

**SOUTH SAN FRANCISCO AQUATIC CLUB
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET**

JUNE 01 - 02, 2019

Enter Online: <http://ome.swimconnection.com/pc/SSF20190601>



SANCTION: Held under USA/Pacific Swimming Sanction No. **19-072**

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://results.teamunify.com/pcbpc/index.html>.**

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: Stephanie Kuang	Head Starter: Sam Tang
	Meet Marshal: Kay Phan	Admin Official: Darryl Woo
	Meet Director: Khai Vu	

LOCATION: College of San Mateo Aquatics Center, 1700 W. Hillsdale Blvd. San Mateo CA, 94404. Please do not use the front door of Building #5 Health and Wellness to enter the pool deck.

DIRECTIONS: From Hwy 280: take Hwy 92 east towards San Mateo, West Hillsdale Blvd. exit. Turn left at signal and proceed uphill through 2nd and 3rd sets of traffic lights. Turn right onto campus at College Heights Drive. **From Hwy 101:** take Hwy 92 west towards Half Moon Bay, West Hillsdale Blvd exit. Turn right and proceed uphill through 2nd and 3rd sets of traffic lights. Turn right onto campus at College Heights Drive. There is a drop off area at BLDG. #5 near the flagpoles

COURSE: OUTDOOR 50 METER pool with up to seven (7) lanes available for competition. An additional one (1) lane 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 7'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: **SESSION A** (11-12 Girls and ALL 13 & Over): Meet begins at 8:30AM each day, warm-up from 7:00 to 8:15AM.
SESSION B (11-12 Boys and ALL 10 & under): Session B will begin one hour after Session A finishes but not before 11:30 AM. Session B warm-up will begin immediately upon completion of Session A.

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.
- Athletes may compete in **MAXIMUM of Three (3)** 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.
- Pacific Swimming states a strict no-refund policy after entered the meet. If no refund is desired, no further action needs to be taken, as there is no penalty for not showing for the meet.
- 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.
- 8 & Under Athletes entering into only 10 & Under events must have achieved a "PC-A" time standard in the 50 yard/meter distance of that stroke in order to enter.
- Athletes entering the 400 IM, and/or 400 Free must have achieved a USA-S Motivational "BB" time and must provide their own lane timers.

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 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 chairs or tents allowed inside of campus buildings.
- 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.
- OBEY POSTED PARKING RESTRICTIONS. DO NOT PARK IN SMAC MEMBER OR STAFF AREAS MARKED IN BEETHOVEN LOT. MEET PARTICIPANTS SHOULD PARK IN BEETHOVEN LOTS WHERE PERMITS ARE NOT REQUIRED ON WEEKENDS.
- MEET PATRONS ARE NOT ALLOWED TO USE SMAC'S MEMBER-ONLY LOCKER-SHOWER ROOMS

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 (Exception – 400 Free/IM, and 8 & U Athletes entering 10 & U Events. See Rules)**.
- 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 groups.
- The athlete's age will be the age of the athlete on the first day of the meet.

ENTRY PRIORITY: Priority entry will be given to all Z1N clubs. Those entering online must do so by **11:59 PM on Wednesday, May 8, 2019** in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by **Monday, May 6** in order to receive priority acceptance to the meet. No athletes other than those from **Pacific Swimming Zone 1 North** may enter the meet until the preference period has concluded.

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 after entered the meet, except mandatory scratch downs.**

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/SSF20190601> 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 athlete 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 an athlete by Pacific Swimming.** Online entries will be accepted through Thursday, **May 23, 2019.**

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, Monday, **MAY 20, 2019** or hand delivered by 6:30 p.m. Wednesday, **MAY 22, 2019.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: SSF AQUATIC CLUB

Mail entries to: Sam Tang
2221 Kenry Way
South San Francisco, CA 94080
[**\(sqtang869@gmail.com\)**](mailto:sqtang869@gmail.com)

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 1st thru 8th place for individual events in the A, B, and C divisions: 8/un, 9/10, 11/12, 13 & Over. Standard "A" medals awarded to athletes achieving NEW "A" times in each event regardless of place achieved in the event. Athletes who have prior "A" time in any event they compete in, regardless of course the time was earned in, will not receive "A" medal. All awards to be picked up by coaches at end of each session. Awards will not be mailed out.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar or refreshments for purchase may be available at the venue. 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. Disobeying parking signs may result in a citation and a fine.

