

**CSA Conference Championships
Timed Finals and Trials & Finals**

Hosted by CSA

December 21-23, 2013

Teams: SUNN, BAC, PASA, MSJA, SEA, VS, WEST & QSS



SANCTION: Held under USA/Pacific Swimming Sanction No. **13-225**

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 www.swimcsa.com and/or meet mobile.**

USE OF AUDIO & 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, 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.

OFFICIALS:

<i>Meet Referee:</i> Jennifer McKennan	<i>Head Starter:</i> Bob Auchard
<i>Admin Official:</i> Curtiss Kikuta	<i>Meet Marshall:</i> Dolores Akin
<i>Meet Director:</i> Liv Lyons - (925) 285-9934 / omlyons@gmail.com	

LOCATION: Gunderson High School, Chynoweth Avenue at 622 Gaundabert Lane, San Jose, CA. From Highway 85 exit Santa Teresa, turn right onto Thornwood, turn right onto Winfield, and turn right onto Chynoweth. Gunderson High School is on the right; pool is located at the back of the school. Please park in designated parking only.

COURSE: Gunderson is an outdoor 25 yard pool with up to 9 lanes available for competition. An additional 6 lane, diving well may 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 4'6" at the shallow end and 7' at the deep 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 8:30 AM** each day. A special warm-up time for 8 and under swimmers only will be held from **8:30 to 8:50 AM**. Finals start times will be announced during the prelims session. Finals will begin no sooner than 2 hours after the end of the Prelims session. Warm-ups will begin 1 hour prior to the start of Finals.

RULES:

- Current USA and Pacific Swimming technical rules will govern the meet.
- See specific entry rules for 9/Up & 8/Un swimmers below. The list of qualifying swimmers will be posted on www.swimcsa.com. CSA "B" time standards can be found on the last two pages.
- Each team is limited to **one (1) entry** in each relay event.
- All swim coaches and deck officials must wear their USA Swimming membership cards and credential passes in a visible manner. Coaches and deck officials must show their USA Swimming membership cards at check-in. Membership rules will be strictly enforced.
- Only coaches from each team will be submitting entries. Please be sure to distinguish bonus entries.

SPECIAL RULES FOR 9 & UPS SWIMMERS:

- Swimmers must have one (1) CSA "B" time standard to enter individual events for this meet. Swimmers with no CSA B time standards cannot swim any individual events at this meet. For "RELAY ONLY" swimmers: see rules below.
- 9 & ups may compete in the meet in a **MAXIMUM** of eight (8) events (relay and individual events), of which no more than six (6) may be individual events. Of these six (6) individual events, no more than three (3) may be bonus events. Each swimmer is allowed no more than three (3) individual events per day. There is no minimum time

standard for bonus events; however, NT entries will not be accepted. Coaches must submit achieved times or coach verified times for each event.

- “RELAY ONLY” swimmers may enter up to three (3) bonus events. Bonus events will be entered in the meet as exhibition swims.
- Bonus event swimmers placing top 9 in trials will not be eligible to swim finals and will not score points in timed final events.
- The top 9 swimmers in each trial event who did not swim the event as a bonus event can qualify for finals.
- The Open 1650 Freestyle and the 500 Free for 10&under, and 11-12 swimmers are timed finals; Trials and finals will be swam in all other events.
- The 1650 free will swim fastest to slowest alternating between girls and boys between trials and finals on Day 3.
- Swimmers entered in the 1650 and 500 Free must provide their own lap counters. Swimmers entered in the 1650 must also provide their own timers.
- Relays for 10 & Under, 11-12, 13-14, and Open-will swim during the finals sessions, after the individual events.
- All 9 & Up events swimming in prelims, will be seeded slowest to fastest with the last three heats circle seeded.

SPECIAL RULES FOR 8 & UNDER TIMED FINALS:

- Swimmers with one (1) or more CSA “B” time standards may enter four (4) individual events. “RELAY ONLY” swimmers may also enter four (4) individual events without a CSA “B” time standard. Swimmers who have no CSA “B” time standards and are not entered on a relay are not eligible to swim in this meet. **NT entries will not be accepted.** Coaches must submit achieved times or coach verified times for each event.
- 8 & Under swimmers may compete in the meet in a MAXIMUM of six (6) events (relay and individual events), of which no more than four (4) may be individual events. Each swimmer is allowed no more than three (3) individual events per day.
- All 8 & Under events (including Bonus events) count toward individual and team points.
- All 8 & Under events are timed finals. All events will be seeded slowest to fastest, no circle seeding.
- Swimmers 8 & Under may enter a 10 & Under event, but will be scored as a 10 & Under in that event. Swimmers may not swim the same stroke and distance in multiple events (i.e. cannot enter 8 & Under 50 Free and 10 & Under 50 Free). Swimmers entered in a 10 & Under event may compete in not more than three (3) individual events per day, unless entered only in 8 & Under events.
- The 8 & Under Relays will swim at the end of prelims.

