

LOS ALTOS MOUNTAIN VIEW AQUATIC CLUB  
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET  
MAY 18 – 19, 2019

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

**Z1N Priority Teams: ALTO, FOG, LAMV, MLKB, MNLO, PASA, PPSC, PSL, PSRP, YEMB**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **19-075**

*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:**

<b>Meet Referee:</b> Nan McKenna	<b>Head Starter:</b> Evan Bigall
<b>Meet Marshal:</b> Rommel Dongre	<b>Admin Official:</b> Larry Rice
<b>Meet Director:</b> Hongjun Zhu – <a href="mailto:meetdirector@lamvac.org">meetdirector@lamvac.org</a>	

**LOCATION:** Foothill College, 12345 El Monte Road, Los Altos Hills, CA 94022

**DIRECTIONS:** The College is west of Highway 280 on El Monte Road. Drop off point for athletes is on the Bus Stop/Handicapped parking lot at the bottom of the walk bridge. Please do not drop off your swimmers on the roadside; use the parking lot/bus stop. Athletes may use the stairs to go over the walk bridge to the pool. Map of Foothill College can be found at <http://www.foothill.edu/news/maps.php>. Designated parking is in Lot 2 (\$3.00). Lot 2A is reserved for meet officials and coaches only.

**COURSE:** 50 meter, outdoor heated pool with up to 8 lanes available for competition. 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 4.5' at the start end and 13' at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** **SESSION A (13 & Over and 11 – 12 GIRLS):** Meet begins at 8:30 AM; Warm-Up is from 7:00 – 8:15 AM.  
**SESSION B (10 & Under and 11 – 12 BOYS):** Session B will begin 1 hour after Session A finishes, but not before 12:00 PM. Session B Warm-Ups will begin immediately after Session A finishes.

**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 a maximum of **THREE (3)** events per day.
- 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.**
- All athletes entered in the 400 meter Freestyle and/or 400 meter IM must have achieved a USA-S "B" Time Standard for their age group and gender. Athletes in the 400 Freestyle and/or 400 IM must provide their own timers.
- All athletes competing in the 100 Back, Breast, and/or Fly events must have achieved a "PC-A" time for their gender in the 50 meter/yard distance of that stroke. Athletes will use their 50m time to enter the event.

**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.
- Pets, with the exception of working service animals, are prohibited in the meet venue.

**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 Freestyle & 400 IM, 8 & U 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:** Zone 1N athletes from ALTO, FOG, LAMV, MLKB, MNLO, PASA, PPSC, PSL, PSRP, YEMB entering online must do so by **11:59 PM Wednesday, May 1st** in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by **Monday, April 29th** in order to receive priority acceptance to the meet. No athletes other than those from ALTO, FOG, LAMV, MLKB, MNLO, PASA, PPSC, PSL, PSRP, YEMB may enter the meet until the priority period has closed.

**ENTRY FEES:** \$4.00 per event plus an \$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:** To enter online go to <https://www.fastswims.com/> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a processing fee for this service, 6.5% of the total Entry Fee 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, May 8<sup>th</sup>, 2019 at 11:59 PM.

**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, **May 6<sup>th</sup>, 2019** or hand delivered by 6:30 p.m. Wednesday, **May 8<sup>th</sup>, 2019**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: LAMVAC**

**Mail entries to: LAMV Meet Director**  
**227 Solana Drive**  
**Los Altos, CA 94022**

**Hand deliver entries to: LAMV Meet Director**  
**227 Solana Drive**  
**Los Altos, CA 94022**

**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:** Individual events will be awarded in the A, B, and C division. Ribbons for First through Eighth place will be given to the following age groups 8 & U, 9-10, 11-12. Athletes 13 years of age and older will not receive awards. “A” time medals will be given to athletes achieving a new “A” time, regardless of place achieved in the event. All awards must be picked up at the meet by coaches at the end of the meet. Awards will not be mailed.

**ADMISSION:** Free. A program will NOT be available.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Generous and friendly hospitality will be provided for working deck officials, and coaches.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. All participating clubs are expected to provide lane timers based upon the number of athletes registered to swim each day. Club timing lanes for Saturday and Sunday will be assigned and coaches will be notified of assignments during the week prior to the meet.

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

Club athlete 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 and up ( 1 for every 25 swimmers)

**EVENT SUMMARY**

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-O	8 & UN	9-10	11-12	13-O
100 FR	100 FR	100 FR	200 FR	50 FR	50 FR	200 FR	100 FR
100 BR	100 BR	100 BR	200 BR	100 BK	100 BK	50 BK	200 BK
50 BK	50 BK	200 BK	100 BK	100 FL	100 FL	200 FL	100 BR
50 FL	50 FL	50 FL	100 FL	50 BR	50 BR	50 FR	200 IM
	400 FR	400 IM	50 FR		200 IM	200 IM	400 FR

EVENTS

SATURDAY, MAY 18 <sup>th</sup>		
SESSION A		
GIRLS #	EVENT	BOYS #
1	13 & O 200 FREE	2
3	11 – 12 100 FREE	
5	13 & O 200 BREAST	6
7	11 – 12 100 BREAST	
9	13 & O 100 BACK	10
11	11 – 12 200 BACK	
13	13 & O 100 FLY	14
15	11 – 12 50 FLY	
17	13 & O 50 FREE	18
19	11 – 12 400 IM**	
SESSION B		
	11 – 12 100 FREE	22
23	9 – 10 100 FREE	24
25	8 & U 100 FREE	26
	11 – 12 100 BREAST	28
29	9 – 10 100 BREAST	30
31	8 & U 100 BREAST *	32
	11 – 12 200 BACK	34
35	9 – 10 50 BACK	36
37	8 & U 50 BACK	38
	11 – 12 50 FLY	40
41	8 & U 50 FLY	42
43	9 – 10 50 FLY	44
	11 – 12 400 IM**	46
47	9 – 10 400 FREE **	48

SUNDAY, MAY 19 <sup>th</sup>		
SESSION A		
GIRLS #	EVENT	BOYS #
49	11 – 12 200 FREE	
51	13 & O 100 FREE	52
53	11 – 12 50 BACK	
55	13 & O 200 BACK	56
57	11 – 12 200 FLY	
59	13 & O 100 BREST	60
61	11 – 12 50 FREE	
63	13 & O 200 IM	64
65	11 – 12 200 IM	
67	13 & O 400 FREE**	68
SESSION B		
	11 – 12 200 FREE	70
71	9 - 10 50 FREE	72
73	8 & U 50 FREE	74
	11 – 12 50 BACK	76
77	9 - 10 100 BACK	78
79	8 & U 100 BACK*	80
	11 – 12 200 FLY	82
83	9 - 10 100 FLU	84
85	8 & U 100 FLY *	86
	11 – 12 50 FREE	88
89	8 & U 50 BREAST	90
91	9 – 10 50 BREAST	92
	11 – 12 200 IM	94
95	9 – 10 200 IM	96

\*8 & Under Athletes entered in the 100 Back, Breast, and/or Fly must have achieved a “PC-A” time for their gender in the 50 meter/yard distance of that stroke.

\*\* Athletes entered in the 400 Freestyle and/or 400 IM must have achieved a USA-S Motivational “B” time for their age group and gender. Athletes in the 400 Freestyle and/or 400 IM must provide their own timers.

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

Pacific Swimming – Hosted by Los Altos Mountain View Aquatic Club Long Course CBA+ Meet May 18-19, 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				
# of entries _____ x \$4.00 = \$ _____ Participation Fee       \$ 10.00 Total                       \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													