

Palo Alto Stanford Aquatics
Pacific Swimming/Zone 1 North Short Course C/B/A+ Meet
Saturday & Sunday, February 9-10, 2013

Enter Online: <http://ome.swimconnection.com/pc/pasa20130209>

Zone 1 North Teams Assigned to this Venue: DCD, HDAC, MAV, PASA, PSL, SSF, SOLO, SUNN

SANCTION: Held under USA Pacific Swimming Sanction No. 13-018

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. **By entering the meet, the athlete or his/her guardian consents to this publication.**

USE OF AUDIO AND VIDEO: Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms.

OFFICIALS:
Meet Referee: Nan McKenna
Head Starter: Karl Nakamura
Meet Marshal: Jill Olerich
Co-Meet Directors: Betty Chan and Anna Lin (scrameetdirector@gmail.com)

LOCATION: Gunn High School, 780 Arastradero Road, Palo Alto 94306. From 101 take the San Antonio Rd exit, head South towards the El Camino Real. Turn right onto Charleston Rd. Charleston Rd will turn into Arastradero Rd when you cross El Camino Real. Continue & turn right into Gunn High School. From 280 take the Page Mill Road exit and go East towards the bay. Take Page Mill Rd to Foothill Expressway. Exit onto Foothill Expressway going South (make a right). Take Foothill Expressway to Arastradero Road. Make a left onto Arastradero Road. Continue on Arastradero Road one block and Gunn High School is on the left.

PARKING: Parking will be limited, particularly on Sunday. Families can park in the school parking lot, or in the neighborhood street behind the school and walk in through the back gate on Georgia Avenue.

COURSE: Outdoor, heated, 25 yard pool. Up to 10 lanes will be used for competition. A warm up & cool down area will be available during the meet. The minimum water depth, measured in accordance with Article 103.2.3, is 7' at the start end and 7' at the turn end. In accordance with Article 104.2.2C(4) the competition course has not been certified.

TIME: This is a split session meet.

Session A (11 & over swimmers): Meet begins at 8:30 am. Warm-up will run 7:00-8:15 am. **Meet begins at 8:30 am.**

Session B (10 & under swimmers): Meet will begin 1 hour after Session A finishes, but not before 1 pm. Warm-up begins 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 four (4) 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. Therefore, meet entries may close prior to the entry deadline stated.** 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. No late entries. All 9-10 swimmers in the 500 yard freestyle must have met the "PC-B" time standard. All swimmers entered in the 500 yard free will need to provide their own timers & counters.

All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

DECK CHANGING: 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.

Attention High School Swimmers (February-May): If you are a high school swimmer in competition season, you need to be unattached from this meet. It is your 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 USAS 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 USAS 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 Swimming 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 USAS Club Member-Coach. The swimmer must be certified by a USA Swimming member coach as being proficient in performing a racing starter must or 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 deck changing. All shelters must be properly secured. No glass containers are allowed in the meet venue. No propane heater is permitted except for snack bar/meet operations.

Teams and families can set up tents/canopies outside of the pool deck, and on deck if space allows. There will be a grass field available for this. Lobby entryways, access ways, passage ways, doorways, stairways must remain clear of chairs, seats, bulky items and bags.

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 must 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. 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 special accommodations on entry times and seeding per Pacific Swimming policy. Swimmers 19 years of age and over may compete in the 13 & Over events but may not receive awards.

ENTRY PRIORITY: Zone 1N swimmers from **DCD, HDAC, MAV, PASA, PSL, SSF, SOLO, and SUNN** entering online must do so by 11:59 PM on Wednesday, January 23rd in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by Monday, January 21st in order to receive priority acceptance to the meet. No swimmers other than those from **DCD, HDAC, MAV, PASA, PSL, SSF, SOLO, and SUNN** may enter the meet until the preference period has concluded.

ENTRY FEES: \$2.75 per event, \$8.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

MAKE CHECKS PAYABLE TO: Aquatics Booster Club
MAIL ENTRIES TO: Joey Sementelli
Swim Meet Entries
875 Bowdoin Street
Stanford, CA, 94305

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 entered using the current Pacific Swimming form. Entries must be postmarked by **midnight, Monday, January 28, 2013** or hand delivered to the entry chairperson **by 6:30 pm on Wednesday, January 30, 2013**. 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.

ONLINE ENTRIES: You may enter this meet online or by U.S. mail. To enter online go to <http://ome.swimconnection.com/pc/pasa20130209> 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 **11:59 pm Wednesday January 30, 2013**.

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Close of check-in for all 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 allowed to compete in the event.