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.
- All shelters must be properly secured.
- No propane heater is permitted in the meet venue.
- All swimmer and spectator chairs and tents must be outside the competition pool gates.
- Shaving is not permitted anywhere in the facility.
- All swimmers entered in the competition must comply with current USA Swimming rules regarding swimwear.

- Only authorized volunteers and meet personnel are allowed on deck. All others must remain in the designated spectator area and are not allowed on deck in the racing venue unless timing for an event or volunteering with the management of the meet. Swimmers, coaches, officials and volunteers on deck must visibly wear their deck passes.
- 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.

ELIGIBILITY:

- Swimmers must be current members of USA-S and enter their name and registration number on the meet entries as it may be difficult to check the swimmer's eligibility without this information.
- Qualifying times must have been swum at a CSA dual meet or approved meet (see www.swimcsa.com for a full list of approved meets) during the eligibility period of 9/14/13 to 12/8/13. Times outside of the qualifying period will not be considered.
- Swimmers must be a member of BAC, MSJA, PASA-DKS, QSS, SEA, SUNN, VS, and WEST. Swimmers may enter as unattached, but will be entered as exhibition and will not be eligible for team points.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

PROOF OF TIME: Proof of time will be required for this meet and checked against the CSA computer database. The time must already be in the CSA database prior to entry. Entry times must have been achieved after 09/13/13 and prior to the closing date of entries for the meet 12/8/13 at a CSA meet or pre-approved Pacific Swimming meet. The swimmers must also have participated in a CSA dual meet. Head coaches will be notified of any entries not appearing in the CSA database or swimmers who are ineligible due to lack of CSA dual meet participation. If the time cannot be proven prior to the meet, the swimmer's entry will not be accepted. No refunds will be given if a time cannot be proven.

SEEDING: Trial and Timed final events will be pre-seeded except for the 1650 Freestyle events. See 9 & Up Special Rules and 8 & Under Special Rules for additional seeding info. Event seeding will be seeded in conforming short course yards. Swimmers may qualify for the meet with a long course time, but the time will be converted in HyTek for seeding. See Special Rules for 9 & Ups for distance events seeding.

ENTRY FEES: \$10.00 per individual event. Splash fee is \$5.00 per swimmer. Relay swimmers not entered in individual events is \$5.00. All entry fees MUST be included with entry. Teams are responsible for collectively paying entries fees for their swimmers. No individual entries will be accepted.

ENTRIES: Head Coaches from each team must enter swimmers in HyTek and email the file to Liv Lyons at commissioner@swimcsa.com by December 12 at 9:00pm. Teams must turn in a check payable to CSA for all team entries by December 13 at 8pm. Checks must hand delivered to Liv Lyons any weekday after 3pm to Gunderson High School pool at 622 Gaundabert Lane, San Jose, CA. No individual entries will be accepted.

CHECK-IN: No check-in at the meet except for the 1650 Freestyle. See "Scratches" for 1650 Freestyle check-in and scratch rules.

SCRATCH POLICY FOR PRELIMS AND TIMED FINALS: A copy of the scratch rules will be posted at the clerk-of-course.

- Prelims will be pre-seeded for all events except for the 1650.
- There is no penalty for missing a pre-seeded prelims event at this meet.
- A swimmer or coach should scratch a pre-seeded event by Monday, December 16 @ 9:00pm. Scratches must be emailed to commissioner@swimcsa.com. Scratches must include the swimmers name, team name, and event(s) the swimmers is scratching. Once submitted, scratches cannot reenter the meet.
- Entrants in the 1650 Freestyle events must check-in and confirm their intention to compete before the 1650 FR event scratch deadline in order to be seeded. Swimmers must check in for Monday's 1650 FR event by 10:30am on Monday, December 23. In addition to the physical check-in, email check-in will be accepted for these events only and the above deadline applies. The check-in email address is commissioner@swimcsa.com.
- Swimmers are considered checked in for all other events except relays and the 1650 Freestyle events unless scratched.

SCRATCH POLICY FOR FINALS: A copy of the scratch rules will be posted at the clerk-of-course.

