

Valley Splash
PACIFIC SWIMMING LONG COURSE A+ MEET
JUNE 27-29, 2014

Enter Online: <http://ome.swimconnection.com/pc/VS20140627>



SANCTION: Held under USA/Pacific Swimming Sanction No. **14-097**

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 www.ValleySplash.com.**

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, 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.

OFFICIALS: *Meet Referee:* Mike Piccardo *Head Starter:* Dustin McKennan *Admin Official:* Curtiss Kikuta
 Meet Marshal: Lou Thomas *Meet Director:* Cathy Manthey – 408-513-2450 – cmanthey@vcs.net

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

From 101 South: Take 101 South to the Capitol Expressway/Yerba Buena 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, 50 meter pool with up to **8** lanes available for competition. An additional **1** 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 **9'0"** at the start end and **6'6"** at the turn end. In accordance with Article 104.2.2C(4) the competition course has not been certified.

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**.

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 **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.
- Meet will be capped at 525 swimmers per day.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

SPECIAL RULES: •Swimmers in the 400 Free & 400 IM – must provide their own timers / All swimmers in the 800 & 1500 meters freestyle must provide their own timers and lap counters.

- All 800/1500's will be timed finals and will swim fastest to slowest, alternating girls and boys.
- Distance events will run as combined age groups but will be awarded by age group.
- Any break between end of prelims and beginning of the distance is at the discretion of the referee.
- The Meet Referee may decide to swim two swimmers per lane in the 800/1500 freestyle events.

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.
- Only Coaches EZ-Ups will be allowed on the pool deck.

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.

- **All swimmers entering this meet must have met at least the listed "PC-A" time standard for each event.**
- Entries with "NO TIME" will be rejected.
- 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: Zone 1 South club attached swimmers will be given priority to this meet. As a result, only Zone 1 South swimmers will be accepted up through 6/4/2014. Assuming the meet is not capped by 6/4/2014, the meet will be open to other zone attached swimmers after 6/4/2014.

ENTRY FEES: \$2.75 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/VS20140627> 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 18, 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 **June 16, 2014** or hand delivered by 6:30 p.m. Wednesday, **June 18, 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: Valley Splash

Mail entries to: Curtiss Kikuta
Swim Meet Entries
832 Upton Way
San Jose, CA 95136

Hand deliver entries to: Curtiss Kikuta
Swim Meet Entries
832 Upton Way
San Jose, CA 95136

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 an individual event that they have checked in for, must swim in the event unless they notify the clerk of the course before seeding for that event has begun. Swimmers who miss an event they have checked in for will not be penalized by the loss of the next event they have entered.

AWARDS: Ribbons for First through Eighth place will be given to the following age groups: 8 & Under, 9-10, 11-12, 13-14, 15-16 and 17-18 within each event. All awards must be picked up at the meet by a coach or parent representative at the end of the meet on Sunday. Awards will not be mailed.

ADMISSION: Free. A **3-day** program will be available for **\$5**

REFRESHMENTS: 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. No outside food will be allowed inside the facility.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. **Parking on campus is extremely limited.** No overnight parking is allowed. Please note signs and avoid parking in restricted areas or you will be ticketed.

EVENT SUMMARY

| Friday | | | | Saturday | | | |
|----------|------------|----------|------------|-----------|-------------------|-----------|------------|
| 10&Under | 11-12 | 13-14 | 15-UP | 10&Under | 11-12 | 13-14 | 15-UP |
| 100 Free | 200 Fly | 200 Free | 200 IM | 200 Free | 200 Free | 200 IM | 200 Fly |
| 100 Fly | 100 Breast | 100 Fly | 100 Free | 50 Fly | 100 Fly | 100 Free | 50 Free |
| 50 Back | 50 Free | 200 Back | 100 Breast | 50 Breast | 50 Breast | 50 Breast | 200 Breast |
| 400 Free | 200 Back | 400 Free | 200 Back | 100 Back | 100 Back | 100 Back | 400 Free |
| | 400 Free | | 800 Free | | 400 IM | | |
| | | | | | 800 Free (Boys) | | |
| | | | | | 1500 Free (Girls) | | |

| Sunday | | | |
|------------|------------------|------------|----------|
| 10&Under | 11-12 | 13-14 | 15-UP |
| 200 IM | 200 IM | 200 Fly | 200 Free |
| 100 Breast | 100 Free | 100 Breast | 100 Fly |
| 50 Free | 200 Breast | 50 Free | 100 Back |
| | 50 Back | 400 IM | 400 IM |
| | 50 Fly | | |
| | 800 Free (Girls) | | |
| | 1500 Free (Boys) | | |

