

PACIFICA SEA LIONS AQUATIC CLUB
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
SATURDAY AND SUNDAY, NOVEMBER 15-16, 2014
Z1N TEAMS: PASA, BAC, SOLO, SSF, OSC, DCD, HDAC, BSC, PPSC, PSL



SANCTION: Held under USA/Pacific Swimming Sanction No. **14-185**

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:

Meet Referee: Karl Nakmura	Head Starter: Robert Iacobacci
Meet Marshal: Andrea Gould	Admin Official: Darryl Woo
Meet Director: Magda Carranza - myanmcc69@sbcglobal.net	

LOCATION: Jean E. Brink Swimming Pool, Oceana High School, 401 Paloma Avenue, Pacifica, CA 94044-2436

DIRECTIONS: From San Francisco/I-280: Take HWY 1 SOUTH into Pacifica. EXIT the POLOMA/FRANCISCO exit. Turn LEFT at the end of the off-ramp stop sign, and cross over the Highway 1 overpass. After the overpass is a stop sign. Continue STRAIGHT/EAST. After the next stop sign, continue EAST half a block. Oceana Pool is the first driveway on your left. **From Half Moon Bay:** Take HWY 1 NORTH into Pacifica. EXIT the OCEANA / CLARENDON exit. At the end of the off ramp is a stop sign. Continue STRAIGHT / NORTH for about 1/4 mile along Oceana until you reach the next stop sign. At the stop sign take a RIGHT to the next stop sign. Oceana Pool is the first driveway on your left. **There are two school parking lots available above the pool.**

COURSE: Indoor, 25 YARD pool with up to seven (7) lanes available for competition. An additional three (3) lanes 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' at the start end and 5' at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

TIME: **SESSION A (11-12 Girls and all 13 & Over Swimmers):** Meet Begins at 8:30 AM, Warm up is from 7:00-8:15 AM.
SESSION B (11-12 Boys and All 10 & Under Swimmers): 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.
- Swimmers may compete in **MAXIMUM of four (4)** events per day.
- 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 swimmers competing in the 500 yard Freestyle or 400 yard IM events must provide their own lane timers.
- **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.
- 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.
- Restricted access area the East and South ends of the swimming pool deck. Access only for Competitors, Coaches, Officials, and meet Staff/Volunteers and Timers. No Flash Photography.
- Adult spectators are not allowed to use the shower facilities during the swim meet.
- 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 result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.

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 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 "B" time standard will be in the "C" Division.
- Entries with "NO TIME" will be accepted.
- 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 any 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 PRIORITY: PASA, BAC, SOLO, SSF, OSC, DCD, HDAC, BSC, PPSC, PSL swimmers entering online must do so by 11:59 PM, Wednesday, October 29th in order to receive priority acceptance to the meet. **PASA, BAC, SOLO, SSF, OSC, DCD, HDAC, BSC, PPSC, PSL** surface mail entries must be postmarked by Monday, October 27th in order to receive priority acceptance to the meet. **No swimmers other than those from PASA, BAC, SOLO, SSF, OSC, DCD, HDAC, BSC, PPSC, PSL 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.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/psl20141115> 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, November 5, 2014.

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, Nov. 3, 2014 or hand delivered by 6:30 p.m. Hand delivered by Wednesday, Nov. 5, 2014. 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: Pacifica Sea Lions Aquatics Club (PSLAC)

Mail entries to: Magda Carranza
401 Paloma Dr.
Pacifica, Ca 94044

Hand Deliver Entries to: Magda Carranza
401 Paloma Drive
Pacifica, CA 94044

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: Any swimmers 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, 13 & Over. "A" time medals will be given to swimmers achieving a new "A" times, regardless of place achieved in the event. All awards must be picked up at the meet by coaches at the end of each session. 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. Facilities will not be provided after meet hours. **Please be courteous to the neighbors, there are two parking lots above the pool.**

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 (+ every additional 25 swimmers)

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
100 FR	200 FR	100 FR	200 FR	50 FR	100 FR	100 FL	200 BK
50 FL	100 FL	50 FL	100 FL	25 FL	50 FL	200 BR	100 BR
50 BR	100 BR	50 BR	200 IM	25 BR	50 BR	50 FR	100 FR
25 BK	50 BK	100 BK	50 FR	50 BK	100 BK	50 BK	200 FL
25 FR	50 FR	500 FR	100 BK	100 IM	200 IM	200 IM	400 IM

EVENTS

Saturday, November 15, 2014		
SESSION A		
EVENT #	EVENT	EVENT #
1	13 & O 200 FREE	2
3	11 – 12 100 FREE	
5	13 & O 100 FLY	6
7	11 – 12 50 FLY	
9	13 & O 200 IM	10
11	11 – 12 50 BREAST	
13	13 & O 50 FREE	14
15	11 – 12 100 BACK	
17	13 & O 100 BACK	18
19	11 – 12 500 FREE	
SESSION B		
EVENT #	EVENT	EVENT #
21	9 – 10 200 FREE	22
23	8 & U 100 FREE	24
	11 – 12 100 FREE	26
27	9 – 10 100 FLY	28
29	8 & U 50 FLY	30
	11 – 12 50 FLY	32
33	9 – 10 100 BREAST	34
35	8 & U 50 BREAST	36
	11 – 12 50 BREAST	38
39	9 – 10 50 BACK	40
41	8 & U 25 BACK	42
	11 – 12 100 BACK	44
45	9 – 10 50 FREE	46
47	8 & U 25 FREE	48
	11 – 12 500 FREE	50

Sunday, November 16, 2014		
SESSION A		
EVENT #	EVENT	EVENT #
51	11 – 12 100 FLY	
53	13 & O 200 BACK	54
55	11 – 12 200 BREAST	
57	13 & O 100 BREAST	58
59	11 – 12 50 FREE	
61	13 & O 100 FREE	62
63	11 – 12 50 BACK	
65	13 & O 200 FLY	66
67	11 – 12 200 IM	
69	13 & O 400 IM	70
SESSION B		
EVENT #	EVENT	EVENT #
71	9 – 10 100 FREE	72
73	8 & U 50 FREE	74
	11 – 12 100 FLY	76
77	9 – 10 50 FLY	78
79	8 & U 25 FLY	80
	11 – 12 200 BREAST	82
83	9 – 10 50 BREAST	84
85	8 & U 25 BREAST	86
	11 – 12 50 FREE	88
89	9 – 10 100 BACK	90
91	8 & U 50 BACK	92
	11 – 12 50 BACK	94
95	9 – 10 200 IM	96
97	8 & U 100 IM	98
	11 – 12 200 IM	100

All swimmers swimming the 400IM and the 500 Free will need their own timers. Swimmers should provide their own lap counters.

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

Pacific Swimming – Hosted by Pacific Sea Lions
 Short Course CBA+ Meet
 November 15-16, 2014
 Consolidated Entry Form

Name: Last, First Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M F	LSC – (PC, SN)
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USA-#															
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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
		: .	SCY / LCM

of entries _____ x \$4.00 = \$ _____
 Participation Fee \$ 8.00
 Total \$ _____

Coach

Swimmer's
Address

Home Phone	Cell Phone
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Email