

**PALO ALTO STANFORD AQUATICS (Cardinal Site)  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
February 6-7, 2016**

**Z1N Teams Assigned: PASA, BAC, SUNN, SOLO, PCCA, HDAC, LAMV, PSRP, MM, LO**

**Enter Online: <http://omeswimconnection.com/pc/pasa20160206>**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **16-023**

*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> Jimmy Hong	<b>Head Starter:</b> Lucille Glassman
<b>Meet Marshal:</b> Clara Stoen / Joe Brinkman	<b>Admin Official:</b> Robin Stewart
<b>Meet Director:</b> Danielle Makler – <a href="mailto:cardinalmeetdirector@gmail.com">cardinalmeetdirector@gmail.com</a>	

**LOCATION:** Gunn High School, 780 Arastradero Rd, Palo Alto, CA, 94306.

**DIRECTIONS:** **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 Swimmers and 11-12 Girls. Meet begins at 8:30AM each day, warm-up from 7:00 to 8:15AM.  
**SESSION B** 10 & Under swimmers and 11-12 Boys. Session B will begin one hour after Session A finishes, but not before 12:30 PM each day. Session B warm-up will begin immediately upon completion of Session A.

**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 four (4)** events per day.
- All swimmers 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 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 swimmers competing in the 500 yard freestyle or 400 yard IM events must provide their own lane timers.
- All 9-10 swimmers in the 500 yard freestyle must have met the USA-S Motivational "B" Standard for their gender.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

**ATTENTION HIGH SCHOOL SWIMMERS:** If you are a high school swimmer in competition season, you need to be unattached from 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 swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**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.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is 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.

**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 the 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 – 9/10 500 Freestyle. 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 any 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.

**ENTRY PRIORITY:** Zone 1 North swimmers from PASA, BAC, SUNN, SOLO, PCCA, HDAC, LAMV, PSRP, MM, LO entering online must do so by Wednesday January 20 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 swimmers other than those from PASA, BAC, SUNN, SOLO, PCCA, HDAC, LAMV, PSRP, MM, LO may enter the meet until the preference period has concluded.

**ENTRY FEES:** \$4.00 event plus an \$8.00 participation fee per swimmer. 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 on-line go to <http://ome.swimconnection.com/pc/pasa20160206> 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, **January 27th at 11:59 PM.** Refunds will not be made.

**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, January 25 or hand delivered by 6:30 p.m. Wednesday, Jan. 27th. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

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

**Mail entries to: Joey Sementelli  
Swim Meet Entries  
PO box 61117  
Palo Alto CA 94306**

**Hand deliver entries to: Joey Sementelli  
Swim Meet Entries  
PO Box 61117  
Palo Alto CA 94306**

**CHECK-IN:** The meet will be deck seeded. Swimmers 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. Swimmers who do not check in will not be seeded and will not be allowed to compete in that event.

**SCRATCHES:** Any swimmers 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 Third place will be given to the following age groups: 8 & Under, 9-10, and 11-12. Swimmers 13 years of age and older will not receive awards. Standard "A" time medals will be awarded to swimmers 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 snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers.

**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 swimmers 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 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
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5 (+1 for every additional 25 swimmers)

#### EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
50 back	100 back	200 back	100 free	25 free	200 free	200 IM	50 free
25 fly	200 IM	50 free	200 IM	25 breast	100 free	50 back	100 fly
50 free	50 fly	200 breast	200 fly	100 IM	100 breast	200 fly	200 free
50 breast	100 breast	100 IM	100 breast	50 fly	100 fly	100 free	100 back
100 free	50 free	50 fly	200 back	25 back	50 back	50 breast	200 breast
	500 free	400 IM			100 IM	200 free	500 free

**EVENTS**

<b>SATURDAY, February 6</b>		
<b>Event #</b>	<b>Event</b>	<b>Event #</b>
<b>1</b>	13 & O 100 Free	<b>2</b>
<b>3</b>	11-12 200 Back	
<b>5</b>	13 & O 200 IM	<b>6</b>
<b>7</b>	11-12 50 Free	
<b>9</b>	13 & O 200 Fly	<b>10</b>
<b>11</b>	11-12 200 Breast	
<b>13</b>	13 & O 100 Breast	<b>14</b>
<b>15</b>	11-12 100 IM	
<b>17</b>	13 & O 200 Back	<b>18</b>
<b>19</b>	11-12 50 Fly	
<b>21</b>	11-12 400 IM	
<b>SESSION B</b>		
	11-12 200 Back	<b>24</b>
<b>25</b>	9-10 100 Back	<b>26</b>
<b>27</b>	8 & UN 50 Back	<b>28</b>
	11-12 50 Free	<b>30</b>
<b>31</b>	9-10 200 IM	<b>32</b>
<b>33</b>	8 & UN 25 Fly	<b>34</b>
	11-12 200 Breast	<b>36</b>
<b>37</b>	9-10 50 Fly	<b>38</b>
<b>39</b>	8 & UN 50 Free	<b>40</b>
	11-12 100 IM	<b>42</b>
<b>43</b>	9-10 100 Breast	<b>44</b>
<b>45</b>	8 & UN 50 Breast	<b>46</b>
	11-12 50 Fly	<b>48</b>
<b>49</b>	9-10 50 Free	<b>50</b>
<b>51</b>	8 & Under 100 Free	<b>52</b>
<b>53</b>	9-10 500 free	<b>54</b>
	11-12 400 IM	<b>56</b>

<b>SUNDAY, February 7</b>		
<b>Event #</b>	<b>Event</b>	<b>Event #</b>
<b>57</b>	11-12 200 IM	
<b>59</b>	13 & O 50 Free	<b>60</b>
<b>61</b>	11-12 50 Back	
<b>63</b>	13 & O 100 Fly	<b>64</b>
<b>65</b>	11-12 200 Fly	
<b>67</b>	13 & O 200 Free	<b>68</b>
<b>69</b>	11-12 100 Free	
<b>71</b>	13 & O 100 Back	<b>72</b>
<b>73</b>	11-12 50 Breast	
<b>75</b>	13 & O 200 Breast	<b>76</b>
<b>77</b>	11-12 200 Free	
<b>79</b>	13 & O 500 Free	<b>80</b>
<b>SESSION B</b>		
	11-12 200 IM	<b>82</b>
<b>83</b>	9-10 200 Free	<b>84</b>
<b>85</b>	8 & UN 25 Free	<b>86</b>
	11-12 50 Back	<b>88</b>
<b>89</b>	9-10 100 Free	<b>90</b>
<b>91</b>	8 & UN 25 Breast	<b>92</b>
	11-12 200 Fly	<b>94</b>
<b>95</b>	9-10 50 Breast	<b>96</b>
<b>97</b>	8 & UN 100 IM	<b>98</b>
	11-12 100 Free	<b>100</b>
<b>101</b>	9-10 100 Fly	<b>102</b>
<b>103</b>	8 & Under 50 Fly	<b>104</b>
	11-12 50 Breast	<b>106</b>
<b>107</b>	9-10 50 Back	<b>108</b>
<b>109</b>	8 & Under 25 back	<b>110</b>
	11-12 200 free	<b>112</b>
<b>113</b>	9-10 100 IM	<b>114</b>

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

All 9-10 swimmers in the 500 yard freestyle must have met the National "B" Standard

Swimmers must provide their own timers for the 500 free & 400 IM.

Pacific Swimming – Hosted by Palo Alto Stanford Aquatics Short Course C/B/A+ February 6-7, 2016 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													
Swimmer's Address													
Home Phone							Cell Phone						
Email													