

SANCTION: Held under USA/Pacific Swimming Sanction No. **16-168**

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:

<i>Meet Referee:</i> Mike Tramack	<i>Head Starter:</i> Larry Hyde
<i>Meet Marshal:</i> Kate McNeillis	<i>Admin Official:</i> Nan Mckenna
<i>Meet Director:</i> Bruce Smith - brucesmithswim@gmail.com	

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. 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: Session A (13 and Over): Meet will begin at 8:45 AM with warm-ups from 7:30 to 8:30 AM.

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 **3 individual events and 2 Relays only**.
- Entries will be accepted until the number of splashes exceeds the estimated time line, per the "Four-Hour Rule," based on the athlete's 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.**

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 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.
- 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: • 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 must be a member of PASA or QSS. Athletes who are unattached, but participating with PASA or QSS may enter the meet.
- Entries with "**NO TIME**" will be **NOT BE ACCEPTED**.
- 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 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 must be between the ages of 13 and 18 to compete.
- The athlete's age will be the age of the athlete on the first day of the meet.

ENTRY FEES: \$30 per athlete. One check must be made by the visiting club payable to the host club. Checks must be hand delivered to the meet director on the day of the meet.

ONLINE ENTRIES: A sd3 entry file must be submitted by the Thursday prior to the meet. Request a confirmation of receipt to ensure delivery of the email and file. Send meet entry file to the meet director.

MAILED OR HAND DELIVERED ENTRIES: Will not be accepted

Make check payable to: DBA-DKS

E-Mail entries to: Meet Director – brucesmithswim@gmail.com

CHECK-IN: All sessions will be pre seeded.

SCRATCHES: Any athlete not reporting for or competing in an individual timed final event that they have entered shall not be penalized.

SCORING: Relays scoring is from the first heat only and is 11-4-2
Individual events scoring is from the first heat only and is 9-4-3-2-1
Unattached athletes may not score points, but are counted for places and will block those points.

AWARDS: None.

ADMISSION: Free. A program will not be available. Heat Sheets may be available electronically and should be printed before the meet.

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

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. Each club is required to provide timers. Meet director will email timer/lane assignments to each club prior to the meet. This meet will be scored according to CSA rules for dual meets.

EVENTS

Girls Event #	Age Group	Event	Boys Event #
1	13-14	200 Medley Relay	2
3	OPEN	400 Medley Relay	4
5	OPEN	1000 Freestyle	6
7	13-14	200 Freestyle	8
9	OPEN	200 Freestyle	10
11	13-14	100 Backstroke	12
13	OPEN	100 Backstroke	14
15	13-14	100 Breaststroke	16
17	OPEN	100 Breaststroke	18
19	13-14	200 Butterfly	20
21	OPEN	200 Butterfly	22
23	13-14	50 Freestyle	24
25	OPEN	50 Freestyle	26
27	13-14	100 Freestyle	28
29	OPEN	100 Freestyle	30
31	12-14	200 Backstroke	32
33	OPEN	200 Backstroke	34
35	13=14	200 Breaststroke	36
37	OPEN	200 Breaststroke	38
39	OPEN	500 Freestyle	40
41	13-14	100 Butterfly	42
43	OPEN	100 Butterfly	44
45	13-14	200 IM	46
47	OPEN	200 IM	48
49	13-14	200 Freestyle Relay	50
51	OPEN	400 Freestyle Relay	52

Meet will take an 8-10 minute break following events 26 & 48