

**QUICKSILVER SWIMMING
SHORT COURSE T/F INVITATIONAL
PACIFIC SWIMMING SHORT COURSE MEET
DECEMBER 14- 16, 2018**



Enter Online: <http://ome.swimconnection.com/pc/QSS20181214>

SANCTION: Held under USA/Pacific Swimming Sanction No. **18-167**

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 Meet Mobile.

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: Rod Rosare | Head Starter: John Hannigan |
| Meet Marshal: Andrew Johnson | Admin Official: Darryl Woo |
| Meet Director: Liv Weaver, liv@swimgss.org | |

LOCATION: Valley Christian High School, 100 Skyway Drive, San Jose, CA 95111

DIRECTIONS: **From 101 South:** Take 101 South to the Capitol Expressway/Yerba Road exit. Merge onto Capitol Expressway heading west. Take the Monterey Road ramp. Turn left onto Monterey Road. Turn left onto Skyway Drive. Valley Christian High School is located at 100 Skyway Drive. **From 280 South:** Take 280 South to 87 South. Take 87 South to the Capitol Expressway Auto Mall exit. Turn Left onto West Capitol Expressway. Take the Monterey Road ramp. Turn left onto Monterey Road. Turn left onto Skyway Drive. Valley Christian High School is located at 100 Skyway Drive. **From 85 South:** Take 85 South to the Blossom Hill Road exit. Turn Left onto Blossom Hill Road. Turn Left onto Snell Avenue. Turn Right onto Skyway Drive. Valley Christian High School is located at 100 Skyway Drive

COURSE: Outdoor 25 yard by 50 meter pool with up to 10 lanes available for competition. Up to 10 additional 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 9' 6" at the start end and 6' 6" 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 5:00 PM on Friday with warm-ups from 3:45- 4:45 PM. The facility gates will not open until 3:30pm. Friday events are timed finals. Saturday's and Sunday's events are Trials and Finals except as noted in Order of Events Chart. Meet will begin at 9:00 AM on Saturday and Sunday with warm-ups from 7:30 to 8:40 AM each day. Finals will begin no sooner than 1 hour after the conclusion of trials. The exact time will be determined by the Meet Referee and announced as early as practical each day.

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 on Friday. See Order of Events Chart for events specified as timed finals for Saturday and Sunday. Prelim events may run combined into multiple age groups; finals will be split by specific age groups. Timed finals events will not be combined.
- All events will swim fast to slow.
- Athletes may compete in up to 3 individual events per day and 1 relay event.
- Athletes may compete in a total of 7 individual events and 3 relay events in the meet.
- Clubs may enter an A and B relay only for each event.
- Entries shall be accepted until the number of splashes exceeds the time line, per the "Four Hour Rule," based on the athlete'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. 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.
- The first three heats in trials events will be circle seeded for all prelim events. Timed finals will be seeded with the fastest heat first.
- The meet will be swum in SCY all sessions.
- Entries for the 1650 may be limited to three or fewer heats depending on timeline constraints. Athletes must have either 1500 meter, 1650 yards, or 1000 yards BB qualifying times for their age group.

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.
- 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.
- 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.
- Set-up will not be available until immediately before the meet on Friday afternoon. Gates will not open until 3:15 PM.

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.
- 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.
- The athlete's age will be the age of the athlete on the first day of the meet.
- Athletes may enter as unattached, but will be entered as exhibition and will not be eligible for team points.
- Athletes must have achieved the USA-S Motivational "BB" standard for their age group and gender in order to compete in a 10 & U, 11-12, or 13-14 event.
- To enter a senior event, athletes must be 11 & over and meet the 15-16 USA-S Motivational "BB" time standard for their gender.
- Athletes must be part of one of the following clubs or unattached: EBA, FF, PASA, PEAK, RHAC, QSS, SCSC, TIDE, VS, SRVA, SVS, SUNN, LAC, FOG, YPAC, RAYS, LO, TOC

ENTRY FEES: \$5.50 per event plus an \$8.00 participation fee per athlete. \$16.00 per relay. Relay only athletes must pay the \$8.00 per athlete participation fee. 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 <http://ome.swimconnection.com/pc/QSS20181214> 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 athlete 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 an athlete by Pacific Swimming. Online entries will be accepted through Wednesday, December 5th.

RELAY ENTRIES: Clubs are encouraged to pre-enter relays on Swim Connection. Clubs will be able to deck enter A and B relays at the computer desk until 5:30 PM on Friday and 10:30 AM on Saturday and Sunday. Any clubs that are deck entering relays must provide a team check for the entry fees payable to "QuickSilver Swimming." All athletes must be entered in the meet prior to the entry deadline to be eligible to compete in a relay.

