

PALO ALTO STANFORD AQUATIC CLUB
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET
FRIDAY, SATURDAY, AND SUNDAY, JUNE 20 – 22, 2014
Z1N TEAMS ASSIGNED: PASA, SOLO, DCD, HDAC, MAV, SSF, PPSC, PSRP, BSC
Enter Online: <http://ome.swimconnection.com/pc/pasa20140620>



SANCTION: Held under USA/Pacific Swimming Sanction No. **14-102**

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, 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.

OFFICIALS: **Meet Referee:** Karl Nakamura **Head Starter:** Kirt Williams
Meet Marshal: Ben Chung **Admin Official:** Larry Rice
Meet Director: Gaku R. Ito – coachgakuito@gmail.com

OFFICIALS: **Meet Referee:** Nan McKenna **Head Starter:** Jon Sasano/Stephanie Kuang
(BAC VENUE) **Meet Marshal:** Jim Maffei **Admin Official:** Harrison Race
Meet Director: Patrick Tan – BACMeetDirector@yahoo.com / (650) 452-2147

LOCATION FOR FRIDAY ONLY: Burlingame High School Pool, 851 Oak Grove Avenue, Burlingame, CA 94010. From Highway 101, exit Broadway. Turn left onto Carolan Avenue, and turn left at stop sign onto Oak Grove Avenue. The pool is on the right hand side. Parking at the pool will held for meet officials and swim coaches. **Additional parking is available behind the High School off Carolan Avenue.**

LOCATION FOR SATURDAY AND SUNDAY: College of San Mateo Aquatic Center, 1700 West Hillsdale Boulevard, San Mateo, CA. Ample free parking is available on campus in Beethoven Lot 2. **DO NOT PARK IN OLYMPIAN LOT 12 OR ANY STAFF PARKING LOTS.** **From Hwy 280:** Take Hwy 92 east towards San Mateo, West Hillsdale Blvd. exit. Turn right and proceed uphill through 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 uphill through traffic lights. Turn right onto campus at College Heights Drive. The Aquatic Center's pool is adjacent to the Building 5, Health and Wellness, located up College Heights Drive on the right next to circular drop-off. Signs will be posted to direct you to pool entrance.

COURSE: 50 meter by 25 yard outdoor heated pool. Up to eight (8) lanes will be used for competition. 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 13'0" at the start end and 4'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

TIME: Meet begins at 4:15 on Friday; Warm-Up is from 3:00 – 4:00 PM.

NOTE – FRIDAY AFTERNOON SESSION WILL BE HELD AT BAC VENUE.

Saturday and Sunday are split into sessions "A" and "B" (AT PASA VENUE)

SESSION A (13 & Over and 11 – 12 GIRLS): Meet begins at 8:30 AM; Warm-Up is from 7:00 – 8:15 AM.

SESSION B (10 & Under and 11 – 12 BOYS): Session B will begin 1 hour after Session A finishes, but not before 1:00 PM. Session B Warm-Ups 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.
- Swimmers may compete in a **maximum of three (3)** events per day.
- All swimmers 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.
- Friday session will be capped at two (2) hours. Two (2) hours from PASA Venue will be combined with two (2) hours from BAC venue-assigned team entries equaling four (4) hours total for combined Friday Session at BAC.
- 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 events will run in a fast to slow sequence.
- All swimmers competing in the 400 meter Freestyle or 400 meter IM must have achieved a "PC-B" Time Standard for their age group/gender.
- All swimmers competing in the 400 meter Freestyle or 400 meter IM events must provide their own lane timers.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

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.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

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 listed "PC-A" time standard. Swimmers in the "B" Division must have met at least the listed "PC-B" time standard. All entry times slower than the listed "PC-B" time standard will be in the "C" Division.
- Entries with **"NO TIME" will be ACCEPTED, except in the 400 meter freestyle and 400 meter IM events.**
- 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 and special accommodations on entry times and seeding per Pacific Swimming policy.
- Swimmers 19 years of age and over may compete in the meet for time only, no awards. Such swimmers must have met standards for the 17-18 age group.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY PRIORITY: Zone 1N swimmers from **PASA, SOLO, DCD, HDAC, MAV, SSF, PPSC, PSRP, BSC** entering online must do so by **11:59 PM Wednesday, June 4th** in order to receive priority acceptance to the meet. **Surface mail entries must be postmarked by Monday, June 2nd** in order to receive priority acceptance to the meet. No swimmers other than those from PASA, SOLO, DCD, HDAC, MAV, SSF, PPSC, PSRP, and BSC may enter the meet until the priority period has concluded.

