmers): Meet begins at 8:30 AM each day.** Warm-ups from 7:00-8:15 AM each day.

**Session B (8 & Under and 13 & Over swimmers): Meet will begin one hour after Session A finishes, but not before 12:30 PM.** Warm-ups begin at the end of Session A. At least one lane will be designated for 8 & Under warm-ups.

**NOTE: 8 & Under swimmers may compete in either 10 & Under (Session A) or 8 & Under (Session B) age groups. 8 & Under swimmers who choose to compete in the 10 & Under age group must do so in all selected days of competition. Competing in both the 8 & Under and 10 & Under sessions, regardless of day, is not permitted.**

**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.

•Events will be seeded starting with non-conforming short course yards "PC-A" times (SCY), then conforming long course meters "PC-A" times (LCM).

•**Swimmers may compete in 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.**

**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).

**DECK CHANGING:** 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.

**UNACCOMPANIED SWIMMERS:** Any USAS 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 USAS 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 Swimming 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 USAS Club Member-Coach. The swimmer must be certified by a USA Swimming member coach as being proficient in performing a racing starter must or 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 are prohibited in all areas used by swimmers during the meet and during warm-up periods.

- Propane heaters and the sale and use of alcoholic beverages are prohibited in all areas of the meet venue.
- Glass containers of all kinds are strictly prohibited in the pool area. All such containers will be confiscated.
- No unauthorized vehicles may park on the lawn areas.

**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 must 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.

- All swimmers will be entered in the "A" Division.
- Swimmers must have met 2013 "PC-A" time in any course for each event entered prior to April 8, 2013.
- 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. All PC-A times are coach's proof.
- Swimmers may enter up to 2 Bonus events for each PC-A time qualified for up to 4 events per day and 8 events total for the meet.
- Swimmers must enter all possible PC-A events qualified before entering any Bonus events.
- Swimmers may not enter the 400 Free or 400 IM as a Bonus event.
- 8 & Under swimmers who choose to compete in the 10 & Under age group must have met the 10 & Under PC-A cut.
- 8 & Under swimmers who choose to compete in the 10 & Under age group must do so in all selected days of competition. Competing in both the 8 & Under and 10 & Under sessions, regardless of day, is not permitted. Entries will be seeded
- Entries with "**NO TIME**" **will NOT be accepted. Bonus Events should be entered at the minimum time standard.**
- Swimmers 19 years of age and older may participate in the events for the 17-18 age group, but will not receive awards.
- The swimmers age will be the age of the swimmer on the first day of the meet.
- Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming's policy.

**ENTRY PRIORITY:** Zone 1N swimmers entering online must do so by 11:59 PM on Wednesday, April 3<sup>rd</sup> in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by Monday, April 1<sup>st</sup> in order to receive priority acceptance to the meet. No swimmers other than those from Pacific Swimming Zone 1 North may enter the meet until the preference period has concluded.

**ENTRY FEES:** \$2.75 per event, \$10 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

**Make check payable to:** Alpine Hills - PASA  
**Mail with entries to:** PASA – Gaku Ito  
Swim Meet Entries  
4139 Alpine Road  
Portola Valley, CA 94028

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmer's best time. Entries must be entered using the current Pacific Swimming form. Entries must be postmarked by midnight, Monday, **April 8** or hand delivered to the 4139 Alpine Road, Portola Valley, CA 94028 by 6:30 p.m.

Wednesday, **April 10**. 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.

**ONLINE ENTRIES:** To enter on-line go to <http://ome.swimconnection.com/pc/pasa20130420> 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, **April 10, 11:59 PM.**

**CHECK-IN:** The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Close of check-in for all 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 allowed to compete in the event.

**SCRATCHES:** Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. Close of check-in for all 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 meet. Swimmers who do not check-in will not be allowed to compete in the event. Any swimmers not reporting for or competing in an individual timed final event shall not be penalized.

**AWARDS:** Individual events will be awarded (A division only). Ribbons for First through Eighth place will be given to the following age groups: 8 & Under, 10 & Under, 11-12 and 13-14. Swimmers 15 years of age and older will not receive awards. High Point Awards for all age groups receiving ribbons will be awarded at the end of each Sunday session. All awards must be picked up at the meet by coaches by the end of each session. Awards will not be mailed.

**SCORING:**

<b>Place</b>	1	2	3	4	5	6	7	8
<b>Points</b>	9	7	6	5	4	3	2	1

**ADMISSION:** Free. A list of swimmers and their entry seed times will be available online. Paper programs will not be available for purchase; however, the meet will host live results using the MeetMobile app.

**REFRESHMENTS:** A snack bar hosted by CSM will be available serving food and other items and beverages. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers, volunteers and coaches.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. Commemorative t-shirts and apparel will be on sale at the meet.

Timing Lane Assignments will be required based on total entries by club.

