

LOS ALTOS MOUNTAIN VIEW AQUATICS CLUB
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
MARCH 23 – 24, 2019

Z1N Teams Assigned: DACA, LAMV, MCAC, MNLO, PASA, PCCA, SOLO, SUNN

Enter Online: <https://ome.swimconnection.com/PC/lamv20190323>



SANCTION: Held under USA/Pacific Swimming Sanction No. **19-045**

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 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:

Meet Referee: Mike Tramack	Head Starter: Evan Bigall
Meet Marshal: Fatima Ung	Admin Official: Larry Rice
Meet Director: Hongjun Zhu – meetdirector@lamvac.org	

LOCATION: Eagle Park, 650 Franklin St, Mountain View, CA 94041.

DIRECTIONS: From the North: Take US-101 S toward San Jose. EXIT 399 SHORELINE BLVD. toward Mountain View. Turn RIGHT onto N. Shoreline Blvd. Turn LEFT onto Church St. Take the 2nd RIGHT onto Franklin St. The Eagle Park Pool will be on your right. **From the South:** Take US-101 N toward San Francisco. EXIT 396C to merge onto CA-237 W toward Mountain View Alviso Rd. Turn RIGHT onto W. El Camino Real. Turn RIGHT onto N. Shoreline Blvd. Turn RIGHT onto Church St. Take the 2nd RIGHT onto Franklin St. The Eagle Park Pool will be on your right.

Limited parking is available in the adjacent parking lots. Street parking is available and carpooling is encouraged.

COURSE: Outdoor, 25 yard pool with up to 8 lanes available for competition. An adjacent 4 lane warm up 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 5' at the start end and 5' at the turn end. A copy of the certification is on file with USA Swimming OR The competition course has not been certified in accordance with 104.2.2C(4).

TIME: **Session A (All Athletes 11 Years Old and Over):** Warm-ups from 7:00 – 8:15 a.m. Meet begins at 8:30AM each day.
Session B (All Athletes 10 Years Old and Younger): Session will begin one hour after Session A finishes, but not before 12:00 noon each day. Session B warm-up 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.
- 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, 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 coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**
- All Athletes entered in the 400 IM and 500 Free must provide their own timers and lap counters for 500 Free.
- All Athletes in the 500 Free must have achieved a USA – S "B" Time Standard for their age group and gender. A coach-verified time is acceptable. Entries with "NO TIME" for the 500 FREE will not be accepted.

ATTENTION HIGH SCHOOL ATHLETES: If you are a high school athlete in season, you need to be Unattached from this meet. It is the athlete's 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.
- 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.
- Pets, not including guide dogs, are strictly prohibited in all areas of the meet venue.

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 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 – 500 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.
- 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: Zone 1 North Athletes from **DACA, LAMV, MCAC, MNLO, PASA, PCCA, SOLO, SUNN** entering online must do so by **11:59 PM on Wednesday, March 6th** in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by Monday, March 4th in order to receive priority acceptance to the meet. No Athletes other than those from LAMV, DACA, MCAC, MNLO, PASA, PCCA, SUNN, SOLO may enter the meet until the priority period has closed.

ENTRY FEES: \$4.00 per 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 online go to <https://ome.swimconnection.com/PC/lamv20190323> 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 athlete 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 an athlete by Pacific Swimming.** Online entries will be accepted through **Wednesday, March 13th, 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 athlete's best time. Entries must be postmarked by midnight, Monday, **March 11th, 2019** or hand delivered by 6:30 p.m. Wednesday, **March 13th, 2019.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: LAMV

Mail entries to: LAMV

P.O. Box 1269

Los Altos, CA 94023-1269

Hand deliver entries to: Meet Director

227 Solana Drive

Los Altos, CA 94022

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: 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: 6 & Under, 7-8, 9-10, 11-12. Athletes 13 years of age and older will not receive awards. "A" time medals will be given to athletes achieving a new "A" time, regardless of place achieved in the event. Awards for athletes 12 & younger must be picked up at the meet by coaches at the end of each session. Awards will not be mailed.

ADMISSION: Free. A program will NOT be available.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

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

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 Athletes 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 athlete 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+

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
50 BK	50 FR	100 BK	200 BK	50 FR	100 FR	50 BR	200 FR
50 FL	100 FL	50 FL	100 BR	25 BK	50 BK	100 FL	200 FL
25 FR	100 BK	50 FR	50 FR	50 BR	50 BR	200 BR	100 FR
100 IM	200 FR	200 IM	400 IM*	100 FR	200 IM	500 FR**	200 IM

EVENTS

SATURDAY, MARCH 23rd		
SESSION A		
GIRLS #	EVENT	BOYS #
1	11-12 100 BACK	2
3	13-14 200 BACK	4
5	15 - OV 200 BACK	6
7	11-12 50 FLY	8
9	13-14 100 BREAST	10
11	15 - OV 100 BREAST	12
13	11 - 12 50 FREE	14
15	13-14 50 FREE	16
17	15 - OV 50 FREE	18
19	11-12 200 IM	20
21	13-14 400 IM	22
23	15 - OV 400 IM	24
SESSION B		
25	8 - UN 50 BACK	26
27	9 - 10 50 FREE	28
29	8 - UN 50 FLY	30
31	9 - 10 100 FLY	32
33	8 - UN 25 FREE	34
35	9 - 10 100 BACK	36
37	8 - UN 100 IM	38
39	9 - 10 200 FREE	40

SUNDAY, MARCH 24th		
SESSION A		
GIRLS #	EVENT	BOYS #
41	13- 14 200 FREE	42
43	15 - OV 200 FREE	44
45	11 -12 50 BREAST	46
47	13- 14 200 FLY	48
49	15 - OV 200 FLY	50
51	11- 12 100 FLY	52
53	13 - 14 100 FREE	54
55	15 - OV 100 FREE	56
57	11 -12 200 BREAST	58
59	13 - 14 200 IM	60
61	15 - OV 200 IM	62
63	11 - 12 500 FREE**	64
SESSION B		
65	8 - UN 50 FREE	66
67	9 - 10 100 FREE	68
69	8 - UN 25 BACK	70
71	9 - 10 50 BACK	72
73	8 - UN 50 BREAST	74
75	9 - 10 50 BREAST	76
77	8 - UN 100 FREE	78
79	9 -10 200 IM	80

* All 400 IM and 500 Free Athletes must provide their own timers.

** All Athletes in the 500 Free must have achieved a USA – S “B” Time Standard for their age group and gender. A coach-verified time is acceptable. Entries with “NO TIME” for the 500 FREE will not be accepted.

All 500 Free Athletes must also provide their own lap counters.

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

Pacific Swimming – Hosted by Los Altos Mtn View Aquatic Club C/B/A+ March 23 – 24, 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				
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													