

**QUICKSILVER SWIMMING  
PACIFIC SWIMMING LCM AGE GROUP OPEN  
JUNE 26-28, 2015**

Enter Online: <http://ome.swimconnection.com/pc/QSS20150626>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-091**

*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 Meet Mobile.**

**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:**

<b>Meet Referee:</b> Karyn Kikuta	<b>Head Starter:</b> Carole Keighley
<b>Meet Marshal:</b> Dolores Akin	<b>Admin Official:</b> Cathy Gomes
<b>Meet Director:</b> Liv Lyons <a href="mailto:QSSmeetdirector@gmail.com">QSSmeetdirector@gmail.com</a> (925) 285-9934	
Kim Calleja-Harris <a href="mailto:swimqss@gmail.com">swimqss@gmail.com</a>	

**LOCATION:** Gunderson High School Pool, 622 Gaundabert Lane, San Jose, CA 95136.

**DIRECTIONS:** From 85-S, take Santa Teresa exit, turn right on Thornwood Drive, right on Winfield, right on Chynoweth. The pool is located in the back of the campus past the football field off Chynoweth Drive. Parking is available near the front entrance of pool, in the front of the school, and overflow parking in the neighborhood.

**COURSE:** Outdoor 50 meter pool with up to 9 lanes available for competition. An additional 6 lanes will be available for warm-up/cool down throughout the competition. The minimum water depth at the shallow end course, measured in accordance with Article 103.2.3, is 7' at the start end and 4' 6" at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

**TIME:** Meet will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. A special warm-up time for 8 and under swimmers only will be held from 8:15 to 8:45 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.
- Swimmers may compete in **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.
- 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.**
- **Meet will be capped at 600 swimmers per day.**
- All Swimmers in the 400 Freestyle or 400 IM must provide their own timers. All swimmers in the 800 or 1500 Freestyles must provide their own timers and lap counters.
- All 800/1500's will be timed finals and will swim fastest to slowest, alternating girls and boys heats.
- **Any break between end of prelims and beginning of the distance is at the discretion of the referee.**
- **The Meet Referee may decide to swim two swimmers per lane in the 800/1500 freestyle events.**

**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, or 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.
- Only Coaches EZ-Ups will be allowed on the pool deck. Set-up is allowed outside the yellow bars of the pool deck, on the bleachers, and in distinguished areas outside the pool gates.

**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.

- **Entries with "NO TIME" entries will not be accepted.** Coach verification times will be allowed.
- 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.
- Swimmers 19 years of age and over may compete in the meet for time only, no awards.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRY FEES:** \$4.00 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 on-line go to <http://ome.swimconnection.com/pc/qss20150626> 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 17, 2015.**

**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, **June 15, 2015** or hand delivered by 6:30 p.m. Wednesday, **June 17, 2015.** 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: QuickSilver Swimming**

**Mail entries to: QuickSilver – Liv Lyons**  
5409 Silver Vista Way  
San Jose, CA 95138

**Hand deliver entries to: Kim Calleja-Harris**  
**Gunderson pool office - Mon- Thurs. 3:30- 6:30pm**  
622 Gaundabert Lane, San Jose, CA 95136

**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 entered in a timed final individual event that is seeded on the deck that have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim an event will result in being barred from their next individual event in which the swimmer is entered on that day or next meet day, whichever is first.

**AWARDS:** Ribbons for 1st through 8th place will be given to the following age groups: 8 & Under, 9-10, and 11-12 within each event. All awards must be picked up at the meet by a coach or parent representative at the end of the meet on Sunday. Awards will not be mailed.

**ADMISSION:** Free.

**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.

#### EVENT SUMMARY

FRIDAY		
12-U	11-Up	13-UP
400 Free	1500 Free	400 Free
200 IM		200 IM
50 Free		50 Free

SATURDAY		
12-U	11-Up	13-UP
100 Breast	200 Back	100 Breast
100 Fly	400 IM	100 Fly
50 Back		200 Free
200 Free		

SUNDAY		
12-U	11-Up	13-UP
100 Back	200 Fly	100 Back
50 Fly	200 Breast	100 Free
100 Free	800 Free	
50 Breast		

**EVENTS**

Friday June 26, 2015			Saturday June 27, 2015			Sunday June 28, 2015		
Event #	Event	Event #	Event #	Event	Event #	Event #	Event	Event #
1	13-UP 400 Free	2	15	13-UP 100 Breast	16	33	13-UP 100 Back	34
3	12-UN 400 Free	4	17	12-UN 100 Breast	18	35	12-UN 100 Back	36
5	13-UP 200 IM	6	19	13-UP 100 Fly	20	37	11-UP 200 Fly	38
7	12-UN 200 IM	8	21	12-UN 100 Fly	22	29	12-UN 50 Fly	40
9	13-UP 50 Free	10	23	11-UP 200 Back	24	41	13-UP 100 Free	42
11	12-UN 50 Free	12	25	12-UN 50 Back	26	43	12-UN 100 Free	44
13	11-UP 1500 Free*	14	27	13-UP 200 Free	28	45	11-UP 200 Breast	46
			29	12-UN 200 Free	30	47	12-UN 50 Breast	48
			31	11-UP 400 IM^	32	49	11-UP 800 Free*	50

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

**\*Indicates athlete must supply their own lap counter and timer for event.**

**^Indicates athlete must supply their own timer for event.**

Pacific Swimming – Hosted by QuickSilver Age Group Open LCM June 26-28, 2015 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				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee       \$ 10.00 Total                       \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													