

PACIFIC SWIMMING Zone 1 South IM Ready Long Course PC-C/B/A+ Meet
Hosted by Morgan Hill Makos and Gilroy Gators
Co-sponsored by Pacific Swimming
May 18th - 19th, 2013
Enter Online: <http://ome.swimconnection.com/pc/MAKO20130518>



PACIFIC
SWIMMING

SANCTION: Held under USA/Pacific Swimming Sanction No. **13-097**

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/pcmhsc.index.html>**

USE OF AUDIO AND VISUAL: Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms. 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 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: Gary Arita
Meet Marshal: Sachi Itow	Meet Director: Michael Greymont / mgreymont@mhgcg.com / (408) 891-2948
	Co-Meet Director: Dave Foster

LOCATION: Morgan Hill Aquatics Center: 16200 Condit Rd Morgan Hill, CA. From North: Hwy 101 South to Morgan Hill take Dunne Exit. Go over Highway Overpass; take 1st Right Conduit Road, Aquatics Center on Right. From South Hwy 101 North to Morgan Hill Exit at Tennant Avenue take right onto Tennant (East) Take 1st left on Conduit Road, Aquatics Center on Right **Parking in front of West Entrance is for Officials ONLY (CONED AREA) General Parking is lots North and South of Facility. Do NOT park at surrounding commercial/retail buildings as vehicles will be immediately towed at your expense. The City of Morgan Hill, Aquatics Center, nor the Morgan Hill Makos assume any responsibility for any damage/loss to any vehicle parked during the events. Park at your own risk.**

COURSE: 50 Meter Outdoor, heated pool with up to 8 competition lanes. Separate warm up and warm-down area available throughout the meet. The minimum water depth in accordance with Article 103.2.3, is 4 ft. at the start and 13 ft. at the turn end. The competition course has been certified in accordance with 104.2.2C (4). A copy of the certification is on file with USA Swimming.

TIME: Meet begins at 9:00 AM each day, warm-ups from 7:30 to 8:45 AM each day. A special warm-up time for 8 and under swimmers only will be held **in the instructional pool beginning at 8:00 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 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.**
- Per Zone 1 South, the meet shall be capped at 525 swimmers 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.**
- Open Events in an age-group meet, a swimmer must have met the listed qualifying time or have coach verification for the following events: 200 back, 200 breast, 200 fly, 400 IM, 400/800/1000/1500/1650 free (PC R&R Section 1B1a(5)). **11-12 "PC-B standards will be used as the qualifying standard for the Open events in this meet. Use the following URL for time standards http://www.pacswim.org/2013_AB_LC.pdf**

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 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.
- No smoking is allowed in any areas of the Morgan Hill Aquatics Center and is not limited to swimming areas, parking areas, and sidewalk areas.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- All shelters must be properly secured.
- No glass containers are allowed in the meet venue.
- No propane heaters are permitted except for snack bar/meet operations.
- No outside commercial food is allowed within the facility

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, except for the Open events (see under Special 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 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. Such swimmers must have met standards for the 17-18 age group.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY FEES: \$2.75 per individual event, \$10.00 participation fee per swimmer. All entry fees MUST be included with entry.

ONLINE ENTRIES: To enter on-line go to <http://ome.swimconnection.com/pc/MAKO20130518> 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 May 8th, 2013.

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, May 6th, 2013 or hand delivered by 6:30 p.m. Wednesday, **May 8th, 2013.** 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: Morgan Hill Swim Club

Mail entries to: Michael Greymont
1921 W Edmundson Ave
Morgan Hill, CA 95037

Hand deliver entries to: Michael Greymont (Meet Director folder)
16200 Condit Road
Morgan Hill, CA 95037

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: Any swimmers not reporting for or competing in an individual timed final event shall not be penalized.

AWARDS: Ribbons will be awarded to 1st through 8th place finishers in the A+, B and C divisions for each event and age group. 13 & OV events will be awarded as 13-14 and 15-16, 17-18 Age Groups. Swimmers aged 19 and over will not be awarded. "A" medals will be awarded to swimmers achieving new "A" times swum during this meet only. Open events will not be awarded

ADMISSION: Free. A 2-day meet program will be available for a fee.