MINIMUM OFFICIALS:

Club athletes 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 (+1 for every 25 additional athletes)

EVENT SUMMARY

SATURDAY			SUNDAY		
10 & Under	11-12	13 & Up	10 & Under	11-12	13 & Up
100 FR	200 FR	200 FR	50 BK	50 BR	50 BR
100 FL	100 FL	200 FL	50 FL	50 FL	50 FL
50 BR	200 BR	100 BR	50 FR	100 BK	200 BK
200 IM	50 FR	50 FR	200 FR	100 FR	100 FR
	200 IM	200 IM		400 FR	400 IM

EVENTS

SATURDAY, JUNE 01		
SESSION A		
GIRLS #	EVENT	BOYS #
1	13 & O 200 FREE	2
3	11 – 12 200 FREE	
5	13 & O 200 FLY	6
7	11 – 12 100 FLY	
9	13 & O 100 BREAST	10
11	11 – 12 200 BREAST	
13	13 & O 50 FREE	14
15	11 – 12 50 FREE	
17	13 & O 200 IM	18
19	11 – 12 200 IM	
SESSION B		
	11 – 12 200 FREE	22
23	10 & U 100 FREE	24
	11 – 12 100 FLY	26
27	9 - 10 100 FLY	28
	11 – 12 200 BREAST	30
31	10 & U 50 BREAST	32
	11 – 12 50 FREE	34
35	9 & 10 200 IM	36
	11 – 12 200 IM	38

SUNDAY, JUNE 02		
SESSION A		
GIRLS #	EVENT	BOYS #
39	13 & O 50 BREAST	40
41	11 – 12 50 BREAST	
43	13 & O 50 FLY	44
45	11 – 12 50 FLY	
47	13 & O 200 BACK	48
49	11 – 12 100 BACK	
51	13 & O 100 FREE	52
53	11 – 12 100 FREE	
55	13 & O 400 IM	56
57	11 – 12 400 FREE	
SESSION B		
	11 – 12 50 BREAST	60
61	10 & U 50 BACK	62
	11 – 12 50 FLY	64
65	10 & U 50 FLY	66
	11 – 12 100 BACK	68
69	10 & U 50 FREE	70
	11 – 12 100 FREE	72
73	9 - 10 200 FREE	74
	11 – 12 400 FREE	76

*Athletes in the 400 Free and 400 IM must have achieved a USA “BB” time Standard and must provide their own lane timers.

**8 & Under Athletes entering into only 10 & Under events must have achieved a “PC-A” time standard in the 50 yard/meter distance of that stroke in order to enter.

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

PACIFIC SWIMMING 8/UNDER TIME STANDARDS

GIRLS				8/UNDER	BOYS			
LCM		SCY			SCY		LCM	
B	A	B	A	EVENT	A	B	A	B
	49.99		43.99	50 FR	43.99		49.99	
	1:52.99		1:39.99	100 FR	1:39.99		1:52.99	
	58.99		51.99	50 BK	51.99		58.99	
	1:03.99		57.99	50 BR	57.99		1:03.99	
	1:03.99		54.99	50 FL	54.99		1:03.99	

USA National Age Group Motivational Times

GIRLS				11 - 12	BOYS			
LCM		SCY			SCY		LCM	
BB	A	BB	A	EVENT	A	BB	A	BB
5:56.49	5:29.09			400 FR			5:21.89	5:48.69

USA National Age Group Motivational Times

GIRLS				13 & O	BOYS			
LCM		SCY			SCY		LCM	
BB	A	BB	A	EVENT	A	BB	A	BB
6:27.59	5:57.79	5:56.79	5:29.29	400 IM	5:19.79	5:46.39	5:36.59	6:04.69

Pacific Swimming – CBA+ Long Course Meet Hosted by
 SOUTH SAN FRANCISCO AQUATIC CLUB
 JUNE 01--02, 2019
 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 \$ 10.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													