

**PACIFIC SWIMMING SHORT COURSE SUPER LEAGUE #1**  
**PASA, TERA, NBA, SCSC**  
**HOSTED BY PALO ALTO STANFORD AQUATICS**  
**September 28, 2013**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **13-187**

*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 will be posted in real time on the Internet at [www.fastlanetek.com](http://www.fastlanetek.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:** **Nan McKenna**      **Head Starter:** **Brett Shaug**  
**Meet Marshal:** **Tony Batis**      **Meet Director:** **Scott Shea, [csshea@stanford.edu](mailto:csshea@stanford.edu)**  
**Admin Official:** **Harrison Race**

**LOCATION:** Stanford Campus Recreation Association (SCRA); 875 Bowdoin St., Stanford CA 94305. From 101: Oregon Expressway exit off 101; West, Right @ El Camino Real, Left at Stanford Ave.; Right @ Bowdoin St.; SCRA is on the right. From 280: Page Mill exit (east); Left @ Alameda de las Pulgas/Foothill Expressway; Right @ Stanford Ave.; Left at Bowdoin St.; SCRA is on the right.

**COURSE:** 25 yard x 50-meter outdoor, heated pool. Up to 10 lanes will be available for competition. A separate warm up/down area is available. The minimum water depth in the competition course, as measured in accordance with Article 103.2.3, is 4.5 to 6.5 feet at both the start and turn end. The competition course has been certified in accordance with Article 104.2.2C (4). A copy of the certification is on file with USA Swimming.

**TIME:** Meet will begin at 10:00 AM with warm-ups from 9:00 to 9:45 AM each day.

**RULES:**

- Current USA and Pacific Swimming rules will govern the meet.
- Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk of Course.
- **Swimmers may compete in up to three (3) individual events and two relays.**
- All events are timed finals and will be swum in short course yards.
- Meet will be pre-seeded, and heats will be swum fastest to slowest.
- All swim 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.

**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.
- Only swimmers, coaches, officials, and volunteers will be allowed on the pool deck.
- 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.

**ELIGIBILITY:**

- Swimmers competing at this meet must be members of PASA, TERA, NBA or SCSC.
- Each swimmer competing for his team must be a current member of USA-S (pending registrations are fine).
- The meet host must check each swimmer's registration against the SWIMS database, and if the swimmer is not

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.

- Unattached swimmers may compete, but may not score team points. Unattached swimmers will be seeded the same as attached swimmers.
- “NO TIME” entries **will** be accepted.

**ENTRIES:** Submit entry to [franz@fastlanetek.net](mailto:franz@fastlanetek.net), via Hytek entry file by Wednesday, September 25, 2013

**RELAYS:** Relay Cards with any adjustments to athletes must be filled out completely by the coaches and turned in by 9:30 AM the day of the meet. Both the 400 Y MR and the 400 Y Free relay will be swum as a MIXED relay, with each relay team consisting of 2 girls and 2 boys in no particular order.

**ENTRY FEES:** There are no entry fees.

**CHECK-IN:** This meet will be pre-seeded and will be swum fastest to slowest. There will be no check-in.

**SCRATCHES:** There is NO penalty for a swimmer entered in this meet that misses one of his/her events.

**SCORING:** There is a limit of three (3) scoring individual swimmers per event per team, and a limit of two (2) scoring relays per team.

Each individual event and relay event will be scored as below:

Individual	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	Relay	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Points	9	4	3	2	1	Points	11	4	2

**AWARDS:** None.

**ADMISSION:** Free. Programs will not be available.

**HOSPITALITY:** There will be light hospitality for working officials and coaches.

**MISCELLANEOUS:** No overnight parking is allowed. No noise makers allowed in the pool facility. Parents please respect the area designated for coaches (i.e. do not sit or stand in front of coaches).

#### ORDER OF EVENTS

GIRLS	EVENT NAME	BOYS
1	400 Medley Relay	2
3	1000 Free	4
5	200 Free	6
7	200 Fly	8
9	100 Back	10
11	100 Breast	12
13	50 Free	14
<b>Scheduled Break</b>		
15	100 Fly	16
17	200 Back	18
19	200 Breast	20
21	500 Free	22
23	100 Free	24
<b>Scheduled Break</b>		
25	400 IM	26
27	400 Free Relay	28

Events 13-14 and 27-28 will be swum fastest to slowest alternating women and men

There will be a 10 minute break before the start of these events

Time standards may be found at: [http://www.pacswim.org/page/times\\_standards.shtml](http://www.pacswim.org/page/times_standards.shtml)

