

DE ANZA CUPERTINO AQUATICS
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET
JUNE 21-23, 2019

Enter Online: <http://www.fastswims.com>

Z1N TEAMS: BCP, DACA, HDAC, LAMV, LO, MCAC, MNLO, MLKB, OSC, PCCA, PPSC, SOLO, SUNN, YEMB



SANCTION: Held under USA/Pacific Swimming Sanction No. **19-095**

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. **The results of this meet may be posted in real time on the Internet at <http://results.teamunify.com/daca/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:

| | |
|---|--------------------------------------|
| <i>Meet Referee: Sylvain Flamant</i> | <i>Head Starter: Brian Floyd</i> |
| <i>Meet Marshal: Tammy Hopkins</i> | <i>Admin Official: Danielle Mina</i> |
| <i>Meet Director: Annie Stein – annie@daca.org / (408) 253-7946</i> | |

LOCATION: De Anza College: 21250 Stevens Creek Blvd., Cupertino, CA 95014.

DIRECTIONS: From the North: Take Highway 280 South. Exit right on De Anza Blvd. Turn right on Stevens Creek Blvd. Turn Left on Stelling St. Enter the College Campus on the right hand side from Stelling St. and use Parking Lot C for easiest access to the pool.
From the South: Take Highway 280 North. Exit left on De Anza Blvd. Turn Right on Stevens Creek Blvd. Turn left on Stelling St. Enter the College Campus on the right hand side from Stelling St. and use Parking Lot C for easiest access to the pool. **PLEASE NOTE THERE WILL BE MANDATORY PARKING FEES OF \$3.00 (CASH OR CREDIT).** Parking fees will be reimbursed for working officials.

COURSE: 50 meter, outdoor heated pool. Up to ten (10) racing lanes will be used for competition. Chase starts may be used at the discretion of the Meet Referee. Separate, warm-up, cool down area will be available during the meet. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 6'0" at the start end and 4'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

TIME:

FRIDAY Meet begins at 4:00 PM, warm-up from 2:45 – 3:45 PM.

SATURDAY/SUNDAY 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 12:00 PM. 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 two (2) events on Friday, and three (3) events per day on Saturday/Sunday.
- 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.
- 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.**
- Athletes entering the 1500 Free, 400 IM, and/or 400 Free must have achieved a USA-S Motivational "B" time for their age group and gender. Athletes entering the 1500 Free, 400 IM and/or 400 Free must provide their own lane timers. Athletes in the 1500 Free must provide their own lap counters.

- 8 & Under Athletes entering the 8 & Under 100 Fly, 100 Back, and/or 100 Breast must have achieved a "PC-A" time standard in the 50 yard/meter distance of that stroke in order to enter.
- The 1500 Free may be swum 2 athletes per lane at the discretion of the Meet Referee.
- The 1500 Free will be swum fastest to slowest alternating girl's and boy's heats. Girl's and boy's heats may be combined at the discretion of the Meet Referee.

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 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.

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, 400 IM, 1500 Free, and 8 & Under 100 FL/BK/BR. 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 group.
- The athlete's age will be the age of the athlete on the first day of the meet.

ENTRY PRIORITY: Priority entry for the Friday PM Session will be given to Zone 1N Clubs. Priority will be given to the following clubs: **BCP, DACA, HDAC, LAMV, LO, MCAC, MNLO, MLKB, OSC, PCCA, PPSC, SOLO, SUNN, YEMB.** Those entering online must do so by **11:59 PM on Wednesday, June 5, 2019** in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by Monday, June 3rd in order to receive priority acceptance to the meet. No athletes other than those from **BCP, DACA, HDAC, LAMV, LO, MCAC, MNLO, MLKB, OSC, PCCA, PPSC, SOLO, SUNN, YEMB.** 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, except mandatory scratch downs.

ONLINE ENTRIES: You may enter this meet online at FastSwims or by U.S. mail. To enter online go to <http://www.fastswims.com> to receive an immediate entry confirmation. This method requires creation of a free account and payment by credit card. FastSwims charges a processing fee for this service, 6.5% of the total Entry Fees plus \$0.75 per transaction, regardless of number of athletes. 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 Wednesday, June 12th at 11:59 PM. LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.**

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, **June 10th, 2019** or hand delivered by 6:30 p.m. Wednesday, **June 12th, 2019**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: De Anza Cupertino Aquatics (DACA)

**Mail entries to: Annie Stein, Meet Director
1080 S. De Anza Blvd.
San Jose, CA 95129**

**Hand deliver entries to: Annie Stein c/o DACA
1080 S. De Anza Blvd.
San Jose, CA 95129**

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. Athletes 13 years of age and older will not receive awards. Standard "A" medals awarded to athletes achieving NEW "A" times ("PC-A" for 8 & Under Athletes, USA-S "A" for 9 & Over Athletes) 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. Programs will not be for sale.

