

**BULLDOG SWIM CLUB**  
**PACIFIC SWIMMING LONG COURSE ZONE 1N MEET**  
**MAY 10, 2019**  
Enter Online: <http://fastswims.com>



**\*NOTE – MEET IS OPEN TO ZONE 1N ATHLETES ONLY\***

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **19-078**

*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, and Google Glass 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.

**MEET PERSONNEL:**

<b>Meet Referee:</b> Stephanie Kuang	<b>Head Starter:</b> Robert Iacobacci
<b>Meet Marshal:</b> Ricardo Verdugo Gonzales	<b>Admin Official:</b> Jim Stretch
<b>Meet Director:</b> Nicholas Dubuk	

**LOCATION:** College of San Mateo Aquatics Center, 1700 W. Hillsdale Blvd. San Mateo CA, 94404. Please do not use the front door of Building #5 Health and Wellness to enter the pool deck.

**DIRECTIONS:** **From Hwy 280:** take Hwy 92 east towards San Mateo, West Hillsdale Blvd. exit. Turn left at signal and proceed uphill through 2nd and 3rd sets of traffic lights. Turn right onto campus at College Heights Drive. **From Hwy 101:** take Hwy 92 west towards Half Moon Bay, West Hillsdale Blvd exit. Turn right and proceed up hill through 2nd and 3rd sets of traffic lights. Turn right onto campus at College Heights Drive. There is a drop off area at BLDG. #5 near the flagpoles

**COURSE:** OUTDOOR 50 METER pool with up to seven (7) lanes available for competition. An additional one (1) lane 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 7'0" at the start end and 7'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME** Meet begins at 6:00PM, warm-up from 5:00 to 5:45PM.

**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.
- All events will swim fast to slow.
- Athletes may compete in three (3) events per day.
- All athletes 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 limit of 8:30 PM
- 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.**
- Athletes in the 1500 Free must have achieved a USA "B" time Standard or be coach verified as such in order to compete. Athletes shall provide their own timers and lap counters for the 1500 Free

**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 chairs or tents allowed inside of campus buildings.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Deck Changes are 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.
- 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.
- Deck will open for this meet at 4:30pm, facility staff may prohibit entry or setup before 4:30pm
- **OBEY POSTED PARKING RESTRICTIONS. DO NOT PARK IN SMAC MEMBER OR STAFF AREAS MARKED IN BEETHOVEN LOT. MEET PARTICIPANTS SHOULD PARK IN BEETHOVEN LOTS WHERE PERMITS ARE NOT REQUIRED ON WEEKENDS.**
- **INDICATED SPACES ARE RESERVED FOR SMAC MEMBERS 24x7 - CARS PARKED IN THESE SPACES WILL BE CITED IF NOT DISPLAYING A PERMIT.**
- **MEET PATRONS ARE NOT ALLOWED TO USE SMAC'S MEMBER-ONLY LOCKER-SHOWER ROOMS**

**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.

- Entries with "**NO TIME**" will be **ACCEPTED**.
- 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.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such athletes must have met standards for the 17-18 age group.
- The athlete's age will be the age of the athlete on the first day of the meet.

**ENTRY PRIORITY:** This meet will be open to Zone 1N athletes only. No athletes other than those from **Pacific Swimming Zone 1 North** may enter the meet.

**ENTRY FEES:** \$4.00 per event plus a \$10.00 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:** You may enter this meet online at FastSwims or by U.S. mail. To enter online go to <http://www.fastswims.com> to receive an immediate entry confirmation. This method requires creation of a free account and 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 number of athletes. 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 an athlete by Pacific Swimming.** Online entries will be accepted through Sunday, **May 5, 2019**.

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athlete's best time. Entries must be postmarked by midnight, Friday, **MAY 3, 2019** or hand

delivered by 6:30 p.m. Sunday, **MAY 5, 2019**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: SAN MATEO ATHLETIC CLUB**

**Mail entries to: Jim Stretch, Meet Director  
1700 W. Hillsdale Blvd. #5  
San Mateo, CA 94402**

**Hand deliver entries to:**

**Jim Stretch c/o SMAC  
1700 W. Hillsdale Blvd. Bldg. #5  
San Mateo, CA 94402**

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

**AWARDS:** No awards

**ADMISSION:** Free.

**SNACK BAR & HOSPITALITY:** A snack bar or refreshments for purchase may be available at the venue. Coaches and working deck officials will be provided refreshments. Hospitality will serve refreshments to timers and volunteers.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. Disobeying parking signs may result in a citation and a fine.

**MINIMUM OFFICIALS:**

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

## EVENTS

FRIDAY MAY 10		
EVENT #	EVENT	EVENT #
1	11/OVER 50 FREE	2
3	12/UNDER 50 FLY	4
5	OPEN 200 FLY	6
7	10/UNDER 50 FREE	8
9	11/OVER 1500 FREE	10

\*Athletes in the 1500 Free must have achieved a USA "B" time Standard or be coach verified as such in order to compete. Athletes in the 1500 Free must provide their own lane timer(s) and provide for their own lap counting needs.

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by BULLDOG SWIM CLUB LONG COURSE INVITATIONAL MAY 10, 2019 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				
# of entries _____ x \$4.00 = \$ _____ Participation Fee        \$ 10.00 Total                        \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													