ENTRY FEES: \$2.75 per event plus a \$10.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/pasa20140620> 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, June 11th 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 swimmers best time. Entries must be postmarked by midnight, Monday, April 28th or hand delivered by 6:30 p.m. Wednesday, April 30th. No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Alpine Hills

Mail entries to: Swim Meet Entries
4139 Alpine Road
Portola Valley, CA, 94028

Hand deliver entries to: Alpine Hills Swim & Tennis Club

4139 Alpine Road
Portola Valley, CA 94028

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. 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. No event shall be closed more than 30 minutes before the scheduled start of the session. Swimmers who do not check in will not be seeded and will not be allowed to compete in that event.

SCRATCHES: Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. Any swimmers not reporting for or competing in an individual timed final event **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 6&U, 7-8, 9-10, 11-12. Swimmers 13 years of age and older will not receive awards. "A" time medals will be given to swimmers achieving a new "PC – A" times, regardless of place achieved in the event. All awards must be picked up at the meet by coaches at the end of each session. Awards will not be mailed.

ADMISSION: Free. A meet program will be available online at www.teamunify.com/pcpasaah or <http://goo.gl/HGrlvl>

REFRESHMENTS: A snack bar will be open each day. 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.

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
0-24	0
25-50	1
51-75	2
76-100	3
100 or more	4 and Up (1 for every 25 swimmers)

EVENT SUMMARY

FRIDAY, June 20 th (at BAC Venue)		SATURDAY				SUNDAY			
9 – 10	11 & O	13-O	11-12	9-10	8 & UN	13-O	11-12	9-10	8 & UN
400 FR	400 FR	100 FR	100 FR	200 FR	100 FR	100 FL	100 FL	100 FR	50 FR
	400 IM	200 FL	50 FL	100 FL	50 FL	200 FR	200 IM	100 BR	50 BR
		200 BK	100 BK	100 BK		100 BR	50 BR	50 BK	50 BK
		50 FR	200 BR	50 BR		200 IM	50 FR	200 IM	

EVENTS

Girls #	Friday Session	Boys #
1	9 & Over 400 Free	2
3	11 & Over 400 IM	4

Girls #	Saturday Session A	Boys #
5	11 – 12 100 FREE	
7	13 & O 100 FREE	8
9	11 – 12 50 FLY	
11	13 & O 200 FLY	12
13	11 – 12 100 BACK	
15	13 & O 200 BACK	16
17	11 – 12 200 BREAST	
19	13 & O 50 FREE	20

Girls #	Saturday Session B	Boys #
21	9 – 10 200 FREE	22
23	8 & U 100 FREE	24
	11 – 12 100 FREE	26
27	9 – 10 100 FLY	28
29	8 & U 50 FLY	30
	11 – 12 50 FLY	32
33	9 – 10 100 BACK	34
	11 – 12 100 BACK	36
37	9 – 10 50 BREAST	38
	11 – 12 200 BREAST	40

Girls #	Sunday Session A	Boys #
41	11 – 12 100 FLY	
43	13 & O 100 FLY	44
45	11 – 12 200 IM	
47	13 & O 200 FREE	48
49	11 – 12 50 BREAST	
51	13 & O 100 BREAST	52
53	11 – 12 50 FREE	
55	13 & O 200 IM	56

Girls #	Sunday Session B	Boys #
57	9 – 10 100 FREE	58
59	8 & U 50 FREE	60
	11 – 12 100 FLY	62
63	9 – 10 100 BREAST	64
65	8 & U 50 BREAST	66
	11 – 12 200 IM	68
69	9 – 10 50 BACK	70
71	8 & U 50 BACK	72
	11 – 12 50 BREAST	74
75	9 – 10 200 IM	76
	11 – 12 50 FREE	78

****Teams assigned to either PASA or BAC Venue will compete at BAC Venue on Friday only. Teams assigned to PASA venue will compete at PASA Venue for all Saturday and Sunday Sessions.****

Swimmers in the 400 Free and 400 IM must have achieved a "PC-B" Time Standard

Swimmers in the 400 Free and 400 IM must provide their own lane timers

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

Pacific Swimming – Hosted by Palo Alto Stanford Aquatics
 Long Course C/B/A +
 June 20 – 22, 2014
 NOTE: Friday Session held at alternate venue (See Meet Sheet)
 Consolidated Entry Form

Name: Last, First Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M F	LSC – (PC, SN)
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USA-#														
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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 \$2.75 = \$ _____
 Participation Fee \$ 10.00
 Total \$ _____

Coach

Swimmer's Address

Home Phone	Cell Phone
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E-Mail Address