- Swimmers have 30 minutes after the results of an event are announced to scratch or declare their intent to scratch.
- A swimmer who “fails to compete” or scratch an event they qualified for will be subject to disqualification for the remainder of the swimmer’s individual events. According to USA-S rules, “Declared False Starts” and “Delay of Meet” are all classified as “**Failure to Compete**”, and the swimmer will be barred from the remainder of the swimmer’s individual events for the meet. If the missed final is his/her last event of the meet, the penalty will be a \$25.00 fine.
- **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. (ii) It is determined by the referee that the No-Show is caused by circumstances beyond the control of the swimmer. (iii) The swimmer is an alternate for finals.

AWARDS:

- **Individual Event Awards:** 1st- 3rd place will receive medals. 4th- 9th places will receive ribbons.
- **Relay Event Awards:** 1st- 3rd place will receive medals.
- **Trophies for Team Awards:** 1st- 3rd places for combined team scores. Team scoring will include individual events to 9 places and relay events to 8 places for all events.
- **Individual High Point Awards:** Top scoring woman and Top scoring man in each age group including the Open age group. Scoring will include individual events only. Relay points will be included to distinguish a high point winner in the event of a tie.

SCORING: Individual events will score places 1-9. Relay events will score places 1-8. Swimmers in 9 & up events may not score points in Bonus events. Bonus events will be swum as exhibition and timed finals. Only 8 & U swimmers can score points in Bonus events.

Individual Events:

Finals – 10- 8 -7- 6- 5- 4- 3 -2 -1

Timed Finals – 10- 8 -7- 6- 5- 4- 3 -2 -1

Relay Events:

Finals – 20-16- 14- 12- 10- 8- 6 -4

ADMISSION: Free.

SNACK BAR: A snack bar and/or food trucks will be available at the meet.

HOSPITALITY: Hospitality including meals will be available to all working officials and coaches.

EVENT SUMMARY:

Day	8 & under	10 & Under	11-12	13-14	OPEN
Saturday	100 IM	200 Free Relay	200 Free Relay	200 Free Relay	200 Free Relay
	50 Free	500 Free	500 Free	500 Free	500 Free
	100 Medley Relay	200 IM	200 IM	200 IM	200 IM
		50 Free	50 Free	50 Free	50 Free
			400 Medley Relay	400 Medley Relay	400 Medley Relay
Sunday	25 Fly	200 Medley Relay	200 Medley Relay	200 Medley Relay	200 Medley Relay
	25 Breast	100 IM	100 IM	400 IM	400 IM
	25 Back	100 Fly	100 Fly	100 Fly	100 Fly
	100 Free Relay	200 Free	200 Free	200 Free	200 Free
		100 Breast	100 Breast	100 Breast	100 Breast
		100 Back	100 Back	100 Back	100 Back
			800 Free Relay	800 Free Relay	
Monday	50 Back	50 Back	50 Back	200 Back	1650 Free
	25 Free	100 Free	100 Free	100 Free	200 Back
	50 Breast	50 Breast	50 Breast	200 Breast	100 Free
	50 Fly	50 Fly	50 Fly	200 Fly	200 Breast
			400 Free Relay	400 Free Relay	200 Fly
					400 Free Relay

ORDER OF EVENTS
Conference Championship Meet (3-Day)