**Minimum Officials:** All available USA Swimming member certified officials are welcomed and encouraged to work at this meet. As the number of certified officials allows, interested parents/trainees are also welcome to shadow working officials for education and/or mentoring. Participating clubs are **requested** to provide at least the following number of certified and carded officials for each session:

<b>Club swimmers entered in session</b>	<b>Trained and carded officials requested</b>
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5 (+1 for every additional 25 swimmers)
Contact the Zone officials chair for specific recommendations.	

**Event Summary**

**Saturday, April 20<sup>th</sup>**

11-12s	10&Us	8&Us	13-14/15&Os
200 Fly	100 Free	50 Free	100 Free
100 Free	200 IM	50 Breast	100 Breast
200 IM	50 Breast	50 Fly	50 Free
50 Breast	50 Free		200 Back
50 Free	100 Back		400 Free
200 Back			

**Sunday, April 21<sup>st</sup>**

11-12s	10&Us	8&Us	13-14/15&Os
200 Free	200 Free	100 Free	200 IM
100 Breast	100 Breast	50 Back	100 Back
50 Back	50 Back		100 Fly
50 Fly	50 Fly		200 Breast
400 IM	400 Free		200 Free

**EVENTS**

**Saturday, April 20, 2013**

Girls	PC-A*	AM – Session A	PC-A*	Boys
1	3:23.49	11-12 200 Fly	3:25.69	2
3	1:27.19	10&U 100 Free	1:26.79	4
5	1:16.69	11-12 100 Free	1:15.19	6
7	3:34.19	10&U 200 IM	3:25.69	8
9	3:11.59	11-12 200 IM	3:10.89	10
11	53.09	10&U 50 Breast	54.29	12
13	46.69	11-12 50 Breast	47.09	14
15	38.69	10&U 50 Free	38.49	16
17	34.99	11-12 50 Free	34.29	18
19	1:41.09	10&U 100 Back	1:43.99	20
21	3:13.59	11-12 200 Back	3:12.49	22

**Sunday, April 21, 2013**

Girls	PC-A*	AM – Session A	PC-A*	Boys
49	2:49.39	11-12 200 Free	2:47.99	50
51	3:13.89	10&U 200 Free	3:13.59	52
53	1:40.99	11-12 100 Breast	1:41.79	54
55	1:53.59	10&U 100 Breast	1:57.69	56
57	41.49	11-12 50 Back	42.39	58
59	46.59	10&U 50 Back	46.49	60
61	38.19	11-12 50 Fly	39.09	62
63	44.69	10&U 50 Fly	45.89	64
65	6:41.49	11-12 400 IM	6:46.49	66
67	6:37.39	10&U 400 Free	6:47.29	68

Girls	PC-A*	PM – Session B	PC-A*	Boys
23	1:12.09	15/O 100 Free	1:05.99	24
25	1:12.09	13-14 100 Free	1:07.69	26
27	49.99	8/U 50 Free	49.99	28
29	1:35.69	15/O 100 Breast	1:25.79	30
31	1:35.69	13-14 100 Breast	1:30.39	32
33	1:03.99	8/U 50 Breast	1:03.99	34
35	32.99	15/O 50 Free	30.39	36
37	32.99	13-14 50 Free	30.89	38
39	1:03.99	8/U 50 Fly	1:03.99	40
41	3:02.59	15/O 200 Back	2:50.49	42
43	3:02.59	13-14 200 Back	2:54.89	44
45	5:36.19	15/O 400 Free	5:08.09	46
47	5:35.49	13-14 400 Free	5:18.99	48

Girls	PC-A*	PM – Session B	PC-A*	Boys
69	2:58.19	15/O 200 IM	2:44.99	70
71	2:59.29	13-14 200 IM	2:48.29	72
73	1:52.99	8/U 100 Free	1:52.99	74
75	1:24.69	15/O 100 Back	1:18.49	76
77	1:24.69	13-14 100 Back	1:20.29	78
79	58.99	8/U 50 Back	58.99	80
81	1:21.39	15/O 100 Fly	1:13.99	82
83	1:21.39	13-14 100 Fly	1:17.59	84
85	3:26.79	15/O 200 Breast	3:11.39	86
87	3:26.79	13-14 200 Breast	3:19.49	88
89	2:37.29	15/O 200 Free	2:25.19	90
91	2:38.39	13-14 200 Free	2:31.29	92

**All 400 Free swimmers must provide their own timers.**

**8 & Under swimmers who choose to compete in the 10 & Under age group must have met the 10 & Under PC-A cut**

**\* Note: All PC-A cuts listed above are 2013 LCM time standards. For SCY time standards, see link below**

Use the following URL to find the time standards: [http://www.pacswim.org/page/times\\_standards.shtml](http://www.pacswim.org/page/times_standards.shtml)

Pacific Swimming Zone 1 North – Hosted by PASA Long Course Meters PC-A+ Meet April 20 – 21, 2013 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				
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						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$2.75 = \$ _____ Participation Fee      \$10.00 Total                      \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
E-Mail													