

Silicon Valley Long Course Age Group Open

PACIFIC SWIMMING LONG COURSE MEET

Saturday and Sunday, June 27-28, 2015

Enter Online: <http://ome.swimconnection.com/pc/SUNN20150627>



SANCTION: Held under USA/Pacific Swimming Sanction No. **15-090**

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://www.fastlanetek.com/swmeets/2015_06_27_SUNN_LC_AGO/**

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:</i> Lucille Glassman	<i>Head Starter:</i> Phil Harter
<i>Meet Marshal:</i> Chris Lee	<i>Admin Official:</i> Curtiss Kikuta
<i>Meet Director:</i> Aditya Agarwal, meet.director@sunn.org 408-507-4110	

LOCATION: Sunnyvale Swim Complex (408-732-2257), at Fremont High School. 1283 Sunnyvale-Saratoga Ave. Sunnyvale, CA 94087

DIRECTIONS: From Highway 280, exit N. De Anza Blvd. (Sunnyvale-Saratoga Ave.), travel north on Sunnyvale-Saratoga Ave. until it reaches Fremont Ave. The pool is between the school's main entrance and the football field. There are two parking lots. Parking lot in the front of Fremont High School will be held for meet officials, swim coaches. A second larger parking lot for participants is available on the west side of the school campus off Fremont Ave.

COURSE: OUTDOOR 50 METER pool with up to **8** lanes available for competition. One 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 **13' 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: Saturday and Sunday are split into sessions "A" and "B"
Session A (10/un and 11-12 swimmers) – Meet begins at 8:30 AM with warm-up from 7:00-8:15 AM.
Session B (OPEN - all ages allowed, but 12 and unders must meet minimum qualifying times, see RULES) – Meet will begin one hour after Session A finishes but not before 1:00 PM. Warm-up begins immediately after Session A finishes. Swimmers in Session B may not enter the competition pool or warm up lane until completion of competition in 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.
- Swimmers may compete in a maximum of **THREE (3)** events per day.
- Swimmers age 12 and Under must have achieved the minimum USA-S Motivational 13-14 "A" time standard for their gender in order to enter an Open Event.
- Swimmers must have achieved a minimum USA-S Motivational 9-10 "A" time standard in the 100 Yard IM, 200 Yard IM or 200 Meter IM for their gender in order to enter the 10 & Under 200 IM.
- Swimmers must provide their own timers and lap counters for the 800 and 1500 Freestyles.
- All swimmers 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 swimmers 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.**

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.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is 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.
- No personal pop-ups will be allowed on the pool deck at anytime. Access to areas of the pool deck may be restricted to officials, timers, swimmers, coaches and meet staff.

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.
- Entries with "**NO TIME**" will be **ACCEPTED (Exception – 12 & U Swimmers in Open Events and 10 & U 200 IM, see Rules)**.
- Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding and 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. Such swimmers must have met standards for the 17-18 age group.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY FEES: \$4.00 per event plus a \$10.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/sunn20150627> 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 swimmer 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 a swimmer by Pacific Swimming.** Online entries will be accepted through Wednesday, June 17, 2015.

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. **Entries must be postmarked by midnight, Monday, June 15, 2015 or hand delivered by 6:30 p.m. Wednesday, June 17, 2015.** No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: SUNN SWIMMING CLUB

Mail entries to: Aditya Agarwal
1166 Pimento Ave.
Sunnyvale, CA 94087

Hand deliver entries to: Aditya Agarwal
1166 Pimento Ave.
Sunnyvale, CA 94087

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 scheduled 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 a timed final individual event that is seeded on the deck 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 that they wish to scratch. Failure to swim an event will result in being barred from their next individual event in which the swimmer is entered on that day or next meet day, whichever is first.

AWARDS: Ribbons for 1st – 8th place will be given to the A session age groups: 8/un, 9-10, 11-12. No awards will be given for the B session OPEN events. “A” medals will be given to swimmers achieving a new “A” time (PC-A for 8 & U Swimmers, USA-S for 9 & Over Swimmers), regardless of the place achieved in the event. All awards must be picked up at the meet by swimmers or coaches at the end of the meet. Awards will not be mailed.

ADMISSION: Free. A program will be available for \$4.00

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to deck officials, coaches, timers and volunteers.

MISCELLANEOUS: No parking is allowed in the Adult Education Community parking lot—vehicles may get towed.

MINIMUM OFFICIALS: Teams must follow Zone 1 North rules for providing officials. Each team must provide officials for each session according to the number of swimmers entered in that session, following the table below. Teams that do not provide sufficient officials must provide coaches to act in the place of officials.

Club swimmers 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

EVENT SUMMARY :

SATURDAY, JUNE 27, 2015			SUNDAY, JUNE 28, 2015		
10 & Under	11-12	OPEN	10 & Under	11-12	OPEN
200 Free	200 Free	200 IM	50 Fly	50 Fly	200 Fly
50 Breast	50 Breast	50 Free	50 Back	50 Back	100 Back
50 Free	50 Free	100 Breast	100 Free	100 Free	400 Free
100 Fly	100 Fly	200 Free	200 IM	200 IM	200 Breast
100 Breast	200 Back	200 Back	100 Back	100 Back	400 IM
	100 Breast	100 Fly		200 Breast	100 Free
		1500 Free			800 Free

EVENTS

Girls #	Saturday Session A	Boys #
1	11-12 200 FREE	2
3	10 & UN 200 FREE	4
5	11-12 50 BREAST	6
7	10 & UN 50 BREAST	8
9	11 – 12 50 FREE	10
11	10 & UN 50 FREE	12
13	11-12 100 FLY	14
15	10 & UN 100 FLY	16
17	11-12 200 BACK	18
19	10 & UN 100 BREAST	20
21	11-12 100 BREAST	22
Girls #	Saturday Session B	Boys #
23*	OPEN 200 IM	24*
25*	OPEN 50 FREE	26*
27*	OPEN 100 BREAST	28*
29*	OPEN 200 FREE	30*
31*	OPEN 200 BACK	32*
33*	OPEN 100 FLY	34*
35*	OPEN 1500 FREE***	36*

Girls #	Sunday Session A	Boys #
37	11-12 50 FLY	38
39	10 & UN 50 FLY	40
41	11-12 50 BACK	42
43	10 & UN 50 BACK	44
45	11-12 100 FREE	46
47	10 & UN 100 FREE	48
49	11-12 200 IM	50
51**	10 & UN 200 IM	52**
53	11-12 100 BACK	54
55	10 & UN 100 BACK	56
57	11-12 200 BREAST	58
Girls #	Sunday Session B	Boys #
59*	OPEN 200 FLY	60*
61*	OPEN 100 BACK	62*
63*	OPEN 400 FREE	64*
65*	OPEN 200 BREAST	66*
67*	OPEN 400 IM	68*
69*	OPEN 100 FREE	70*
71*	OPEN 800 FREE***	72*

*Swimmers 12 & under MUST have achieved the minimum USA-S Motivational 13-14 “A” Time standard for their gender in order to enter an Open Event.

**Swimmers MUST have achieved a minimum USA-S Motivational 9-10 “A” Time standard for their gender in the 100 Yard IM, 200 Yard IM, or 200 Meter IM in order to enter the 10 & UN 200 IM.

*** Swimmers must provide their own timers and lap counters

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

Pacific Swimming – Hosted by SUNN Silicon Valley Long Course AGO June 27-28, 2015 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				
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						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 10.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													