

**QUICKSILVER SWIMMING
PACIFIC SWIMMING SHORT COURSE DOUBLE DUAL MEET
SOUTH BAY SWIM LEAGUE - Teams: SUNN, WEST, & QSS
WEDNESDAY, JUNE 18, 2014**



SANCTION: Held under USA/Pacific Swimming Sanction No. **14-123**

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 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:** Jennifer McKennan **Head Starter:** Dustin McKennan
 Admin Official: ChangChi Wang **Meet Marshal:** Dolores Akin
 Meet Director: Liv Lyons omlyons@gmail.com / (925) 285-9934

LOCATION: Gunderson High School, Chynoweth Avenue at 622 Gaundabert Lane, San Jose, CA 95132. From Highway 85 exit Santa Teresa, turn right onto Thornwood, turn right onto Winfield, and turn right onto Chynoweth. Gunderson High School is on the right; pool is located at the back of the school. Please park in designated parking only.

COURSE: Gunderson is an outdoor 25 yard pool with up to 9 lanes available for competition. An additional 7 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 4'6" at the shallow end and 7' at the deep end. In accordance with Article 104.2.2C (4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

TIME: Meet will begin at **4:30 PM** with warm-ups from **3:00 to 4:15 PM**.

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 up to **3 individual events** and **2 relay events**.
- All swimmers ages 12 and under should complete competition within four (4) hours.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**
- Teams may enter up to two relays (A and B) for each relay event.
- The heats will be swum fastest to slowest.
- Relay events may be combined by the Head Referee to increase the efficiency of the meet.

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.

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.

- 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.
- The swimmer's age will be the age of the swimmer on the first day of the meet.
- **Swimmers must be members of QSS, SUNN, or WEST.**

ENTRY FEES: There is no charge for individual or relay events.

ONLINE ENTRIES: The meet will be set-up on TouchPad. Teams can enter on their respective team Team Unify websites. Files must be sent and/or synched to the meet director at omlyons@gmail.com by Friday, June 13th at 9:00pm.

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

SCRATCHES: There is no penalty for missing a pre-seeded event. If local conditions warrant it, the Meet Referee with the concurrence of the Meet Director, may require a mandatory scratch of relays.

SCORING: Individual Events = 9, 7, 6, 5, 4, 3, 2, 1.
Relay Events = 18, 14, 12, 10, 8, 6, 4, 2.

AWARDS: None.

ADMISSION: Free.

REFRESHMENTS: A snack bar may be available throughout the competition. Coaches and working deck officials will be provided lunch.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

EVENTS

Wednesday, June 18 th , 2014		
EVENT #	EVENT	EVENT #
1	15 & Over 200 Medley Relay	2
3	13-14 200 Medley Relay	4
5	11-12 200 Medley Relay	6
7	10 & Under 200 Medley Relay	8
9	8 & Under 100 Medley Relay	10
11	11 & Over 100 Free	12
13	12 & Under 50 Free	14
15	8 & Under 25 Free	16
17	11 & Over 100 Breast	18
19	12 & Under 50 Breast	20
21	8 & Under 25 Breast	22
23	11 & Over 100 Fly	24
25	12 & Under 50 Fly	26
27	8 & Under 25 Fly	28
29	11 & Over 100 Back	30
31	12 & Under 50 Back	32
33	8 & Under 25 Back	34
35	11 & Over 200 IM	36
37	8 & Under 100 Free Relay	38
39	10 & Under 200 Free Relay	40
41	11-12 200 Free Relay	42
43	13-14 200 Free Relay	44
45	15 & Over 200 Free Relay	46