

**ALTO SWIM CLUB  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
February 8-9, 2019**



**Z1N Teams Assigned:** ALTO, BAC, BSC, DCD, FOG, HDAC, MAV, MCAC, MNLO, PCCA, PPSC, PSL, BCP, SSF, BGC, LAMV, DACA, PASA, LO, OSC, SOLO, SUNN

**Enter Online:** <http://www.fastswims.com>

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **20-009**

*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 electronic devices, including but not limited to film and digital camera, cell phones and tablets, and Google Glass is not permitted in changing areas, restrooms or locker rooms. Violation of this recording prohibition may result in the ejection from the swimming pool facility by the Meet Referee or his/her designee.

**MEET PERSONNEL:**

<b>Meet Referee:</b> Nan McKenna	<b>Head Starter:</b> Katherine Ng
<b>Meet Marshal:</b> Alec Scott	<b>Admin Official:</b> Larry Rice
<b>Meet Director:</b> Joey Sementelli – <a href="mailto:altoswimclub@gmail.com">altoswimclub@gmail.com</a>	

**LOCATION:** Gunn High School, 780 Arastradero Rd, Palo Alto, CA, 94306. **From 101:** Take the San Antonio Rd exit, head South towards the El Camino Real. Turn right onto Charleston Rd. Charleston Rd will turn into Arastradero Rd when you cross El Camino Real. Continue & turn right into Gunn High School. **From 280:** Take the Page Mill Road exit and go East towards the bay. Take Page Mill Rd to Foothill Expressway. Exit onto Foothill Expressway going South (make a right). Take Foothill Expressway to Arastradero Road. Make a left onto Arastradero Road. Continue on Arastradero Road one block and Gunn High School is on the left.

**COURSE:** Outdoor, heated, 25 yard pool. Up to 10 lanes will be used for competition. A warm-up and cool-down area will be available during the meet. The minimum water depth, measured in accordance with Article 103.2.3 is 7' at the start end and 7' at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

**TIME:** Saturday and Sunday are split into sessions "A" and "B"

**SESSION A** All 13 & Over Athletes. Meet begins at 8:30AM each day, warm-up from 7:00 to 8:15AM.

**SESSION B** All 12 & Under Athletes. Session B will begin one hour after Session A finishes, but not before 1:00 PM each day. Session B warm-up will begin immediately upon completion of Session A.

**RULES:**

- Current USA and Pacific Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), 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.
- Athletes may compete in a **maximum of four (4)** events per day.
- All athletes ages 12 and under should complete competition within four (4) hours.
- All events will run fastest to slowest.
- Entries will be accepted until the number of splashes exceeds the estimated time line, per the "Four-Hour Rule," based on the athletes 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 athletes competing in the 500 and 1650 freestyle events must provide their own lane timers and counters.
- All athletes competing in the 400 IM, 500 Free, and/or 1650 Free must have achieved a USA-S 11-12 "A" time to enter.
- The 1650 free - A minimum of 2 heats will be provided and the event will close at the discretion of the meet director.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

**ATTENTION HIGH SCHOOL ATHLETES:** If you are a high school athlete in competition season, you need to be unattached for this meet. It is your responsibility to be unattached from this meet. You can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**UNACCOMPANIED ATHLETES:** 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 athlete or the athlete's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the athlete 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:** Athletes 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 athlete or the athlete'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 athletes, 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.
- Deck Changes are prohibited.
- Pets are not allowed in the pool area, with the exception of guide and assistance dogs.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may result in reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

**ELIGIBILITY:**

- Athletes 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 athlete with the registration and times database. The meet host will check all athlete 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.
- Athletes in the "A" division must have met at least the USA Swimming motivational "A" minimum time standard. Athletes in the "B" division must have met at least the listed "B" minimum time standard. All entry times slower than the listed "B" time standard will be in the "C" division.
- Entries with "NO TIME" will be ACCEPTED. Exception – 400 IM, 500 Free, 1650 Free (See Rules)
- Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Disabled athletes are welcome to attend this meet and should contact the meet director or meet referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.
- The athlete's age will be the age of the athlete on the first day of the meet.

**ENTRY PRIORITY:** Zone 1 North athletes from ALTO, BAC, BSC, DCD, FOG, HDAC, MAV, MCAC, MNLO, PCCA, PPSC, PSL, BCP, SSF, BGC, LAMV, DACA, PASA, LO, OSC, SOLO, SUNN entering online must do so by Wednesday January 22 in order to receive priority acceptance into the meet. Surface mail entries must be postmarked by Monday, January 20th in order to receive priority acceptance to the meet. No athletes other than those from ALTO, BAC, BSC, DCD, FOG, HDAC, MAV, MCAC, MNLO, PCCA, PPSC, PSL, BCP, SSF, BGC, LAMV, DACA, PASA, LO, OSC, SOLO, SUNN may enter the meet until the preference period has concluded.

**ENTRY FEES:** \$4.00 event plus an \$8.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

**ONLINE ENTRIES:** To enter this meet online go to <http://www.fastswims.com> to receive an immediate confirmation. This method requires payment by credit card. FastSwims charges a processing fee for this service, 6.5% of the total entry fees plus \$0.75 per transaction, regardless of the number of athletes. Entering online is a convenience, is completely voluntary, and is no way required or expected of an athlete by Pacific Swimming. Online entries shall be accepted through midnight Wednesday, January 29.

**Make check payable to: Alto Swim Club**

**Mail entries to:** Joey Sementelli  
Swim Meet Entries  
447 Stanford Avenue  
Palo Alto, CA 94306

**Hand deliver entries to:** Joey Sementelli  
Swim Meet Entries  
447 Stanford Avenue  
Palo Alto CA 94306

**CHECK-IN:** The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for all remaining events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check in will not be seeded and will not be allowed to compete in that event.