EVENTS

| Friday June 27, 2014 | | | Saturday June 28, 2014 | | | Sunday June 29, 2014 | | |
|----------------------|---------------------------------|--------------|------------------------|---------------------------------|--------------|----------------------|---------------------------------|--------------|
| Girls Event # | Event Age Group and Description | Boys Event # | Girls Event # | Event Age Group and Description | Boys Event # | Girls Event # | Event Age Group and Description | Boys Event # |
| 1 | 15-UP 200 I.M. | 2 | 35 | 11-12 200 Free | 36 | 69 | 11-12 200 I.M. | 70 |
| 3 | 10-UN 100 Free | 4 | 37 | 10-UN 200 Free | 38 | 71 | 10-UN 200 I.M. | 72 |
| 5 | 13-14 200 Free | 6 | 39 | 13-14 200 I.M. | 40 | 73 | 15-UP 200 Free | 74 |
| 7 | 11-12 200 Fly | 8 | 41 | 15-UP 200 Fly | 42 | 75 | 11-12 100 Free | 76 |
| 9 | 15-UP 100 Free | 10 | 43 | 11-12 100 Fly | 44 | 77 | 13-14 200 Fly | 78 |
| 11 | 10-Un 100 Fly | 12 | 45 | 13-14 100 Free | 46 | 79 | 15-UP 100 Fly | 80 |
| 13 | 13-14 100 Fly | 14 | 47 | 10-UN 50 Fly | 48 | 81 | 10-UN 100 Breast | 82 |
| 15 | 11-12 100 Breast | 16 | 49 | 15-UP 50 Free | 50 | 83 | 11-12 200 Breast | 84 |
| 17 | 15-UP 100 Breast | 18 | 51 | 11-12 50 Breast | 52 | 85 | 13-14 100 Breast | 86 |
| 19 | 10-UN 50 Back | 20 | 53 | 10-UN 50 Breast | 54 | 87 | 15-UP 100 Back | 88 |
| 21 | 11-12 50 Free | 22 | 55 | 13-14 200 Breast | 56 | 89 | 11-12 50 Back | 90 |
| 23 | 13-14 200 Back | 24 | 57 | 15-UP 200 Breast | 58 | 91 | 13-14 50 Free | 92 |
| 25 | 15-UP 200 Back | 26 | 59 | 11-12 100 Back | 60 | 93 | 10-UN 50 Free | 94 |
| 27 | 11-12 200 Back | 28 | 61 | 13-14 100 Back | 62 | 95 | 11-12 50 Fly | 96 |
| 29 | 10-UN 400 Free | 30 | 63 | 10-UN 100 Back | 64 | 97 | 15-UP 400 I.M. | 98 |
| 31 | 13-14 400 Free | 32 | 65 | 11-12 400 I.M. | 66 | 99 | 13-14 400 I.M. | 100 |
| 33 | 11-12 400 Free | 34 | 67 | 15-UP 400 Free | 68 | 103 | 11-14 800 Free | |
| 101 | 15-UP 800 Free | 102 | | 11-14 800 Free | 104 | | 11-UP 1500 Free | 106 |
| | | | 105 | 11-UP 1500 Free | | | | |

Use the following URL to find the time standards:
<http://www.pacswim.org/userfiles/cms/documents/551/times14.pdf>

| Pacific Swimming – Hosted by Valley Splash LC Race To JO's A+ June 27-29, 2014 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 | | | | |
| # of entries _____ x \$2.75 = \$ _____ Participation Fee \$ 10.00 Total \$ _____ | | | | | | | | | | | | | |
| Coach | | | | | | | | | | | | | |
| Swimmer's Address | | | | | | | | | | | | | |
| Home Phone | | | | | | | Cell Phone | | | | | | |
| Email | | | | | | | | | | | | | |