

**WEST COAST AQUATICS**  
**PACIFIC SWIMMING LONG COURSE INVITATIONAL MEET**  
**April 18 – 19, 2015**  
**INVITED TEAMS: TIDE, PEAK, OAQ, BAY, QSS, FF, SEA, WEST**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-051**

*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 at <http://fastlanetek.com> or 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:**

<i>Meet Referee:</i> Mike Piccardo	<i>Head Starter:</i> Rod Rosare
<i>Meet Marshal:</i> Son Diep	<i>Admin Official:</i> Chang Chi Wang
<i>Meet Director:</i> Guiselle Morrone: <a href="mailto:teammanager@westcoastaquatics.org">teammanager@westcoastaquatics.org</a> /408-540-8569	

**LOCATION:** Frank Fiscalini International Swim Center at Independence High School, 627 North Jackson Avenue , San Jose, CA 95133.

**DIRECTIONS:** From Interstate-680, exit McKee Road and head west, away from foothills. Turn right at the first light, which is Jackson Avenue, turn left into the parking lot at the second traffic light, which is just after the football stadium. From Highway-101, exit McKee Road and head east toward the foothills. Go down McKee to the 7<sup>th</sup> traffic light which will be Jackson Avenue. Turn left on Jackson Avenue and the second light turn left into the parking lot. There is plenty of parking for all participants in front of the pool venue.

**COURSE:** 25 yard by 50 meter outdoor, heated pool with up to 8 lanes available for competition. A separate 25 yard, 7 lane diving well 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 4'5" at the start end and 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.

**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. Gates for set up will open no earlier than 6:30 AM on Saturday and 6:30 AM on Sunday.

**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 (3) events per day.
- All events will swim fast to slow
- All swimmers ages 12 and under should complete competition within four (4) hours.
- 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.**
- **Swimmers competing in the 400 IM must provide their own timers, and swimmers in the 400 Free must provide their own timers and lap counters.**

**ATTENTION HIGH SCHOOL SWIMMERS (February through May):** If you are a high school swimmer in season, you need to be Unattached from this meet. It is the swimmers responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**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.
- 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 observe, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or remove 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:**

- 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" 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 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 are eligible to 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.
- Meet is open to qualified members of the invited USA-S teams (PEAK, TIDE, OAQ, BAY, QSS, FF, SEA & WEST)

**ENTRIES:** Entries must be entered via Hy-Tek Meet Manager by each team's coaching staff by Monday, April 6<sup>th</sup> at 9:00 P.M. to [teammanager@westcoastaquatics.org](mailto:teammanager@westcoastaquatics.org). No late entries will be accepted.

**ENTRY FEES:** \$4.00 per event plus an \$8.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

**Make check payable to:** "West Coast Aquatics" and mail to 6317 Grand Oak Way, San Jose, CA 95135

**CHECK-IN:** The meet will be pre-seeded. There will be no check-in required. No-shows will not be penalized.

**AWARDS:** No awards will be given.

**ADMISSION:** Free.

**SNACK BAR & HOSPITALITY:** A snack bar/food trucks 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. **Participating teams will be assigned timer assignments based on the number of swimmers entered from a team.**

**EVENT SUMMARY**

Saturday			Sunday	
12 & Under	13-UP		12 & Under	13-UP
100 Breast	200 Back		200 Free	200 Free
100 Free	200 Breast		100 Fly	200 Fly
200 IM	100 Free		100 Back	100 Back
	100 Fly			100 Breast
	400 IM			400 Free

**ORDER OF EVENTS**

Saturday, April 18, 2015		
EVENT #	EVENT	EVENT #
1	13 & UP 200 Back	2
3	12 & UN 100 Breast	4
5	13 & UP 200 Breast	6
7	12 & UN 100 Free	8
9	13 & UP 100 Free	10
11	13-UP 100 Fly	12
13	12 & UN 200 IM	14
15	13 & UP 400 IM**	16

Sunday, April 19, 2015		
EVENT #	EVENT	EVENT #
17	13-UP 200 Free	18
19	12 & UN 200 Free	20
21	13 & UP 200 Fly	22
23	12 & UN 100 Fly	24
25	13 & UP 100 Back	26
27	12 & UN 100 Back	28
29	13 & UP 100 Breast	30
31	13 & UP 400 Free**	32

\*\* Swimmers in the 400 IM and 400 Freestyle events must provide their own timers as well as lap counters for the 400 Freestyle.