

WEST COAST AQUATICS
RACE TO WINTER CHAMPIONSHIPS
PACIFIC SWIMMING SHORT COURSE CBA+ MEET
February 27-28, 2016



Enter Online: <http://ome.swimconnection.com/pc/WEST20160227>

SANCTION: Held under USA/Pacific Swimming Sanction No. **16-018**

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, 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> Frank Suchomel	<i>Head Starter:</i> Rick Lee
<i>Meet Marshal:</i> Le Nguyen	<i>Admin Official:</i> ChangChi Wang
<i>Meet Director:</i> Guiselle Morrone: teammanager@westcoastaquatics.org	

LOCATION: Frank Fiscalini International Swim Center at Independence High School, 627 North Jackson Avenue, San Jose, CA 95133.

DIRECTIONS: From Interstate-680, exit McKee Road and head west, away from foothills. Turn right at the first light, which is Jackson Avenue, turn left into the parking lot at the second traffic light, which is just after the football stadium. From Highway-101, exit McKee Road and head east toward the foothills. Go down McKee to the 7th traffic light which will be Jackson Avenue. Turn left on Jackson Avenue and the second light turn left into the parking lot. There is plenty of parking for all participants in front of the pool venue.

COURSE: 25 yard by 50 meter outdoor, heated pool with up to 15 lanes available for competition. A separate 25 yard, 7 lane diving well 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 4'5" at the start end and 7' 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 each day with warm-ups from 7:30 to 8:45 AM each day. A special warm-up time for 8 and under swimmers only will be held from 8:15 to 8:45 AM. Gates for set up will open no earlier than 6:30 AM on Saturday and 6:30 AM on Sunday.

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 MAXIMUM four (4) events per day.
- All swimmers ages 12 and under should complete competition within four (4) hours.
- Age groups will be awarded separately as 8 under, 9/10, 11/12, 13/14, 15/16 and 17/18, however, events will be swum as 8 and under, 11 and over, 12 and over, or Open.
- **The meet will be LIMITED to the first 700 swimmers each day, or when the number of splashes exceeds the estimated time line, per the "Four-Hour Rule," based on the swimmer's age and gender.**
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down to three (3) events.
- All events will be seeded fastest to slowest. 500 free and 400 IM will alternate girls and boys by heat.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**
- **Swimmers competing in any of the distance events must provide their own timers as well as lap counters.**
- Swimmers competing in the 500 Free must provide their own timers and lap counters. Swimmers competing in the 400 IM must provide their own timers.

SPECIAL RULES: The USA Swimming Motivational "BB" minimum time standard per age group and gender will be used as the qualifying time standard for the 500 Free Open at this meet, 8 and under swimmers may enter with the 9/10 BB time. The rest of the OPEN events at this meet do not have any time standard requirements. **Swimmers in the 11 & Over 400 IM must have met the USA Swimming Motivational "BB" time standard for his/her age group and gender in order to enter the event.** Use the following link to find the time standards <http://www.pacswim.org/swim-meet-times/standards>.

ATTENTION HIGH SCHOOL SWIMMERS: If you are a high school swimmer in season, you need to be Unattached from this meet. It is the swimmers 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 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 in and 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 set up will be allowed outside the perimeters of the pool venue.

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.
- Swimmers in the "A" Division must have met at least the USA Swimming Motivational "A" minimum time standard. Swimmers in the "B" Division must have met at least the listed "B" minimum time standard. All entry times slower than the listed "PC-B" time standard will be in the "C" Division.
- Entries with **"NO TIME" will be accepted, with the exception of the 11 & Over 400 IM and the 500 free OPEN.**
- 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 are not eligible to 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 PRIORITY: Swimmers from Zone 1 South teams entering online must do so by 11:59 PM, Wednesday, January 20th in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by Monday, January 18th in order to receive

priority acceptance to the meet. No other swimmers other than those from Zone 1 South may enter the meet until the preference period has concluded.

ENTRY FEES: \$4.00 per event plus an \$8.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

ONLINE ENTRIES: To enter on-line go to <http://ome.swimconnection.com/pc/WEST20160227> 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, **February 17, 2016.**

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, **February 15, 2016,** or hand delivered by 6:30 p.m. Wednesday, **February 17, 2016.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: West Coast Aquatics

**Mail/Hand delivered entries to: Guiselle Morrone/WEST Meet Director
6317 Grand Oak Way
San Jose, CA 95135**

CHECK-IN: The meet will be deck seeded. Swimmers 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. Swimmers who do not check in will not be seeded and will not be allowed to compete in that event.

SCRATCHES: Any swimmer 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 – 8th by division (C/B/A+) will be provided for each age grouping (8/U, 9/10 10/U, 11-12, 13-14, 15-16, and 17-18) within each event. "A" medals will be provided for new "A" times. A team representative or coach must pick up their swim team's awards at the conclusion of the meet at the awards desk. Awards will not be handed to individuals unless they are unattached. Awards will not be mailed.

ADMISSION: Free.

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 timers and volunteers.

MISCELLANEOUS: No overnight parking is allowed. **Participating teams will be assigned timer assignments based on the number of swimmers entered from a team. There will be NO set up outside the perimeters of the pool venue.**

EVENT SUMMARY:

Saturday, February 27				Sunday, February 28			
8 & UN	9-10	11-12	13/OVER	8 & UN	9-10	11-12	13/OVER
200 Free	200 Free	200 Free	200 Free	25 Breast	200 IM	200 IM	200 IM
25 Free	100 Fly	100 Fly	100 Fly	100 Back	100 Back	100 Back	100 Back
100 Fly	50 Back	50 Back	100 Breast	50 Breast	50 Breast	50 Breast	200 Breast
50 Back	100 Breast	100 Breast	200 Back	25 Fly	50 Fly	200 Breast	100 Free
100 Breast	100 IM	200 Back	100 IM	50 Fly	100 Free	50 Fly	200 Fly
25 Back	50 Free	100 IM	50 Free	100 Free	500 Free	100 Free	500 Free
100 IM		50 Free	400 IM	500 Free		200 Fly	
50 Free		400 IM				500 Free	

EVENTS

Saturday, February 27		
EVENT #	EVENT	EVENT #
1	Open 200 Free	2
3	8 – UN 25 Free	4
5	Open 100 Fly	6
7	12 and under 50 Back	8
9	Open 100 Breast	10
11	8 – UN 25 Back	12
13	11 and over 200 Back	14
15	Open 100 IM	16
17	Open 50 Free	18
19	11 and over 400 IM*	20

Sunday, February 28		
EVENT #	EVENT	EVENT #
21	9 and over 200 IM	22
23	8 – UN 25 Breast	24
25	Open 100 Back	26
27	12 and under 50 Breast	28
29	8 – UN 25 Fly	30
31	11 and over 200 Breast	32
33	12 and under 50 Fly	34
35	Open 100 Free	36
37	11 and over 200 Fly	38
39	Open 500 Free**	40

*Swimmers entering the 11 & Over 400 IM must provide their own timers.

** Swimmers entering the Open 500 Free must provide their own timers and lap counters.

*** See time requirements for 500 Free and 400 IM in the Special Rules Section.

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

Pacific Swimming – Hosted by WEST Pacific Swimming Short Course C/B/A+ February 27-28, 2016 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			
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						