

**MLK Jr. Blue Dolphin Youth Swim Club
And
Boys & Girls Club of SF Starfish Aquatics
Short Course PC-C/B/A+
March 2-3, 2013**

Martin Luther King Jr. Swimming Pool, San Francisco, CA
Enter Online at <http://ome.swimconnection.com/pc/mlkb20130302>

SANCTION: Held under USA Swimming/Pacific Swimming sanction number: **13-045**
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: **Head Referee:** Rick Beebe **Head Starter:** Cynthia Wood
 Head Marshal: Mark Heyert **Meet Director:** Ronald Sto. Domingo (mlkmeet@gmail.com) 415-407-6680

LOCATION: Martin Luther King Jr. Swimming Pool, 5701 3rd Street, San Francisco, CA.
From Highway 101 North: take exit 429B 3rd Street / Cow Palace, follow signs towards 3rd Street. Go about a mile, pool will be on right. **From Highway 101 South:** take exit 429B to 3rd Street. Go about a mile, pool will be on right.

PLEASE DO NOT PARK ON CARROLL STREET, IT IS RESERVE FOR OFFICIALS ONLY. YOU WILL BE TOWED.

COURSE: 25 yard x 25-meter indoor, heated pool, up to 7 lanes (25 yards), minimum water depth in accordance with Article 103.2.3, is 9.6 feet at the start end and 5.5 feet at the turn end. Warm-up / warm-down lanes will be available. 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.

TIMES: Saturday and Sunday sessions will begin at 9:00am each day, with warm ups from 7:30am to 8:45 am.

FACILITY: Locker rooms with showers are available.

RULES:

- Current USA and Pacific Swimming rules will govern the meet. Pacific Swimming warm up procedures will be in effect. A copy of these procedures will be posted at the Clerk of the Course.
- All events are timed finals.
- All swimmers ages 12 and Under should complete competition within four (4) hours.
- **Swimmers may enter more than four (4) events each day on Saturday and Sunday but may only compete in a maximum of four (4) events each day.**
- Entries will be accepted until the number of splashes exceeds the estimated time line per the Four Hour Rule, based on swimmers' age and gender. **Therefore, meet entries may close prior to the entry deadline stated.**
- If conditions warrant, the Meet Referee with concurrence of the Meet Director, may require a mandatory scratch down to three (3) events. **Refunds will be given ONLY for any mandatory scratch downs.**
- Open event (1650 Free) may be seeded fastest to slowest, alternate girls and boys heats, or may be swum in combined heats of girls and boys at the discretion of the Meet Referee. Swimmers in the 1650 free are required to provide their own timers, as well as lap 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: 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 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 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 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.

ELIGIBILITY:

- Swimmers must be current members of USA-S and enter their name and registration number on the meet entry card as shown on their Registration Card. All swimmers registration will be checked against the SWIMS database. If a swimmer is 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.
- **No time entries will be accepted for all events EXCEPT the Open Events.**
- 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.

RESTRICTIONS:

- Smoking and the use of other tobacco products is prohibited on the pool deck, in locker rooms, in spectator seating or 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 propane containers are allowed in any areas of the meet venue.
- No pets allowed in all areas of the meet venue.
- No glass containers allowed in all areas of the meet venue.
- Pop-ups and tents will not be allowed on deck.
- Team areas are located on lawn outside the competition pool. No EZ-ups or chairs provided.

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. 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. No event shall be closed more than 30 minutes before the estimated time of the start of the session. Swimmers who do not check in will not be seeded and will not be allowed to compete in that 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.

ENTRY FEES: \$ **2.75** per individual event, plus \$**8.00** participation fee per swimmer.

ONLINE ENTRIES: 1. Using your browser go to: <http://ome.swimconnection.com/pc/mlkb20130302>
2. Follow entry instructions:
a. Enter all swimmers in your family at the same time.
b. Make online credit card payment for meet entries at the secured site.

c. You will receive confirmation of acceptance into the meet at time of payment.

This confirmation should be brought to the meet as proof of entry.

d. **Online entries will close at 5:00pm on Friday February 22, 2013.**

Note: Swim Connection charges an internet processing fee of \$1.00 per swimmer + 5% of the total entry fee.

Online entry fees are paid to Swim Connection, LLC. **Entry via the online system is entirely voluntary, and is not required.**

MAILED/HAND DELIVERED ENTRIES: All entries must be on the attached Consolidated Entry Card. Entry cards must be completely filled out including best time for each event, and the swimmer's address, phone number and family e-mail address.

In order to ensure that Mailed Entries are received by Friday, February 22, 2013, they **must be postmarked by Monday, February 18, 2013. Hand Delivered Entries must be delivered by 5:00pm Friday February 22, 2013. Both mailed & hand delivered entries should be sent** to Ronald Sto. Domingo, 5701 3rd Street, San Francisco, CA 94124

Make **Checks payable to "SFHDC/MLKB"**

No refunds will be made, except for mandatory scratches and **no late entries will be accepted.**

MINIMUM OFFICIALS RULES: Each team shall, by the start of the meet, provide to the Meet Director or designee a list of Officials who have agreed to represent that team during the meet, in accordance with the following table:

Number of swimmers competing in meet per team:	*Numbers of trained and carded officials required:
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5

*Zone 3 Pacific Swimming will include Colorado, Intermediary/ Chief Timing Judge, and Hytek-Computer into the count of Officials for a session: these positions are not carded. Zone 3 Pacific Swimming will accept Trainees into the count of Officials for a session, so long as they are carded.

