

SANCTION: Held under USA/Pacific Swimming Sanction No. See Chart Below

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.

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.

OFFICIALS AND LOCATIONS:

Sanction #	Date	Meet	Location	Officials
16-141	9/17/2016	PEAK v WEST v MNLO	Peak Swimming (Z1S) Lynbrook High School 1280 Johnson Avenue San Jose, CA 95129	Head Referee: Rod Rosare Head Starter: Mark Stander Admin: ChangChi Wang Head Marshal: Linda Tjiputra Meet Director: Ruben Balbuena ruben1221@gmail.com
16-142	9/24/2016	QSS v LAC v PEAK	QuickSilver Swimming (Z1S) Gunderson High School 622 Gaundabert Lane San Jose, CA 95136	Head Referee: Carole Keighley Head Starter: Brenda Zawatski Admin: Siva Swimanathan Head Marshal: Andre Salles-Cunha Meet Director: Nancy Keslin nkeslin@yahoo.com
16-143	10/15/2016	WEST v PEAK v MNLO	West Coast Aquatics (Z1S) Independence High School 1776 Independence Park Dr. San Jose, CA 95133	Head Referee: Mike Piccardo Head Starter: George Cleveland Admin: ChangChi Wang Head Marshal: Le Nguyen Meet Director: Guiselle Morrone teammangaer@westcoastaquatics.org

COURSES: All competitions to be held in short course yards.

Independence High School: Outdoor 50-meter competition pool with up to fifteen (15) 25-yard lanes for competition. A separate 25-yard, seven (7) lane diving well will be available for warm- up and warm- down 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 7’ at the turn end. The competition course has been certified in accordance with 104.2.2C(4). A copy of the certification is on file with USA Swimming.

Gunderson High School: Outdoor heated pool with up to seventeen (17) lanes available for competition. An additional 25-yard six (6) lane warm-up and warm-down pool may be available. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 4’6” at the shallow end and 7’ at the deep end. In accordance with USA-S Article 104.2.2C (4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

Lynbrook High School: Outdoor 50-meter heated pool, up to ten (10) 25-yard lanes for competition. Additional lanes will be available for warm-up and warm-down. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3 is 13’ 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: Meets will begin at 9:00 AM with warm-ups from 7:30 to 8:30 AM. A special warm-up time for 8 and under athletes only will be held from 8:30 to 8:50 AM.

RULES:

- Current USA Swimming (USA-S) 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 venue.
- Athletes may compete in four (4) individual events per day. Athletes may compete in one (1) relay per day.
- All events will be swum fast to slow.
- All events are timed finals.
- All athletes 12 & under should complete competition within four (4) hours.
- Athletes in events 500-yards or longer must provide their own timers and lap counters.
- **All coaches and deck officials must wear their USA-S membership cards in a visible manner.**

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 Swimming 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: The athlete must be certified by a USA Swimming 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 or 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 propane heater is permitted except for snack bar/meet operations.
- No pets or animals allowed in venue except for guide dog.
- Glass bottles / containers are prohibited in all areas of the meet venue (except for snack bar use).
- No electric or propane heaters / containers or similar devices including gasoline powered generators, other than provided for meet operations, are allowed in any areas of the meet venue.
- Except for coaches' seating next to the pool no chairs, canopies, tents, or "camping" in the competition pool area.
- 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.

ELIGIBILITY:

- Meet is open to all qualified athletes registered with one of the CSA clubs. **Athletes must be a member of LAC, MNLO, PEAK, QSS, or WEST. Athletes who are unattached, but participating with a member club may enter a CSA dual meet.**
- Athletes must be current members of USA-S and must enter their name and registration number on the meet entry card or online, as 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 must 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.
- Entries with "NO TIMES" will be **ACCEPTED**.
- Disabled athletes from invited clubs are welcome to attend this meet and should contact the Meet Director regarding 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.

ENTRIES: An sd3 entry file must be submitted by the Tuesday prior to the meet. Request a confirmation of receipt to ensure

delivery of the email and file. Send meet entry file to the meet director.

ENTRY FEES: \$30 per athlete. One check must be made by the visiting club payable to the host club. Checks must be hand delivered to the meet director on the day of the meet.

CHECK-IN: The meets will be pre-seeded. There will be no check in.

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

AWARDS: None.

ADMISSION / PROGRAMS: Free admission. No programs will be available. Heat sheets may be available electronically and should be printed prior to arrival at the meet.

HOSPITALITY: Coaches and Officials will be served breakfast and lunch.

SNACK BAR: A snack bar may be available.

SCORING: Scoring in individual events will be as follows: 1st place = 9 points; 2nd place = 4 points; 3rd place = 3 points; 4th place = 2 points; 5th place = 1 point. Scoring in relay events will be as follows: 1st place = 11 points; 2nd place = 4 points; 3rd place = 2 points. Scoring will include boys & girls 8 & U; 10 & U; 11-12; 13-14 and 15 & Over. Meets will be scored as dual meets with each club scored against each of the other clubs in sets of two.

MISCELLANEOUS: Each club is required to provide timers. Meet director will email timer/lane assignments to each club prior to the meet.

ORDER OF EVENTS

Head coaches from clubs will determine the event line-up from the following event list by the Monday the week prior to the meet.

Girls Event #	Age Group	Event	Boys Event #
1	OPEN	200/400 Medley/Free Relay*	2
3	13-14	200/400 Medley/Free Relay*	4
5	11-12	200/400 Medley/Free Relay*	6
7	10 & Under	200 Medley/Free Relay*	8
9	8 & Under	100 Medley/Free Relay*	10
11	11 & Up	1000/1650 Freestyle!	12
13	13 & Up	200 Freestyle	14
15	12 & Under	200 Freestyle	16
17	13 & Up	50 Freestyle	18
19	12 & Under	50 Freestyle	20
21	13 & Up	200/400 Individual Medley^	22
23	12 & Under	100/200/400 Individual Medley^	24
25	13 & Up	100/200 Butterfly	26
27	12 & Under	50/100 Butterfly	28
29	8 & Under	25 Butterfly	30
31	13 & Up	100 Freestyle	32
33	12 & Under	100 Freestyle	34
35	13 & Up	100/200 Backstroke	36
37	12 & Under	50/100 Backstroke	38
39	8 & Under	25 Backstroke	40
41	13 & Up	500 Freestyle^!	42
43	12 & Under	500 Freestyle^!	44
45	13 & Up	100/200 Breaststroke	46
47	12 & Under	50/100 Breaststroke	48
49	8 & Under	25 Breaststroke	50

*Limited to 1 heat per event. Heats will likely be combined girls and boys as designated by the Meet Referee.

^Entries will be limited, as agreed upon by Head Coach and/or Head Age Group Coach, to 1-2 heats.

! May be left out of the event line-up for certain meets as agreed upon by Head Coach and/or Head Age Group Coach, in order to ensure the meet is completed under the 4 hour rule.