

BURLINGAME AQUATIC CLUB
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET
FRIDAY, SATURDAY, AND SUNDAY, JUNE 19 – 21, 2015
Enter Online: <http://ome.swimconnection.com/pc/bac20150619>



SANCTION: Held under USA/Pacific Swimming Sanction No. **15-094**

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, 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:

Meet Referee: Nan McKenna	Head Starter: Jon Sasano
Meet Marshal: Jim Maffei	Admin Official: Darryl Woo
Meet Director: Tara Casagrande – BACMeetDirector@yahoo.com	

LOCATION: Burlingame High School Pool, 851 Oak Grove Avenue, Burlingame, CA 94010.

DIRECTIONS: From Highway 101, exit Broadway. Turn left onto Carolan Avenue, and turn left at stop sign onto Oak Grove Avenue. The pool is on the right hand side. Parking at the pool will held for meet officials and swim coaches. **Additional parking is available behind the High School off Carolan Avenue.**

COURSE: 50 meter by 25 yard, outdoor heated pool. Up to seven (7) lanes will be used for competition. Warm-up/cool-down area will be available during the meet. The minimum water depth for the course, measured in accordance with Article 103.2.3, is 13'0" at the start end and 4'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

TIME: **Meet begins at 4:15 on Friday;** Warm-Up is from 3:00 – 4:00 PM.
SESSION A (13 & Over and 11 – 12 GIRLS): Meet begins at 8:30 AM; Warm-Up is from 7:00 – 8:15 AM.
SESSION B (10 & Under and 11 – 12 BOYS): Session B will begin 1 hour after Session A finishes, but not before 1:00 PM. Session B Warm-Ups will begin immediately after Session A finishes.

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 a maximum of one (1) event on Friday. Swimmers may compete in a maximum of three (3) events per day on Saturday and Sunday.
- 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 events will run in a fast to slow sequence
- All swimmers competing in the 400 meter Freestyle or 400 meter IM must have achieved a USA-S "B" Time Standard for their age group/gender.
- All swimmers competing in the 400 meter Freestyle or 400 meter IM events must provide their own lane timers.
- 8 & Under swimmers entering the 10 & U 100 Fly, 100 Back, and/or 100 Breast must have achieved a minimum 8 & UN PC "A" Time Standard for their gender in the 50 yard/meter distance of that stroke.
- **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: 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.
- **No tents will be allowed on the pool deck or any other area within the pool's fenced complex.**
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- 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 ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.

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 USA Swimming Motivational "A" minimum time standard. Swimmers 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 FR, 400 IM, and 8 & UN entering the 10 & U 100 FL, 100 BK, 100 BR. See 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 PRIORITY: Zone 1N swimmers entering online must do so by 11:59 PM Wednesday, June 3rd in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by Monday, May 11th in order to receive priority acceptance to the meet. No swimmers other than those from Zone 1 North may enter the meet until the priority period has concluded.

ENTRY FEES: \$4.00 per event plus a \$10.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

ONLINE ENTRIES: You may enter this meet online or by U.S. mail. To enter on-line go to <http://ome.swimconnection.com/pc/bac20150619> 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 10th at 11:59 PM.**

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 8th or hand

delivered by 6:30 p.m. Wednesday, June 10th. 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: BAC (Burlingame Aquatic Club)

Mail entries to: Swim Meet Entries
P.O. Box 281
Burlingame, CA 94010

Hand deliver entries to: Burlingame High School Pool
1 Mangini Way
Burlingame, CA 94010

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Close of check-in for all individual 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 seeded and will not be allowed to compete in that event.

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 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&U, 9-10, 11-12. Swimmers 13 years of age and older will not receive awards. "A" time medals will be given to swimmers achieving a new USA-S "A" (PC-A for 8 & Under) times, regardless of place achieved in the event. All awards must be picked up at the meet by coaches at the end of each session. Awards will not be mailed.

ADMISSION: Free. A meet program will be available for a reasonable fee.

REFRESHMENTS: A snack bar will be open each day. Generous and friendly hospitality provided for officials, coaches, and volunteers. Lunches will be available for officials and coaches. Hospitality will serve refreshments to timers and volunteers.

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

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

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

EVENT SUMMARY

FRIDAY, June 19 th			SATURDAY June 20 th				SUNDAY June 21 st			
9 – 10	11-12	13 & O	8 & UN	9-10	11-12	13-O	8 & UN	9-10	11-12	13-O
400 FR	400 IM	400 FR	100 FR	100 FR	100 FR	200 FR	50 FR	50 FR	200 FR	100 FR
			100 BR	100 BR	100 BR	200 BR	100 BK	100 BK	50 BK	200 BK
			50 BK	50 BK	200 BK	100 BK	100 FL	100 FL	200 FL	100 BR
			50 FL	50 FL	50 FL	100 FL	50 BR	200 IM	200 IM	200 IM
								50 BR		

EVENTS

Girls #	Friday Session	Boys #
1*	9-10 400 Free	2*
3*	13 & Over 400 Free	4*
5*	11-12 400 IM	6*

Girls #	Saturday Session A	Boys #
7	13 & O 200 FREE	8
9	11 – 12 100 FREE	
11	13 & O 200 BREAST	12
13	11 – 12 100 BREAST	
15	13 & O 100 BACK	16
17	11 – 12 200 BACK	
19	13 & O 100 FLY	20
21	11-12 50 FLY	

Girls #	Saturday Session B	Boys #
	11-12 100 FREE	24
25	10 & U 100 FREE	26
	11 – 12 100 BREAST	28
29**	10 & U 100 BREAST	30**
	11-12 200 BACK	32
33	8 & U 50 BACK	34
35	9-10 50 BACK	36
	11 – 12 50 FLY	38
39	8-U 50 FLY	40
41	9-10 50 FLY	42

Girls #	Sunday Session A	Boys #
43	11 – 12 200 FREE	
45	13 & O 100 FREE	46
47	11 – 12 50 BACK	
49	13 & O 200 BACK	50
51	11 – 12 200 FLY	
53	13 & O 100 BREAST	54
55	11 – 12 200 IM	
57	13 & O 200 IM	58

Girls #	Sunday Session B	Boys #
	11-12 200 FREE	60
61	10 & U 50 FREE	62
	11 – 12 50 BACK	64
65**	10-U 100 BACK	66**
	11-12 200 FLY	68
69**	10 & U 100 FLY	70**
	11-12 200 IM	72
73	9-10 200 IM	74
75	8 & U 50 BREAST	76
77	9 – 10 50 BREAST	78

*Swimmers in the 400 Free and 400 IM must have achieved a USA-S “B” Time Standard

*Swimmers in the 400 Free and 400 IM must provide their own lane timers

**8 & Under Swimmers entering the 10 & U 100 Breast, 100 Back, and/or 100 Fly must have achieved an 8 & Under “PC-A” Time Standard for their gender in the 50 yard/meter distance of that stroke.

Use the following URL to find the time standards: <http://www.pacswim.org/index.shtml>

Pacific Swimming – Hosted by Burlingame Aquatic Club Long Course C/B/A + June 19 – 21, 2015 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			
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# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 10.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
E-Mail Address													