

**PALO ALTO STANFORD AQUATICS
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET
MAY 19, 2018 – MAY 20, 2018**

Enter Online: <http://ome.swimconnection.com/PC/PASA20180519>

Z1N Teams: PASA, BAC, DCD, HDAC, MNLO, PPSC, OSC, PSL, PSRP, MLKB, YEMB



SANCTION: Held under USA/Pacific Swimming Sanction No. **18-069**

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:	Meet Referee: Mike Tramack	Head Starter: Jimmy Hong
	Meet Marshal: Tim Harris	Admin Official: Larry Rice
	Meet Director: Bruce Smith – brucesmithswim@gmail.com / 650-948-8261 ext. 212	

LOCATION: Foothill College Pool, 12345 El Monte Road, Los Altos Hills, CA

DIRECTIONS: Foothill College is located west of Highway I-280 on El Monte Road. Map of Foothill College can be found at <http://www.foothill.fhda.edu/news/mainmaps.html>. Drop-off point for athletes is on the Bus Stop/Handicapped Parking Lot at the walking bridge to the pool. Please do not drop off your athletes on the roadside; use the parking lot/bus stop. Parking is located in Lot 2

COURSE: 50 meter, outdoor heated pool. Up to eight (8) lanes will be used for competition. Separate 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 4'5" at the start end and 13'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

TIME: **SESSION A (13 – 14 and 9 – 10 Athletes):** Meet begins at 8:30 AM; Warm-Up is from 7:00 - 8:15 AM.
SESSION B (11 – 12, 15 & Over and 8 & Under Athletes): Session B will begin 1 hour after Session A finishes, but not before 12:00 PM. Session B Warm-Ups will begin immediately after Session A finishes. During the last 20 minutes of Session B warmup, 2 lanes may be designated for 8 & under athletes only.

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 a **maximum of 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 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 coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**
- Athletes entered in the 400 Freestyle and/or 400 IM must have achieved a USA-S Motivational "B" time for their age group and gender. Athletes in the 400 Freestyle and/or 400 IM must provide their own timers.
- 8 & Under Athletes entered in the 100 Back, Breast, and/or Fly must have achieved a "PC-A" time for their gender in the 50 meter/yard distance of that stroke.

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.
- 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.
- 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, with the exception of licensed working service animals, are prohibited in 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 – 400 Freestyle & 400 IM. 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 1N athletes from PASA, BAC, DCD, HDAC, MNLO, PPSC, OSC, PSL, PSRP, MLKB, YEMB entering online must do so by 11:59 PM Wednesday, May 2nd in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by April 30th in order to receive priority acceptance to the meet. No athletes other than those from PASA, BAC, DCD, HDAC, MNLO, PPSC, OSC, PSL, PSRP, MLKB, YEMB may enter the meet until the priority period has concluded.

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: To enter online go to <http://ome.swimconnection.com/pc/PASA20180519> 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, **May 9th, 2018.**

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, May 7th, 2018 or hand delivered by 6:30 p.m. Wednesday, **May 9th, 2018.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: DBA-DKS

**Mail entries to: Bruce Smith
PO Box 17832
Stanford, CA 94309**

**Hand-deliver entries (M-F between the hours of 4-7:30pm) to: Dana Kirk
12889 Viscaino Place
Los Altos Hills, 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 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. “A” time medals will be given to athletes achieving a new “A” time (“PC-A” for 8 & Under Athletes, USA-S “A” for 9 & Over Athletes), regardless of place achieved in the event. All awards must be picked up at the meet by coaches at the end of the meet. Awards will not be mailed.

ADMISSION: Free. Meet programs will not be available for purchase, but will be e-mailed to the coaches of participating clubs.

SNACK BAR & HOSPITALITY: 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.

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 for Saturday and Sunday 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 and up (1 for every 25 athletes)

EVENT SUMMARY

SATURDAY					SUNDAY				
8 & UN	9-10	11-12	13-14	15 & OV	8 & UN	9-10	11-12	13-14	15 & OV
50 FL	50 FL	100 FL	100 FL	100 FL	50 FR	50 FR	200 FR	200 FR	200 FR
100 BK	100 BK	200 BK	200 BK	200 BK	100 BR	100 BR	100 BR	200 BR	200 BR
50 BR	50 BR	50 BR	100 BR	100 BR	50 BK	50 BK	50 BK	100 BK	100 BK
100 FR	100 FR	100 FR	100 FR	100 FR	100 FL	100 FL	200 FL	50 FR	50 FR
	200 IM	400 IM	200 IM	200 IM		400 FR	50 FR	400 FR	400 FR

EVENTS

SATURDAY, MAY 19 TH		
SESSION A		
EVENT #	EVENT	EVENT #
1	13 – 14 100 FLY	2
3	9 – 10 50 FLY	4
5	13 – 14 200 BACK	6
7	9 – 10 100 BACK	8
9	13 – 14 100 BREAST	10
11	9 – 10 50 BREAST	12
13	13 – 14 100 FREE	14
15	9 – 10 100 FREE	16
17	13 – 14 200 IM	18
19	9 – 10 200 IM	20
SESSION B		
21	15 & OV 100 FLY	22
23	8 & UN 50 FLY	24
25	11 – 12 100 FLY	26
27	15 & OV 200 BACK	28
29	8 & UN 100 BACK*	30
31	11 – 12 200 BACK	32
33	15 & OV 100 BREAST	34
35	8 & UN 50 BREAST	36
37	11 – 12 50 BREAST	38
39	15 & OV 100 FREE	40
41	8 & UN 100 FREE	42
43	11 – 12 100 FREE	44
45	15 & OV 200 IM	46
47	11 – 12 400 IM**	48

SUNDAY, MAY 20 TH		
SESSION A		
EVENT #	EVENT	EVENT #
49	13 – 14 200 FREE	50
51	9 – 10 50 FREE	52
53	13 – 14 200 BREAST	54
55	9 – 10 100 BREAST	56
57	13 – 14 100 BACK	58
59	9 – 10 50 BACK	60
61	13 – 14 50 FREE	62
63	9 – 10 100 FLY	64
65	13 – 14 400 FREE**	66
67	9 – 10 400 FREE**	68
SESSION B		
69	11 – 12 200 FREE	70
71	8 & UN 50 FREE	72
73	15 & OV 200 FREE	74
75	11 – 12 100 BREAST	76
77	8 & UN 100 BREAST*	78
79	15 & OV 200 BREAST	80
81	11 – 12 50 BACK	82
83	8 & UN 50 BACK	84
85	15 & OV 100 BACK	86
87	11 – 12 200 FLY	88
89	8 & UN 100 FLY*	90
91	15 & OV 50 FREE	92
93	11 – 12 50 FREE	94
95	15 & OV 400 FREE**	96

*8 & Under Athletes entered in the 100 Back, Breast, and/or Fly must have achieved a “PC-A” time for their gender in the 50 meter/yard distance of that stroke.

** Athletes entered in the 400 Freestyle and/or 400 IM must have achieved a USA-S Motivational “B” time for their age group and gender. Athletes in the 400 Freestyle and/or 400 IM must provide their own timers.

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

Pacific Swimming – Hosted by PASA Long Course CBA+ May 19-20, 2018 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				
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						: .			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													