

TAHOE SWIM CLUB'S 2013 "SWIMMING AT ALTITUDE" SHORT COURSE MEET

Hosted by Tahoe Swim Club

JULY 5-7, 2013

Enter online at: <http://ome.swimconnection.com/pc/taho20130705>



PACIFIC
SWIMMING

SANCTION: Held under USA/Pacific Swimming Sanction No.: **13-116**

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 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:* Judy Maynor *Head Starter:* Larry Rice *Meet Marshal:* Sharon Peuse
 Meet Director: Louise Marin – (530) 416-6053 (louisemarin@charter.net)

LOCATION: South Lake Tahoe Recreation Complex, 1180 Rufus Allen Blvd., South Lake Tahoe, CA 96150. **DIRECTIONS TO POOL:** Take Highway 50 into the City of South Lake Tahoe. In the center of town, Highway 50 comes adjacent to the lake. Turn on Rufus Allen Blvd. which is the next street coming from either direction. The Recreation Complex is next to Campground by the Lake.

COURSE: Outdoor heated 25 yard, 6 lane pool. Colorado Timing System (3-button) with scoreboard. No warm-up facilities are available during the meet. The minimum water depth in the competition course, as measured in accordance with Article 103.2.3, is 9'0" at the start end and 3'6" at the turn end. All events will start at a depth of 9'0". The competition course has not been certified in accordance with 104.2.2C(4).

TIME: **FRIDAY:** Begins at 3:00 pm with warm-ups from 2:00 to 2:45 pm.
 SATURDAY: Morning Session (11 and up): Meet will start at 9:00 am with warm-up 7:30-8:45 am.
 Afternoon Session (10 and under): Meet will not start before 12 pm with warm-up not before 11:30 am.
 SUNDAY: Morning Session (10 and under): Meet will start at 9:00 am with warm-up 7:30-8:45 am.
 Afternoon Session (11 and up): Meet will not start before 12 pm with warm-up not before 11:30 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 up to 5 events each 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.
- Coaches must maintain contact with their swimmers during warm-up.
- All entry into the pool for warm-up is feet first from the starting block end of the pool.
- All 500 Freestyle swimmers must provide their own counters and timers
- 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: All swimmers must either 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 heaters allowed in the meet venue except for snack bar/meet operations.
- No animals allowed on the pool deck or inside the recreation facility.
- Closed areas of the deck may exist; the cooperation of swimmers, families and coaches is appreciated.
- 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.
- 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 special accommodations on entry, times and seeding per Pacific Swimming policy.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

SEEDING: All events will be deck seeded.

ENTRY FEES: \$2.75 per event plus a \$9.00 participation fee per swimmer to help cover meet expenses. Entries will be rejected if payment is not sent at time of request. Relays will be \$9.00 per team, and will be deck entered.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/TAHO20130705> 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, June 26, 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, June 24, 2013 or hand delivered by 6:30 p.m. Wednesday, June 26, 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 checks payable to: Tahoe Swim Club

Mail entries to: Swim Meet Entries – Tahoe Swim Club, PO Box 5741, Stateline, NV 89449

Hand delivered entries to: Jerry Erickson, Tahoe Swim Club, 687 Michael Drive, South Lake Tahoe, CA 96150

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.

RELAYS: Relay events will be deck entered on the day of the event, to be turned in at the announced time. Relay cards will be handed out the morning of the relay. Relay teams are open to gender and age. Awards for relays will be given to 1st through 6th.

SCRATCHES: Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. Any swimmers not reporting for or competing in an individual timed final event shall not be penalized.

AWARDS: *Individual Events:* Ribbons 1st – 8th place. Individual events will be awarded to 6-Under, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18. Swimmers 19 years of age and older will not receive awards.
High point and runner up high point will be awarded to 1 boy and 1 girl in each of the following age groups: 6-Under, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18.
 Relays will be placed 1st to 6th.
ALL AWARDS MUST BE PICKED UP AT THE MEET. NO AWARDS WILL BE MAILED. Each team is asked to designate a team representative to claim awards.

SCORING: Individual: 9, 7, 6, 5, 4, 3, 2, 1.

ADMISSION: Free. A 3-day meet program will be available for a fee.

SNACK BAR: A snack bar will be in operation all three days of the meet serving barbecue, lunches, snacks and beverages.
 HOT BREAKFAST will be served each morning starting at 7:30 am in the Recreation Complex.

HOSPITALITY: Hospitality and lunches will be served to all working officials and coaches.

TIMERS: Teams will be assigned lanes based on the number of swimmers from each team (host team will not be expected to time). The teams will be responsible for scheduling timers for their assigned lanes for the entire meet.