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, December 3rd. No hand delivered entries will be accepted. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: QuickSilver Swimming

Mail entries to: Meet Director

5409 Silver Vista Way

San Jose, CA 95138

CHECK-IN: Athletes must check-in at the Clerk-of-Course for prelims and timed final events. 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. Athletes must positively check-in for the 1500m freestyle by 11:00 AM on Saturday.

SCRATCH RULE FOR PRELIMS & TIMED FINALS:

- A copy of the meet scratch rules will be posted at the clerk-of-course.
- Athletes entered in a preliminary individual or timed final event will have no penalty for missing an event.

SCRATCH RULE FOR FINALS:

- A copy of the scratch rules will be posted at the clerk-of-course.
- Top 9 athletes will qualify for finals.
- Any athlete qualifying for finals in an individual event who does not wish to compete must scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that they may not intend to compete in finals. In this case they must declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event.
- An athlete who "fails to compete" or scratch in a finals event they qualified for will be subject to disqualification for the remainder of the athlete's individual events. "Declared False Starts" and "Delay of Meet" are all classified as "Failure to Compete", and the athlete will be barred from the remainder of the athlete's individual events for the meet. If the No-Show occurs on the last day that the athlete is entered in an individual final event and no other individual event penalty is applicable, the athlete shall then be fined \$100.00. The fine will be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.
- Exception: No penalty shall apply for failure to withdraw or compete in an individual event if: (i) the referee is notified in the event of illness or injury and accepts the proof thereof. (ii) It is determined by the referee that the No-Show is caused by circumstances beyond the control of the athlete. (iii) The athlete is an alternate for finals.

AWARDS: Individual Event Awards: 1st- 9th places will receive ribbons. Relay Event Awards: 1st- 3rd place will receive ribbons.

SCORING: Individual events will score places 1-9. The 1650 will be scored as 11-12, 13-14 and 15 & over.

Individual Events:

Finals – 10- 8 -7- 6- 5- 4- 3 -2 -1

Timed Finals – 10- 8 -7- 6- 5- 4- 3 -2 -1

Relay Events:

Timed Finals – 20- 16 -14- 12- 10- 8- 6 -4 -2

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and officials will be provided lunch.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

MINIMUM OFFICIALS:

| Club athlete entered in session | Trained and carded officials requested |
|---------------------------------|--|
| 1-10 | 1 |
| 11-25 | 2 |
| 26-50 | 3 |
| 51-75 | 4 |
| 76-100 | 5 |
| 100 or more | 6 |

EVENT SUMMARY

| Friday | | | |
|------------|------------|------------|------------|
| 10 U | 11-12 | 13-14 | SENIOR |
| 500 Free* | 400 IM* | 400 IM* | 400 IM* |
| | 500 Free* | 500 Free* | 500 Free* |
| | 400 F.R.* | 400 F.R.* | 400 F.R.* |
| Saturday | | | |
| 10 U | 11-12 | 13-14 | SENIOR |
| 200 IM* | 200 IM | 100 Fly | 100 Fly |
| 100 Fly | 100 Fly | 200 Free | 200 Free |
| 200 Free* | 200 Free | 100 Breast | 100 Breast |
| 100 Breast | 100 Breast | 100 Back | 100 Back |
| 100 Back | 100 Back | 50 Free | 50 Free |
| 50 Free | 50 Free | 200 M.R.* | 200 M.R.* |
| 200 M.R.* | 200 M.R.* | | |
| Sunday | | | |
| 10 & U | 11-12 | 13-14 | SENIOR |
| 100 IM* | 100 IM* | 200 IM | 1650 Free* |
| 50 Back | 50 Back | 200 Back | 200 IM |
| 100 Free | 200 Back | 100 Free | 200 Back |
| 50 Breast | 100 Free | 200 Breast | 100 Free |
| 50 Fly | 50 Breast | 200 Fly | 200 Breast |
| 200 F.R.* | 200 Breast | 200 F.R.* | 200 Fly |
| | 50 Fly | | 200 F.R.* |
| | 200 Fly | | |
| | 200 F.R.* | | |

*Timed Finals swum in Prelims session only.