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) |

| FRIDAY, JUNE 21 ST | | |
|-------------------------------|------------------|--------|
| GIRLS # | EVENT | BOYS # |
| 1 | 11 – 12 400 IM | 2 |
| 3 | 9 – 10 400 FREE | 4 |
| 5 | 11 & O 1500 FREE | 6 |

| SATURDAY, JUNE 22 ND | | |
|---------------------------------|--------------------|--------|
| SESSION A | | |
| GIRLS # | EVENT | BOYS # |
| 7 | 13 & O 100 FREE | 8 |
| 9 | 11 – 12 100 FREE | |
| 11 | 13 & O 200 BACK | 12 |
| 13 | 11 – 12 100 BACK | |
| 15 | 13 & O 100 FLY | 16 |
| 17 | 11 – 12 50 FLY | |
| 19 | 13 & O 200 BREAST | 20 |
| 21 | 11 – 12 200 FLY | |
| 23 | 11 – 12 200 BREAST | |
| 25 | 13 & O 50 FREE | 26 |
| 27 | 11 – 12 50 FREE | |
| 29 | 13 & O 400 IM | 30 |
| 31 | 11 – 12 400 FREE | |
| SESSION B | | |
| | 11 – 12 100 FREE | 32 |
| 33 | 9 – 10 100 FREE | 34 |
| 35 | 8 & U 100 FREE | 36 |
| | 11 – 12 100 BACK | 38 |
| 39 | 9 – 10 50 BACK | 40 |
| 41 | 8 & U 50 BACK | 42 |
| | 11 – 12 50 FLY | 44 |
| 45 | 9 – 10 50 FLY | 46 |
| 47 | 8 & U 50 FLY | 48 |
| | 11 – 12 200 BREAST | 50 |
| | 11-12 200 FLY | 52 |
| 53 | 9 – 10 100 BREAST | 54 |
| 55 | 8 & U 100 BREAST | 56 |
| | 11 – 12 50 FREE | 58 |
| 59 | 9 – 10 200 IM | 60 |
| | 11 – 12 400 FREE | 62 |

| SUNDAY, JUNE 23 RD | | |
|-------------------------------|--------------------|--------|
| SESSION A | | |
| GIRLS # | EVENT | BOYS # |
| 63 | 13 & O 200 FREE | 64 |
| 65 | 11 – 12 200 FREE | |
| 67 | 13 & O 100 BREAST | 68 |
| 69 | 11 – 12 50 BREAST | |
| 71 | 11-12 200 BACK | |
| 73 | 13 & O 200 FLY | 74 |
| 75 | 11 – 12 100 FLY | |
| 77 | 13 & O 200 IM | 78 |
| 79 | 11 – 12 200 IM | |
| 81 | 13 & O 100 BACK | 82 |
| 83 | 11 – 12 50 BACK | |
| 85 | 11-12 100 BREAST | |
| 87 | 13 & O 400 FREE | 88 |
| SESSION B | | |
| | 11 – 12 200 FREE | 90 |
| 91 | 9 – 10 200 FREE | 92 |
| 93 | 8 & U 50 FREE | 94 |
| | 11 – 12 50 BREAST | 96 |
| 97 | 9 – 10 50 BREAST | 98 |
| 99 | 8 & U 50 BREAST | 100 |
| | 11 – 12 200 BACK | 102 |
| | 11 – 12 100 FLY | 104 |
| 105 | 9 – 10 100 FLY | 106 |
| 107 | 8 & U 100 FLY | 108 |
| | 11 – 12 200 IM | 110 |
| 111 | 9 – 10 50 FREE | 112 |
| 113 | 8 & U 100 BACK | 114 |
| | 11-12 50 BACK | 116 |
| | 11 – 12 100 BREAST | 118 |
| 119 | 9 – 10 100 BACK | 120 |

*Athletes in the 400 Free, 1500 Free and 400 IM must have achieved a USA “B” time Standard and must provide their own lane timers. Athletes in the 1500 Free must provide their own lap counters.

**8 & Under Athletes entering the 8 & Under 100 Fly, 100 Back, and/or 100 Breast 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 – Hosted by De Anza Cupertino Aquatics Long Course CBA+MEET JUNE 21-23, 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 | | | | | | | | | | | | | |