

LOS ALTOS MOUNTAIN VIEW AQUATIC CLUB
PACIFIC SWIMMING SHORT COURSE JO MINUS MEET

Saturday March 23 – Sunday March 24, 2013

Enter Online: <http://ome.swimconnection.com/pc/LAMV20130323>

Zone 1 North Teams Assigned to this Venue: LAMV, DACA, SUNN, PCCA, LO, KOA, MM, BSC, PPSC, MCAC

SANCTION: Held under USA Pacific Swimming Sanction No. **13-051**

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. **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:** *Jim Boyce* **Head Starter:** *Kim Clarno* **Meet Marshal:** *Chuck Piercey*
Meet Director: *Tuan Nguyen – MeetDirector@lamvac.org*

LOCATION: Eagle Pool, 650 Franklin St, Mountain View, CA 94041. Pool is located inside Eagle Park, between Franklin St and Shoreline Blvd. Street parking is available. A limited number of canopies may be set up in the pool area. Additional space for canopy setup is available within Eagle Park.

From the North

- Take US-101 S toward San Jose
- Take exit 399 for Shoreline Blvd toward Mountain View
- Turn right onto N Shoreline Blvd
- Turn left onto California St
- Take the 2nd right onto Franklin St
- Destination will be on the right

From the South

- Take US-101 N toward San Francisco
- Take exit 396C to merge onto CA-237 W toward Mountain View Alviso Rd
- Turn right onto W El Camino Real
- Turn right onto Oak St
- Turn right onto High School Way
- Take the 1st left onto Franklin St
- Destination will be on the left

COURSE: 25 Yard, outdoor heated pool. Up to 8 lanes will be used for competition. An adjacent 4-lane warm-up/cool-down area will be available during the meet. The minimum water depth, measured in accordance with Article 103.2.3, is 12' at the start end and 5' at the turn end. The competition course has NOT been certified in accordance with Article 104.2.2C(4).

TIME: This is a single session meet. Meet begins at 8:30 AM each day; warm-ups from 7:00 to 8:15 AM each day.

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 4 individual and relay 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.

Because this is a JO Minus meet, swimmers cannot enter events for which they have already achieved JO times.

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 through May): If you are a high school swimmer in competition season, you need to be Unattached for 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 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.

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. This is a JO – Meet. **Swimmers may enter only events in which they have not achieved the 2013 Pacific Swimming Junior Olympic Time Standard.** 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 meet for time only, no awards. Such swimmers must have met the time standards for the 17-18 age group. The swimmer's age will be the age of the swimmer on the first day of the meet.

Entry Priority: Zone 1N swimmers from **LAMV, DACA, SUNN, PCCA, LO, KOA, MM, BSC, PPSC, and MCAC** entering online must do so by 11:59 PM on Wednesday, March 6th in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by Monday, March 4th in order to receive priority acceptance to the meet. No swimmers other than those from **LAMV, DACA, SUNN, PCCA, LO, KOA, MM, BSC, PPSC, MCAC** may enter the meet until the preference period has concluded.

Entries will be accepted on a first-come, first-served basis and registration may be closed early if the cap for the session has been met. **Please note that we may eliminate relay events in favor of registering more swimmers.**

ENTRY FEES: \$2.75 per event, \$8.00 participation fee per swimmer. \$9.00 per relay event. Entries will be rejected if payment is not sent at time of request.

Make check payable to: **LAMV**
Mail with entries to: LAMVAC Meet Director
Swim Meet Entries
1146 Church St
Mountain View, CA 94041

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, **March 11, 2013** or hand delivered to the above listed address by 6:30 p.m. Wednesday,

March 13, 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 on-line go to <http://ome.swimconnection.com/pc/LAMV20130323> 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, March 13, 2013.

RELAYS: Relays will be competed at the discretion of the Officials, in concurrence with the attending Coaches depending on the projected session timeline. Relay events may be eliminated in favor of registering more swimmers or to ensure that the meet ends at a reasonable time. Coaches will meet at the beginning of each day to determine whether to hold relay events for that day. Relays will be deck entered only, due by 11:00 AM on the day of the event.

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 who 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: Medals will be awarded to the first three finishers of each event. "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 two-day program will be available for \$4.00.

REFRESHMENTS: A snack bar will be available serving hot breakfast, hot lunches, salads and other nutritious items and beverages. 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.

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:

Number of swimmers per team per session	# of trained and certified officials required
0-24	0
25-50	1
51-75	2
76 -100	3
101 and up	4 and up (1 for every 25 swimmers)

EVENTS

Saturday, March 23, 2013		
Girls Event #	Event	Boys Event #
1	13 & Over 200 Free	2
3	11-12 100 Free	4
5	8 & Under 50 Breast	6
7	9-10 50 Breast	8
9	11-12 50 Breast	10
11	13 & Over 100 Breast	12
13	8 & Under 50 Fly	14
15	9-10 100 Fly	16
17	11-12 100 Fly	18
19	13 & Over 200 Fly	20
21	8 & Under 25 Free	22
23	9-10 200 Free	24
25	11-12 500 Free	26
101	8 & Under 100 Free Relay	102
103	10 & Under 200 Free Relay	104
105	11-12 400 Free Relay	106

Sunday, March 24, 2013		
Girl Event #	Event	Boy Event #
27	13 & over 50 free	28
29	11-12 200 Breast	30
31	8 & Under 25 Back	32
33	9-10 50 Back	34
35	11-12 100 Back	36
37	13& Over 200 Back	38
39	9-10 100 Free	40
41	8 & under 50 Free	42
43	11-12 50 Fly	44
45	8 & Under 100 IM	46
47	9-10 200 IM	48
49	11-12 200 IM	50
51	13 & Over 400 IM	52
107	8 & Under 100 Medley Relay	108
109	10 & Under 200 Medley Relay	110
111	11-12 400 Medley Relay	112

- ⇒ 13-18 individual events will be swum together but scored separately as 13-14 and 15-18
- ⇒ Relay events may be eliminated in favor of registering more swimmers or to ensure that the meet ends at a reasonable time. Coaches will meet at the beginning of each day to decide whether to hold relays for that day.
- ⇒ Relay Fee: \$9.00 per swimmer per relay event, due by 11 am on the day of the event.

Use the following URL to find the time standards: http://www.pacswim.org/page/times_standards.shtml

Pacific Swimming – Hosted by Los Altos Mountain View Aquatic Club JO Minus Short Course Saturday March 23 to Sunday March 24, 2013 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				
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						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$2.75 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						