

SAN BENITO AQUATICS
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
JANUARY 11-12, 2020
Enter Online: <http://www.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **20-003**

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 the Internet.

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: Brett Shaug	Head Starter: John Abe
Meet Marshal: Candace Ledesma	Admin Official: Roman Kuzmenko
Meet Director: Julie Corrigan, sanbenitoaquatics@gmail.org , 831-801-1353	

LOCATION: 1220 Monterey Street, Hollister, CA 95023 (Pool is located at corner of San Benito Street and River Parkway)

DIRECTIONS: From South of Hollister: Take 101 N to Hwy 156 East. Go right on Union Rd, go left at San Benito Street (first light). Pool is on left, about ½ mile. From North of Hollister: Take 101 S to Hwy 25 East. Go right on San Benito Street, go through town. Pool will be on your right after you pass Nash Road. It is recommended to use your favorite map app to get into Hollister, as accidents can cause delays on our 2 lane highways.

COURSE: OUTDOOR 25 YARD X 50 METER pool with up to 15 lanes available for competition. An additional 8 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 6'7" at the start end and 6'7" 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 in accordance with 104.2.2C(4).

TIME: Meet will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. Warm-up lane(s) for 8 and under athletes only will be held from 9:00-9:30 AM.

RULES:

- Current USA and Pacific Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP") 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 4 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.
- Locker rooms will be available for athletes only. Additional restrooms are available for non-athletes, coaches and officials.
- At the close of the meet, times or events will NOT be adjusted, swapped, or altered for any entered athlete.

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, on school property (including parking lots) 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. No tent stakes are allowed at the venue. Buckets should be filled using the water spigots located on the cement blocks surrounding the pool deck (NO POOL WATER). Teams may set up on the turf, pool deck, and designated parking lot areas. Please do not set up where signs say "no set up".
- 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.

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.
- Entries for the OPEN 500 Free and 400 I.M. must have a "B" minimum time standard. Coach verified time is acceptable
- 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 FEES: \$4.00 per event plus an \$8.00 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 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 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 Thursday, January 2, 2020.

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, Tuesday, December 31, 2019 or hand delivered by 6:30 p.m. Thursday, January 2, 2020. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: San Benito Aquatics

Mail entries to: Julie Corrigan
PO Box 464
Hollister, CA 95024

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 remaining 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 in the 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: New "A" times will be awarded an A time medal. Ribbons will be awarded for places 1-8 in each age group.

ADMISSION: Free. A downloadable program will be posted at sanbenitoaquatics.org.

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.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. Deck overflow for set up will be in the parking lot. Please note that tents may not be left in the parking lot overnight.

MINIMUM OFFICIALS:

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 and up (1 for every 25 athletes)

EVENT SUMMARY

SATURDAY					SUNDAY				
8 & UN	10 & UN	11-12	13-18	OPEN	8 & UN	10 & UN	11-12	13-18	OPEN
25 FL	100 IM	200 BK	200 IM	500 Free	25 BR	100 BR	100 BR	200 BR	400 IM
25 BK	100 FL	200 FL	200 FL		25 FR	50 FL	100 BK	200 FR	
	50 BK	50 BK	100 BK			50 BR	50 BR	100 BR	
	50 FR	100 FR	100 FR			200 FR	50 FR	50 FR	

EVENTS

For distance events (500 Free, 400 IM) athletes must provide their own timer.

OPEN 500 Free and 400 I.M. must have a minimum "B" time to enter.

For the 500 Free, athletes need to provide their own lap counter.

Saturday, January 11, 2020		
EVENT #	EVENT	EVENT #
1	13-18 200 I.M.	2
3	11-12 200 BK	4
5	10-UN 100 I.M.	6
7	13-18 200 Fly	8
9	11-12 200 Fly	10
11	10-UN 100 Fly	12
13	8-UN 25 Fly	14
15	13-18 100 Back	16
17	11-12 50 Back	18
19	10-UN 50 Back	20
21	8-UN 25 Back	22
23	13-18 100 Free	24
25	11-12 100 Free	26
27	10-UN 50 Free	28
29	OPEN 500 Free	30

Sunday, January 12, 2020		
EVENT #	EVENT	EVENT #
31	13-18 200 Breast	32
33	11-12 100 Breast	34
35	10-UN 100 Breast	36
37	13-18 200 Free	38
39	11-12 100 Back	40
41	10-UN 50 Fly	42
43	8-UN 25 Breast	44
45	13-18 100 Breast	46
47	11-12 50 Breast	48
49	10-UN 50 Breast	50
51	8-UN 25 Free	52
53	13-18 50 Free	54
55	11-12 50 Free	56
57	10-UN 200 Free	58
59	OPEN 400 I.M.	60

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

Pacific Swimming – Hosted by San Benito Aquatics Short Course C/B/A+ January 11-12, 2020 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 \$ 8.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													