*One half hour before the scheduled start of each session, the Meet Referee shall conduct an inventory of Officials, and shall compare the number of swimmers present against the number of Officials present representing each team. No more than three days after the close of entries, meet management (referee or meet director) shall contact the representative from each team participating, and provide a preliminary inventory.

AWARDS: The top 8 swimmers in each age group, 8 and under, 9 – 10, 11 – 12, 13-14, 15 and over will be awarded ribbons. No awards will be mailed. **"A" medals will NOT be provided.**

TIMERS: Each team is requested to provide timers based on each team's total number of swimmers for each day. Lane assignments will be given to each participating team several days prior to the meet.

GENERAL: Admission is free. A two-day program will be available for a fee. Hospitality will be provided for timers/recorders, coaches, and meet officials. **No outside commercial food is allowed inside the facility.**

Summary of Events

Saturday, March 2, 2013				Sunday, March 3, 2013			
8/under	9-10	11-12	13 & Up	8/under	9-10	11-12	13 & Up
25 Back	200 Free	200 Free	200 Free	50 Back	100 IM	100 IM	200 IM
25 Breast	50 Back	50 Back	100 Back	50 Breast	100 Back	100 Back	200 Back
25 Fly	50 Breast	50 Breast	100 Breast	50 Fly	100 Breast	100 Breast	200 Breast
50 Free	50 Fly	50 Fly	100 Fly	25 Free	100 Fly	100 Fly	200 Fly
	100 Free	100 Free	100 Free		50 Free	50 Free	50 Free
		OPEN 1650 Free					

Order of Events

Saturday, March 2, 2013

Girls	Event	Age Group	Event	Boys
1	200 Free	9-10	200 Free	2
3	200 Free	11-12	200 Free	4
5	200 Free	13 & Up	200 Free	6
7	25 Back	8 & Under	25 Back	8
9	50 Back	9-10	50 Back	10
11	50 Back	11-12	50 Back	12
13	100 Back	13 & Up	100 Back	14
15	25 Breast	8 & Under	25 Breast	16
17	50 Breast	9-10	50 Breast	18
19	50 Breast	11-12	50 Breast	20
21	100 Breast	13 & Up	100 Breast	22
23	25 Fly	8 & Under	25 Fly	24
25	50 Fly	9-10	50 Fly	26
27	50 Fly	11-12	50 Fly	28
29	100 Fly	13 & Up	100 Fly	29
31	50 Free	8 & Under	50 Free	32
33	100 Free	9-10	100 Free	34
35	100 Free	11-12	100 Free	36
37	100 Free	13 & Up	100 Free	38
39	1650 Free	OPEN 11 and Up	1650 Free	40

Sunday, March 3, 2013

Girls	Event	Age	Event	Boys
41	100 IM	9-10	100 IM	42
43	100 IM	11-12	100 IM	44
45	200 IM	13 & Up	200 IM	46
47	50 Back	8 & Under	50 Back	48
49	100 Back	9-10	100 Back	50
51	100 Back	11-12	100 Back	52
53	200 Back	13 & Up	200 Back	54
55	50 Breast	8 & Under	50 Breast	56
57	100 Breast	9-10	100 Breast	58
59	100 Breast	11-12	100 Breast	60
61	200 Breast	13 & Up	200 Breast	62
63	50 Fly	8UN	50 Fly	64
65	100 Fly	9-10	100 Fly	66
67	100 Fly	11-12	100 Fly	68
69	200 Fly	13 & Up	200 Fly	70
71	25 Free	8 & Under	25 Free	72
73	50 Free	9-10	50 Free	74
75	50 Free	11-12	50 Free	76
77	50 Free	13 & Up	50 Free	78

MLK Jr. Blue Dolphin Youth Swim Club					
PC – AGO Short Course Meet					
March 2 nd – 3 rd , 2013					
Consolidated Entry Card					
NAME	LAST	FIRST	INITIAL		
Club Abbr	Unattached Yes No	Club Name			
Age	Date of Birth		Amt Paid		
USAS Registration					
Sex Boy Girl		Age Group 8&U 9-10 11-12 13&O			
Event #	Distance	Stroke	Entry Time		
			: .		
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			: .		
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			: .		
			: .		
# of entries ____ x \$2.75			\$ _____		
Participation fee			+ \$8.00		
Total			\$ _____		
Coaches Name					
Swimmers	Address				
	City				
	State				
Zip					
Swimmer Phone					
Family Email					

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			: .		
# of entries ____ x \$2.75			\$ _____		
Participation fee			+ \$8.00		
Total			\$ _____		
Coaches Name					
Swimmers	Address				
	City				
	State				
Zip					
Swimmer Phone					
Family Email					