

QuickSilver Swimming
42nd Annual Gerald Macedo Relay Invitational
Sunday, June 8, 2014



SANCTION: Held under USA/Pacific Swimming Sanction No. **14-095**

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.

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, 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: **Meet Referee:** Karyn Kikuta **Head Starter:** Carole Keighley **Admin Official:** Phil Keslin
 Meet Marshal: Dolores Akin **Meet Director:** Liv Lyons - omlyons@gmail.com / (925) 285-9934

LOCATION: Almaden Swim and Racquet Club, 6604 Northridge Drive, San Jose, CA. From Highways 85 and 87, take Almaden Expressway south to Camden Avenue. Turn right on Camden one block to Trinidad. Turn left on Trinidad and go five short blocks to Crown Blvd and turn right. Club is on your left hand side. Please do not park in the Almaden Golf & Country Club parking lot.

COURSE: Outdoor 25-yard heated pool with up to 6 lanes available for competition. A separate small warm-up area 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 5'0" at the start end and 3'6" at the turn 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** with warm-ups from **7:30 to 8:40 AM**. A special warm-up time for 8 and under swimmers only will be held from **8:40 to 8:50 AM**. There will be a 45 minute break for lunch. The estimated time of the lunch break will be announced once a timeline has been posted at the start of the meet. Additional warm-up and warm-down will be available during the 45 minute break.

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 **5** relays.
- All swimmers ages 12 and under should complete competition within four (4) hours.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

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. For all 100-yard relay races, the 2nd and the 4th swimmer will be required to start in the water due to shallow water.

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.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- 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.
- No swimmer, coach, parent or spectator may go into the tennis area of the club unless specifically directed by the meet director or club management.

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 will 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.

- Meet is open to qualified members of the invited USA-S teams (QSS, GATO, WEST, SCSC, MJSA, BAY, LGSC, CAB, SUNN, VS, OAQ, TIDE, SVS & WAVE).
- 19 & Over swimmers of invited teams are able to participate in relays. Disabled swimmers, affiliated with any of the invited clubs 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.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY FEES: \$9.00 per relay.

ENTRIES: Entries must be entered via Hy-Tek by each team's coaching staff by Thursday, May 29th at 9:00 PM to omlyons@gmail.com. No late entries will be accepted.

Make check payable to: "QuickSilver Swimming" and mail to 5409 Silver Vista Way, San Jose, CA 95138.

CHECK-IN: The meet will be pre-seeded. There will be no check-in required. No-shows will not be penalized.

AWARDS: T-Shirts will be given to the 1st place relay team in each event. Team trophies to be awarded 1st- 3rd place teams. Scoring 14-10-8-6-4-2.

ADMISSION: Free. A meet program may be available for purchase.

REFRESHMENTS: A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch.

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GIRLS	AGE	EVENT	BOYS
1	8 & UNDER	100 Medley Relay	2
3	10 & UNDER	200 Medley Relay	4
5	11 & 12	200 Medley Relay	6
7	13 & 14	200 Medley Relay	8
9	15 & OLDER	200 Medley Relay	10
11	8 & UNDER	100 Fly Relay	12
13	10 & UNDER	200 Fly Relay	14
15	11 & 12	200 Fly Relay	16
17	13 & 14	200 Fly Relay	18
19	15 & OLDER	200 Fly Relay	20
21	48 YEARS*	200 Free Relay	22
23	8 & UNDER	100 Back Relay	24
25	10 & UNDER	200 Back Relay	26
27	11 & 12	200 Back Relay	28
29	13 & 14	200 Back Relay	30
31	15 & OLDER	200 Back Relay	32
33	48 YEARS*	200 Medley Relay	34
35	8 & UNDER	100 Breast Relay	36
37	10 & UNDER	200 Breast Relay	38
39	11 & 12	200 Breast Relay	40
41	13 & 14	200 Breast Relay	42
43	15 & OLDER	200 Breast Relay	44
45	8 & UNDER	100 Free Relay	46
47	10 & UNDER	200 Free Relay	48
49	11 & 12	200 Free Relay	50
51	13 & 14	200 Free Relay	52
53	15 & OLDER	200 Free Relay	54

*4 swimmers totaling not more than 48 years of age.

Please note: Due to shallow water at one end of the competition pool, and for the safety of the swimmers, the second and fourth swimmers in the 8 & under 100-yard relays will start in the water.