SCRATCHES: Swimmers entered in an individual event 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. Failure to swim an event will result in being barred from their next individual event on that day or the next meet day, whichever is first. Exception: No penalty shall apply for failure to withdraw or compete in an individual event if the referee is notified in the event of illness or injury and accepts the proof thereof, or it is determined by the referee that the No-Show is caused by circumstances beyond the control of the swimmer.

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. 8 & Under, 9/10, 11-12, 13-14. Swimmers 15 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 program will not be available.

REFRESHMENTS: A snack bar will be available at each session. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers.

TIMERS: All participating teams are expected to provide lane timers based upon the number of swimmers registered to swim each day. Team timing lanes will be assigned and coaches will be notified of assignments during the week prior to the meet.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

MINIMUM OFFICIALS: All available USA Swimming member certified officials are welcomed and encouraged to work at this meet. As the number of certified officials allows, interested parents/trainees are also welcome to shadow working officials for education and/or mentoring. Participating clubs are *requested* to provide at least the following number of certified and carded officials for each session.

| Club swimmers entered in session | Trained and carded officials requested |
|----------------------------------|--|
| 1-10 | 0 |
| 11-25 | 1 |
| 26-50 | 2 |
| 51-75 | 3 |
| 76-100 | 4 |
| 101 or more | 5 |

*Contact the Zone Officials Chair for specific requirements.

EVENTS

| Girls # | Saturday Session A | Boys # |
|---------|--------------------|--------|
| 1 | 11-12 200 free | 2 |
| 3 | 13 & O 200 free | 4 |
| 5 | 11-12 50 back | 6 |
| 7 | 13 & O 100 back | 8 |
| 9 | 11-12 100 breast | 10 |
| 11 | 13 & O 200 breast | 12 |
| 13 | 11-12 50 free | 14 |
| 15 | 13 & O 100 fly | 16 |
| 17 | 11-12 200 fly | 18 |
| 19 | 13 & O 500 free | 20 |
| | | |
| Girls # | Saturday Session B | Boys # |
| 21 | 8 & U 100 IM | 22 |
| 23 | 9-10 200 IM | 24 |
| 25 | 8 & U 50 free | 26 |
| 27 | 9-10 100 free | 28 |
| 29 | 8 & U 25 fly | 30 |
| 31 | 9-10 50 fly | 32 |
| 33 | 8 & U 50 breast | 34 |
| 35 | 9-10 50 breast | 36 |
| 37 | 8 & U 25 back | 38 |
| 39 | 9-10 500 free | 40 |

| Girls # | Sunday Session A | Boys # |
|---------|--------------------|--------|
| 41 | 13 & O 50 free | 42 |
| 43 | 11-12 200 back | 44 |
| 45 | 13 & O 200 IM | 46 |
| 47 | 11-12 50 butterfly | 48 |
| 49 | 13 & O 100 free | 50 |
| 51 | 11-12 100 free | 52 |
| 53 | 13 & O 200 back | 54 |
| 55 | 11-12 50 breast | 56 |
| 57 | 13 & O 100 breast | 58 |
| 59 | 11-12 400 IM | 60 |
| | | |
| Girls # | Sunday Session B | Boys # |
| 61 | 8 & U 100 free | 62 |
| 63 | 9-10 200 free | 64 |
| 65 | 8 & U 25 breast | 66 |
| 67 | 9-10 100 breast | 68 |
| 69 | 8 & U 50 back | 70 |
| 71 | 9-10 100 back | 72 |
| 73 | 8 & U 50 fly | 74 |
| 75 | 9-10 50 free | 76 |
| 77 | 8 & U 25 free | 78 |
| 79 | 9-10 50 back | 80 |

Swimmers in the 500 must provide their own counters & timers.
 All 9-10 swimmers in the 500 yard freestyle must have met the "PC-B" time standard.

Time Standards can be found here: http://www.pacswim.org/page/times_standards.shtml

Palo Alto Stanford Aquatics
Pacific Swimming/Zone 1 North Short Course C/B/A+ Meet
Saturday & Sunday, February 9-10, 2013

| | | | | | | | | | | | | |
|--|-------------------|--|-------------------|--|--|------------|---------------|--|----------------|--|--|--|
| 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 \$2.75 = \$_____ | | | | | | | | | | | | |
| EVENT | | | Participation Fee | | | | 8.00 | | Total \$ _____ | | | |
| Coach | | | | | | | | | | | | |
| Swimmer's Address | | | | | | | | | | | | |
| Home Phone | | | | | | | Cell Phone | | | | | |