ORDER OF EVENTS

| Friday | | | |
|-----------------|-------------|------------------------|---------------|
| Women's Event # | Description | | Men's Event # |
| | Age Group | Event | |
| 1 | 11-12 | *400 Individual Medley | 2 |
| 3 | 13-14 | *400 Individual Medley | 4 |
| 5 | Senior | *400 Individual Medley | 6 |
| 7 | 10 & Under | *500 Freestyle | 8 |
| 9 | 11-12 | *500 Freestyle | 10 |
| 11 | 13-14 | *500 Freestyle | 12 |
| 13 | Senior | *500 Freestyle | 14 |
| 15 | 11-12 | *400 Free Relay | 16 |
| 17 | 13-14 | *400 Free Relay | 18 |
| 19 | Senior | *400 Free Relay | 20 |

| Saturday | | | |
|--------------------------------|--------------------|------------------------|------------------------------|
| Women's Event # | Description | | Men's Event # |
| | Age Group | Event | |
| 21 | 10 & Under | *200 Individual Medley | 22 |
| 23 | 11-12 | 200 Individual Medley | 24 |
| 25 | 10 & Under | 100 Butterfly | 26 |
| 27 | 11-12 | 100 Butterfly | 28 |
| 29 | 13-14 | 100 Butterfly | 30 |
| 31 | Senior | 100 Butterfly | 32 |
| 33 | 10 & Under | *200 Freestyle | 34 |
| 35 | 11-12 | 200 Freestyle | 36 |
| 37 | 13-14 | 200 Freestyle | 38 |
| 39 | Senior | 200 Freestyle | 40 |
| 41 | 10 & Under | 100 Breaststroke | 42 |
| 43 | 11-12 | 100 Breaststroke | 44 |
| 45 | 13-14 | 100 Breaststroke | 46 |
| 47 | Senior | 100 Breaststroke | 48 |
| 49 | 10 & Under | 100 Backstroke | 50 |
| 51 | 11-12 | 100 Backstroke | 52 |
| 53 | 13-14 | 100 Backstroke | 54 |
| 55 | Senior | 100 Backstroke | 56 |
| 57 | 10 & Under | 50 Freestyle | 58 |
| 59 | 11-12 | 50 Freestyle | 60 |
| 61 | 13-14 | 50 Freestyle | 62 |
| 63 | Senior | 50 Freestyle | 64 |
| 65 | 10 & Under | *200 Medley Relay | 66 |
| 67 | 11-12 | *200 Medley Relay | 68 |
| 69 | 13-14 | *200 Medley Relay | 70 |
| 71 | Senior | *200 Medley Relay | 72 |
| Sunday | | | |
| Women's Event # | Description | | Men's Event # |
| | Age Group | Event | |
| 200 | OPEN | *1650 Freestyle | 201 |
| 73 | 10 & Under | *100 Individual Medley | 74 |
| 75 | 11-12 | *100 Individual Medley | 76 |
| 77 | 13-14 | 200 Individual Medley | 78 |
| 79 | Senior | 200 Individual Medley | 80 |
| 81 | 10 & Under | 50 Backstroke | 82 |
| 83 | 11-12 | 50 Backstroke | 84 |
| 85 | 13-14 | 200 Backstroke | 86 |
| 87 | Senior | 200 Backstroke | 88 |
| 89 | 11-12 | 200 Backstroke | 90 |
| 91 | 10 & Under | 100 Freestyle | 92 |
| 93 | 11-12 | 100 Freestyle | 94 |
| 95 | 13-14 | 100 Freestyle | 96 |
| 97 | Senior | 100 Freestyle | 98 |
| 99 | 10 & Under | 50 Breaststroke | 100 |
| 101 | 11-12 | 50 Breaststroke | 102 |
| 103 | 13-14 | 200 Breaststroke | 104 |
| 105 | Senior | 200 Breaststroke | 106 |
| 107 | 11-12 | 200 Breaststroke | 108 |
| 109 | 10 & Under | 50 Butterfly | 110 |
| 111 | 11-12 | 50 Butterfly | 112 |
| 113 | 13-14 | 200 Butterfly | 114 |
| 115 | Senior | 200 Butterfly | 116 |
| 117 | 11-12 | 200 Butterfly | 118 |
| 119 | 10 & Under | *200 Free Relay | 120 |
| 121 | 11-12 | *200 Free Relay | 122 |
| 123 | 13-14 | *200 Free Relay | 124 |
| 125 | Senior | *200 Free Relay | 126 |

*Timed Finals swum in Prelims session only.

The 1650 Free will be swum on Sunday between Trials and Finals in LCM.

Athletes must provide their own lap counter for the 500 Free and 1650 Free, and their own timers for the 1650 Free.

| Pacific Swimming – Hosted by QuickSilver Swimming Short Course T/F Invitational December 14-16, 2018 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 | | | |
| | | | | | | | : | . | | SCY / LCM | | | |
| # of entries _____ x \$5.50 = \$ _____ Participation Fee \$ 8.00 Total \$ _____ | | | | | | | | | | | | | |
| Coach | | | | | | | | | | | | | |
| Athlete's Address | | | | | | | | | | | | | |
| Home Phone | | | | | | | Cell Phone | | | | | | |
| Email | | | | | | | | | | | | | |