SATURDAY					
Qualifying Standard CSA "B"	Women's Event #	Description		Men's Event #	Qualifying Standard CSA "B"
		Age Group	Event		
2:20.99	1	OPEN	**200 Free Relay	2	2:16.99
2:22.99	3	13-14	**200 Free Relay	4	2:18.99
2:30.99	5	11-12	**200 Free Relay	6	2:28.99
2:50.99	7	10 & Under	**200 Free Relay	8	2:49.99
5:30.49	9	OPEN	500 Freestyle	10	5:13.99
5:36.49	11	13-14	500 Freestyle	12	5:35.99
6:25.99	13	11-12	*500 Freestyle	14	6:25.99
7:10.99	15	10 & Under	*500 Freestyle	16	7:10.99
2:24.99	17	OPEN	200 Individual Medley	18	2:13.99
2:26.99	19	13-14	200 Individual Medley	20	2:17.99
2:41.99	21	11-12	200 Individual Medley	22	2:39.99
3:06.99	23	10 & Under	200 Individual Medley	24	3:06.99
1:40.49	25	8 & Under	*100 Individual Medley	26	1:40.99
26.69	27	OPEN	50 Freestyle	28	24.49
26.99	29	13-14	50 Freestyle	30	25.99
29.79	31	11-12	50 Freestyle	32	28.99
33.99	33	9-10s	50 Freestyle	34	33.49
39.89	35	8 & Under	*50 Freestyle	36	40.29
6:19.99	37	OPEN	**400 Medley Relay	38	6:22.99
6:29.99	39	13-14	**400 Medley Relay	40	6:32.99
6:39.99	41	11-12	**400 Medley Relay	42	6:42.99
2:50.99	43	8 & Under	*100 Medley Relay	44	2:50.99
SUNDAY					
2:28.99	45	OPEN	**200 Medley Relay	46	2:28.99
2:35.99	47	13-14	**200 Medley Relay	48	2:35.99
2:45.99	49	11-12	**200 Medley Relay	50	2:45.99
2:59.99	51	10 & Under	**200 Medley Relay	52	2:59.99
5:15.99	53	OPEN	400 Individual Medley	54	5:00.99
5:19.99	55	13-14	400 Individual Medley	56	5:09.99
1:15.99	57	11-12	100 Individual Medley	58	1:13.99
1:25.99	59	9-10	100 Individual Medley	60	1:25.99
1:05.99	61	OPEN	100 Butterfly	62	59.99
1:06.99	63	13-14	100 Butterfly	64	1:03.99
1:14.49	65	11-12	100 Butterfly	66	1:13.99
1:46.99	67	10 & Under	100 Butterfly	68	1:46.99
20.99	69	8 & Under	*25 Butterfly	70	20.99
2:05.99	71	OPEN	200 Freestyle	72	1:56.59
2:06.99	73	13-14	200 Freestyle	74	2:02.99
2:20.49	75	11-12	200 Freestyle	76	2:20.29
2:42.99	77	10 & Under	200 Freestyle	78	2:43.99
1:16.49	79	OPEN	100 Breaststroke	80	1:11.99
1:16.99	81	13-14	100 Breaststroke	82	1:13.99
1:22.99	83	11-12	100 Breaststroke	84	1:22.99
1:34.99	85	10 & Under	100 Breaststroke	86	1:39.99
24.99	87	8 & Under	*25 Breaststroke	88	24.99
1:06.29	89	OPEN	100 Backstroke	90	1:03.99
1:07.49	91	13-14	100 Backstroke	92	1:04.99
1:13.99	93	11-12	100 Backstroke	94	1:13.99
1:30.99	95	10 & Under	100 Backstroke	96	1:31.99
22.99	97	8 & Under	*25 Backstroke	98	22.99
9:49.99	99	OPEN	**800 Freestyle Relay	100	9:39.99
9:59.99	101	13-14	**800 Freestyle Relay	102	9:49.99
2:20.99	103	8 & Under	*100 Freestyle Relay	104	2:20.99

MONDAY					
Qualifying Standard CSA "B"	Women's Event #	Description		Men's Event #	Qualifying Standard CSA "B"
		Age Group	Event		
18:49.99	105	OPEN	*1650 Freestyle	106	17:56.99
2:23.99	107	OPEN	200 Backstroke	108	2:24.99
2:24.99	109	13-14	200 Backstroke	110	2:26.99
35.19	111	11-12	50 Backstroke	112	34.99
40.69	113	9-10	50 Backstroke	114	41.79
46.99	115	8 & Under	*50 Backstroke	116	47.99
58.29	117	OPEN	100 Freestyle	118	52.99
58.49	119	13-14	100 Freestyle	120	55.99
1:05.29	121	11-12	100 Freestyle	122	1:02.99
1:13.29	123	10 & Under	100 Freestyle	124	1:14.99
18.49	125	8 & Under	*25 Freestyle	126	18.49
2:43.49	127	OPEN	200 Breaststroke	128	2:37.99
2:45.99	129	13-14	200 Breaststroke	130	2:37.99
38.99	131	11-12	50 Breaststroke	132	38.99
44.99	133	9-10	50 Breaststroke	134	46.29
51.99	135	8 & Under	*50 Breaststroke	136	51.99
2:34.49	137	OPEN	200 Butterfly	138	2:20.99
2:36.99	139	13-14	200 Butterfly	140	2:34.99
33.49	141	11-12	50 Butterfly	142	33.49
38.49	143	9-10	50 Butterfly	144	41.29
47.99	145	8 & Under	*50 Butterfly	146	47.99
4:59.99	147	OPEN	**400 Freestyle Relay	148	4:49.99
5:49.99	149	13-14	**400 Freestyle Relay	150	5:39.99
5:59.99	150	11-12	**400 Freestyle Relay	152	5:59.99

*Timed Finals swum in Prelims session only.

**Timed Finals swum in Finals session only.

The 1,650 Free will be swum on Sunday between Trials and Finals. Swimmers must provide their own lap counters for the 500 Free and 1,650 Free, and their own timers for the 1,650 Free.