**SCRATCHES:** Any athlete not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized.

**AWARDS:** Individual awards will be awarded in the A, B, and C division. Ribbons for First through Eighth place will be given to the following age groups: 8 & Under, 9-10, and 11-12. Athletes 13 years of age and older will not receive awards. Standard "A" time medals will be awarded to athletes achieving NEW USA Swimming motivational "A" time standard, regardless of place achieved in the event. All awards must be picked up at the meet. Awards will not be mailed.

**ADMISSION:** Free. A program will not be available.

**REFRESHMENTS:** A small snack bar may be available throughout the competition. A food truck may also be available. Coaches and working deck officials will be provided breakfast and lunch. Hospitality will serve refreshments to timers.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. All participating clubs are expected to provide lane timers based upon the number of athletes registered to swim each day. Club timing lanes will be assigned and coaches will be notified of assignments during the week prior to the meet.

**MINIMUM OFFICIALS:** Clubs must follow Zone 1 North rules for providing officials. Each club must provide officials for each session according to the number of athletes entered in that session, following the table below. Clubs that do not provide sufficient officials must provide coaches to act in the place of officials.

Club athletes entered in session	Trained and carded officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5 (+1 for every additional 25 athletes)

## EVENT SCHEDULE

### Saturday Morning

Event	Age Group		
1	13 & Over	Mixed	50 butterfly
2	13 & Over	Mixed	100 butterfly
3	13 & Over	Mixed	200 butterfly
4	13 & Over	Mixed	50 backstroke
5	13 & Over	Mixed	100 backstroke
6	13 & Over	Mixed	200 backstroke
7	13 & Over	Mixed	50 breaststroke
8	13 & Over	Mixed	100 breaststroke
9	13 & Over	Mixed	200 breaststroke
10	13 & Over	Mixed	50 freestyle
11	13 & Over	Mixed	100 freestyle
12	13 & Over	Mixed	200 freestyle
13	13 & Over	Mixed	100 IM
14	13 & Over	Mixed	200 IM
15	13 & Over	Mixed	400 IM
16	13 & Over	Mixed	500 freestyle
17	13 & Over	Mixed	1650 freestyle

### Sunday Morning

Event	Age Group		
39	13 & Over	Mixed	50 butterfly
40	13 & Over	Mixed	100 butterfly
41	13 & Over	Mixed	200 butterfly
42	13 & Over	Mixed	50 backstroke
43	13 & Over	Mixed	100 backstroke
44	13 & Over	Mixed	200 backstroke
45	13 & Over	Mixed	50 breaststroke
46	13 & Over	Mixed	100 breaststroke
47	13 & Over	Mixed	200 breaststroke
48	13 & Over	Mixed	50 freestyle
49	13 & Over	Mixed	100 freestyle
50	13 & Over	Mixed	200 freestyle
51	13 & Over	Mixed	100 IM
52	13 & Over	Mixed	200 IM
53	13 & Over	Mixed	400 IM
54	13 & Over	Mixed	500 freestyle
55	13 & Over	Mixed	1650 freestyle

### Saturday Afternoon

Event	Age Group		
18	8 & Under	Mixed	25 butterfly
19	12 & Under	Mixed	50 butterfly
20	12 & Under	Mixed	100 butterfly
21	12 & Under	Mixed	200 butterfly
22	8 & Under	Mixed	25 backstroke
23	12 & Under	Mixed	50 backstroke
24	12 & Under	Mixed	100 backstroke
25	12 & Under	Mixed	200 backstroke
26	8 & Under	Mixed	25 breaststroke
27	12 & Under	Mixed	50 breaststroke
28	12 & Under	Mixed	100 breaststroke
29	12 & Under	Mixed	200 breaststroke
30	8 & Under	Mixed	25 freestyle
31	12 & Under	Mixed	50 freestyle
32	12 & Under	Mixed	100 freestyle
33	12 & Under	Mixed	200 freestyle
34	12 & Under	Mixed	100 IM
35	12 & Under	Mixed	200 IM
36	11-12	Mixed	400 IM
37	11-12	Mixed	500 freestyle
38	11-12	Mixed	1650 freestyle

### Sunday Afternoon

Event	Age Group		
56	8 & Under	Mixed	25 butterfly
57	12 & Under	Mixed	50 butterfly
58	12 & Under	Mixed	100 butterfly
59	12 & Under	Mixed	200 butterfly
60	8 & Under	Mixed	25 backstroke
61	12 & Under	Mixed	50 backstroke
62	12 & Under	Mixed	100 backstroke
63	12 & Under	Mixed	200 backstroke
64	8 & Under	Mixed	25 breaststroke
65	12 & Under	Mixed	50 breaststroke
66	12 & Under	Mixed	100 breaststroke
67	12 & Under	Mixed	200 breaststroke
68	8 & Under	Mixed	25 freestyle
69	12 & Under	Mixed	50 freestyle
70	12 & Under	Mixed	100 freestyle
71	12 & Under	Mixed	200 freestyle
72	12 & Under	Mixed	100 IM
73	12 & Under	Mixed	200 IM
74	11-12	Mixed	400 IM
75	11-12	Mixed	500 freestyle
76	11-12	Mixed	1650 freestyle

\*Athletes competing in the 400 IM, 500 free, and 1650 free must have achieved 11-12 A times in these events.

Pacific Swimming – Hosted by Alto Swim Club  
 Short Course C/B/A+  
 February 8-9, 2020  
 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 \$4.00 = \$ \_\_\_\_\_  
 Participation Fee        \$ 8.00  
 Total                        \$ \_\_\_\_\_

Coach

Athlete's  
Address

Home Phone	Cell Phone
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Email