SNACK BAR: A snack bar will be available during the meet.

HOSPITALITY: Lunch and limited hospitality will be available to all working officials and coaches.

ABOUT IM READY (IMR): The first step in the IMX Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of five events at shorter distances. Below, we've listed the line-up by age groups.

9 & Under; 10-year olds: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

11-year olds; 12-year olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

13, 14, 15, 16, 17, & 18-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

Once you've swum each event at least once at an official meet, you can log-in to your Deck Pass Account, and find out where you rank against all the other swimmers on your club team. You do not need to complete the IM Ready program to participate in the IM Xtreme. It is simply a stepping stone.

HOW DO I SCORE POINTS?

Rankings in the program are based on power points, a system developed by USA Swimming and Hy-Tek. See the Power Points page for more information and to use the Power Point Calculator.

HOW DO I PARTICIPATE?

Participation in the IMR and IMX is easy. USA Swimming automatically scores and calculates results for all athlete members! Swimmers only need to sign up for a Deck Pass Account, then compete in each required event, at a sanctioned meet, at least once in a season.

Swimmers have the option of printing certificates that displays their scores for either IMR or IMX. They can also optionally print their national, zone, LSC and/or club rankings.

COACHES' IMX LISTING

A coach can see a listing of his/her team's IMR and IMX Scores through the coach's Deck Pass page. Access is through the coach's personal website account

EVENT SUMMARY:

SATURDAY						SUNDAY				
8 & UN	10-UN	9-10	11-12	13 & OVER	OPEN	10 & UN	9-10	11-12	13 & OVER	OPEN
100 Back	50 Breast	100 Back	200 Breast	200 Breast	200 IM	50 Fly	100 Breast	200 Back	200 Back	400 IM
	50 Free	100 Fly	50 Br	200 Free	800 Free	200 Free		50 Fly	100 Free	400 Free
			100 Back	100 Back		50 Back		200 Free	100 Breast	
			50 Free	50 Free				100 Breast	50 Back	
			100 Fly	100 Fly				50 Back		

ORDER OF EVENTS:

SATURDAY, MAY 18, 2013			
WOMEN'S EVENT #	DESCRIPTION		MEN'S EVENT #
	AGE GROUP	EVENT	
1	Open	200 IM	2
3	11-Over	200 Breast	4
5	13-Over	200 Free	6
7	10-Under	50 Breast	8
9	11-12	50 Breast	10
11	8-Under	100 Back	12
13	9-10	100 Back	14
15	11-12	100 Back	16
17	13-Over	100 Back	18
19	10-Under	50 Free	20
21	11-12	50 Free	22
23	13-Over	50 Free	24
25	9-10	100 Fly	26
27	11-12	100 Fly	28
29	13-Over	100 Fly	30
31	Open	800 Free	32
33	12-Under	200 Free Relay	34
SUNDAY, MAY 19, 2013			
35	Open	400 IM	36
37	11-Over	200 Back	38
39	10-Under	50 Fly	40
41	11-12	50 Fly	42
43	13-Over	100 Free	44
45	10-Under	200 Free	46
47	11-12	200 Free	48
49	13-Over	100 Breast	50
51	9-10	100 Breast	52
53	11-12	100 Breast	54
55	13-Over	50 Back	56
57	10-Under	50 Back	58
59	11-12	50 Back	60
61	Open	400 Free	62

***Open Events**

Open events 31 and 32, 61 and 62 Must have their own Timers and/or Counters

The 400 and 800 Freestyle events will be swum fastest to slowest, alternating girls and boys.

Use the following URL to find the time standards: http://www.pacswim.org/page/times_standards.shtml

Swimmers entering any of the Open Events, must have the 11-12 "PC-B" time standard. Use the following URL to find the time standards: http://www.pacswim.org/2013_AB_LC.pdf

Pacific Swimming – Hosted by **Morgan Hill Swim Club/Gilroy Gators**
IM Ready Long Course
May 18-19th, 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
		: .	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
------------	------------