

**QUICKSILVER SWIMMING SUPER LAST CHANCE MEET**  
**PACIFIC SWIMMING LONG COURSE MEET**  
**JUNE 28-30, 2019**  
Enter Online: <http://www.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **19-104**

*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> Jennifer McKennan	<b>Head Starter:</b> Ray Tanaka
<b>Meet Marshal:</b> Andrew Johnson	<b>Admin Official:</b> Liz Tanaka
<b>Meet Director:</b> Liv Weaver – <a href="mailto:liv@swimqss.org">liv@swimqss.org</a>	

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

**DIRECTIONS:** From 85, Take Santa Teresa exit. Turn onto Santa Teresa Blvd, Right on Thornwood Drive, Right onto Winfield, and Right onto Cheynoweth. The pool is located in the back of the campus past the football field.

**COURSE:** Outdoor 50 meter pool with up to 9 lanes available for competition. Up to 6 additional short course lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 7'0" at the start end and 4'0" 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:** On Friday, the meet will begin at 4:30 PM with warm-ups from 3:15- 4:15 PM. On Saturday and Sunday, the 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 athletes only will be held from 8:15 to 8:45 AM in a lane.

**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. Friday distance events may alternate girls and boys at the discretion of the meet referee.
- Athletes may compete in 1 event in the Friday session and up to 3 events per day in both the Saturday and Sunday sessions.
- 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 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.
- The meet will be capped at 130 athletes in the Friday session and 675 in the Saturday and Sunday sessions. The meet may close sooner if the estimated timeline reaches the "Four-Hour Rule" prior to the entry capacity being met.
- Athletes in events on the Friday session must provide their own timers. All athletes in the 400 freestyle and 1500 freestyle must provide their own timers and lap counters. Friday events, athletes must have own counters/timers.
- Events will run as combined age groups but will be awarded by age group.
- All 50 meter events will start from the deep end of the pool.
- The Meet Referee may decide to swim two athletes per lane in the distance freestyle events with approval at the coaches meeting.

**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. THIS WILL BE STRICTLY ENFORCED. COACHES WILL BE ASKED PRIOR TO THE MEET AND AT THE COACHES MEETING TO ENSURE ATHLETES HAVE BEEN PROPERLY DIVE CERTIFIED BY A CERTIFIED USA SWIMMING COACH.

**RESTRICTIONS:**

- Smoking, vaping, 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.
- Deck Changes are 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.
- Only Coaches EZ-Ups will be allowed on the pool deck. Sections of the pool deck may be closed off to parents and spectators.

**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.
- Entries with "NO TIME" will 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 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 1 South (Z1S) entries postmarked by Monday, June 10, 2019 or entered online by 11:59pm Wednesday, June 12, 2019 will be given priority acceptance. All entries from Zone 1 South, all other Pacific LSC zones, and other LSC's either postmarked by Monday, June 17, 2019 or entered online by 11:59pm Wednesday, June 19, 2019 to be considered in the order that they are received or until meet cap is reached. No hand deliveries will be accepted.

**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:** You may enter this meet online or by U.S. mail. To enter on-line go to <http://www.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a processing fee for this service, 6.5% of the total Entry Fees plus \$0.75 per transaction, regardless of number of athletes. Please note that the processing fee is a separate fee from the Entry Fees. If you do not want 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 11:59pm on Wednesday, June 19, 2019. LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.

**MAILED 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, June 17, 2019. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope. Make check payable to QuickSilver Swimming. Mail entries to 5409 Silver Vista Way, San Jose, CA 95138.

**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:** Ribbons for first through ninth place will be given to the following age groups: 8 & Under, 9-10, 11-12, and 13-14 within each event. Athletes 15 years of age and over may compete, but will not be awarded ribbons. 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:** Food trucks may be on site throughout the competition. Coaches and working deck officials will be provided breakfast and lunch on Saturday and Sunday. Coaches and deck officials will be provided dinner on Friday evening.

**MISCELLANEOUS:** Please do not leave valuables at the facility overnight; QuickSilver is not liable for stolen or missing items.

**PARKING:** Park under the solar lot or in a marked parking spot. The back lots may be reserved for working official's only. Do not park in red curbed areas as they are fire lanes.

**REQUEST OFFICIALS:** Clubs participating at the meet are requested to provide officials in ratio to the number of athletes they bring to the meet per the table below

Club athlete 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

## EVENTS

Friday, June 28, 2019			Saturday, June 29, 2019			Sunday, June 30, 2019		
Girls Event #	Event	Boys Event #	Girls Event #	Event	Boys Event #	Girls Event #	Event	Boys Event #
1	10 Under 200 IM	2	7	11 & Up 200 IM	8	23	11 & Up 200 Back	24
3	11 & Up 400 IM	4	9	12 & Under 50 Fly	10	25	12 & Under 50 Back	26
5	11 & Up 800 Free	6	11	OPEN 100 Fly	12	27	OPEN 200 Free	28
			13	OPEN 100 Free	14	29	11 & Over 200 Fly	30
			15	11 & Up 200 Breast	16	31	OPEN 100 Breast	32
			17	12 & Under 50 Breast	18	33	OPEN 50 Free	34
			19	OPEN 100 Back	20	--	OPEN 400 Free*	36
			21	OPEN 400 Free*	--	37	11 & Up 1500 Free*	--
			--	11 & Up 1500 Free*	22			

### NOTES

***For Friday events, athletes must provide their own timers and/or counters.***

***Athletes must provide their own timers and/or counters for events marked with '\*'***

**Pacific Swimming Consolidated Entry Form**  
**Hosted by QuickSilver – SUPER LAST CHANCE MEET**  
**June 28- 30, 2019**

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 \$4.00 = \$ \_\_\_\_\_  
 Participation Fee        \$ 10.00  
 Total                                \$ \_\_\_\_\_

Coach

Athlete's Address

Home Phone	Cell Phone
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Email