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:

<u># of swimmers entered in session</u>	<u>Trained and carded officials requested</u>
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4

SUMMARY OF EVENTS

	8 & Under	9-10	11-12	13 & Over
Friday	100 Free	200 IM 100 Fly 500 Free	200 IM 100 Fly 500 Free	400 IM 200 Fly 500 Free
Saturday	100 IM 25 Back 50 Fly 50 Free 200 Free Relay Mixed	100 IM 50 Back 100 Free 100 Breast 50 Free 200 Free Relay Mixed	100 IM 100 Free 50 Back 100 Breast 50 Free 200 Free Relay Mixed	200 IM 100 Free 100 Back 200 Breast 50 Free 200 Free Relay Mixed
Sunday	50 Breast 25 Fly 25 Breast 50 Back 25 Free	50 Breast 200 Free 50 Fly 100 Back 25 Free*	200 Free 50 Breast 50 Fly 100 Back 25 Free*	200 Free 100 Breast 100 Fly 200 Back 25 Free*

SCHEDULE OF EVENTS

Friday, July 5, 2012

Meet starts at 3:00 pm; Warm-up starts at 2:00 pm

GIRLS Event #	BOYS Event #	AGE-GROUP	EVENT
1	2	9 - 12	200 IM
3	4	13 & Over	400 IM
5	6	8 & Under	100 Free
7	8	9 - 12	100 Fly
9	10	13 & Over	200 Fly
11	12	9 & Over	500 Free

Saturday, July 6, 2012 (Morning Session)

Meet starts at 9:00 am; Warm-up starts at 7:30 am

GIRLS Event #	BOYS Event #	AGE-GROUP	EVENT
13	14	13 & Over	200 IM
15	16	11 - 12	100 IM
17	18	13 & Over	100 Free
19	20	11 - 12	100 Free
21	22	13 & Over	100 Back
23	24	11 - 12	50 Back
25	26	13 & Over	200 Breast
27	28	11 - 12	100 Breast
29	30	13 & Over	50 Free
31	32	11 - 12	50 Free
33	-	11 & Over	200 Free Relay Mixed

Saturday, July 6, 2012 (Afternoon Session)

Meet will not start before 12:00; Warm-ups will not start before 11:30 am

GIRLS Event #	BOYS Event #	AGE-GROUP	EVENT
35	36	9 - 10	100 IM
37	38	8 & Under	100 IM
39	40	9 - 10	50 Back
41	42	8 & Under	25 Back
43	44	9 - 10	100 Free
45	46	8 & Under	50 Fly
47	48	9 - 10	100 Breast
49	50	8 & Under	50 Free
51	52	9 - 10	50 Free
53		10 & Under	200 Free Relay Mixed

Sunday, July 7, 2012 (Morning Session)

Meet starts at 9:00 am; Warm-up starts at 7:30 am

GIRLS Event #	BOYS Event #	AGE-GROUP	EVENT
55	56	8 & Under	50 Breast
57	58	9 - 10	50 Breast
59	60	8 & Under	25 Fly
61	62	9 - 10	200 Free
63	64	8 & Under	25 Breast
65	66	9 - 10	50 Fly
67	68	8 & Under	50 Back
69	70	9 - 10	100 Back
71	72	8 & Under	25 Free
73	74	9 - 10	25 Free*

Sunday, July 7, 2012 (Afternoon Session)

Meet will not start before 12:00; Warm-ups will not start before 11:30 am

GIRLS Event #	BOYS Event #	GROUP	EVENT
75	76	13 & Over	200 Free
77	78	11 - 12	200 Free
79	80	13 & Over	100 Breast
81	82	11 - 12	50 Breast
83	84	13 & Over	100 Fly
85	86	11 - 12	50 Fly
87	88	13 & Over	200 Back
89	90	11 - 12	100 Back
91	92	11 & Over	25 Free*

*25-yard Freestyle events for 9 years and up are not scored for high point. / All 500 Freestyle swimmers must provide their own counters and timers. / Use the following URL to find the time standards: http://www.pacswim.org/page/times_standards.shtml

Pacific Swimming – Hosted by Tahoe Swim Club
 2013 Swimming At Altitude Short Course Meet
 July 5-7, 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-# Age Group

Event #	Distance / Stroke	Entry Time	Circle one
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
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		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

of entries _____ x \$2.75 = \$ _____
 Participation Fee _____ 9.00
 Total \$ _____

Coach

Swimmer's Address:

Home Phone Cell Phone

Email Address