

CSA LONG COURSE TRI-MEET
Hosted by **PEAK Swimming Club**
May 23rd, 2015 (Sat)
Invited Clubs: **WEST, QSS, PEAK**



SANCTION: Held under USA/Pacific Swimming Sanction No. **15-060**

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.

OFFICIALS:

| | |
|---|---------------------------------------|
| Meet Referee: Rod Rosare | Head Starter: Guiselle Morrone |
| Meet Marshal: Linda Tjiputra | Admin Official: Mike Piccardo |
| Meet Director: Ruben Balbuena (ruben1221@gmail.com) | |

LOCATION: Lynbrook High School Swimming Pool – 1280 Johnson Ave, San Jose, CA 95129

DIRECTIONS: From I-280 take the Saratoga Ave S exit, make a right turn at Moorpark Ave. Moorpark Ave turns into Bollinger Rd. Make a left turn at Johnson Ave. Lynbrook HS will be on your left across from Rainbow Park.

From I-85 take the Saratoga Ave N Exit. Continue on Saratoga Ave N and make a left turn at Lawrence Expressway. Make a left turn at Prospect Rd. Next, make a right turn at Johnson Ave. Lynbrook HS will be on your right across from Rainbow Park.

COURSE: Outdoor 50-meter heated pool, up to seven (7) 50-meter 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: 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.
- All events will swim fast to slow.
- Swimmers may compete in **three (3)** events per day.
- 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.
- Swimmers in the 400 Freestyle must provide their own 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.
- 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.
- No canopies allowed on the competition side of the pool (side closer to the parking lot) or on the bleachers. Exception for coaches, officials, timers and other volunteering areas.
- **The school has a no-food-on deck policy, so this will be also in place during this meet. Exception only for water bottles.**

ELIGIBILITY:

- **Swimmers must be a member of WEST, QSS or PEAK. Swimmers who are unattached, but participating with an invited team may enter this meet.**
- 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.
- Entries with "**NO TIME**" **will be accepted.**
- Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding and special accommodations on entry times and seeding per Pacific Swimming policy.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

SEEDING: Event will be pre-seeded. A copy of the program with seeding information might be provided prior to the meet day.

ENTRY FEES: \$30.00 per swimmer. One check must be made by the visiting team payable to "PEAK Swimming". Checks must be hand delivered to the meet director on the day of the meet.

ENTRIES: An sd3 entry file must be submitted by Monday, May 18th, 2015 at 9:00 PM to the meet director (ruben1221@gmail.com). Request a confirmation of receipt to ensure delivery of the email and file.

Make check payable to: PEAK Swimming

CHECK-IN: The meet will be pre-seeded. There will be no check-in required. No-shows will not be penalized.

SCRATCHES: There is no penalty

AWARDS: No awards in this meet.

ADMISSION: Free. No meet program will be available during this meet. Heat sheets may be available electronically and should be printed prior to arrival at the meet.

SNACK BAR: A snack bar may be available during the meet.

HOSPITALITY: Lunch and limited hospitality will be available to all working officials and coaches.

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

EVENT SUMMARY:

| SATURDAY, MAY 23, 2015 | | |
|-------------------------------|----------------------|-------------|
| 10 & UNDER | 11 & OVER | OPEN |
| 50 Back | 400 IM | 200 Free |
| 50 Free | 200 Back | 100 Back |
| 50 Breast | 200 Breast | 100 Free |
| 50 Fly | 200 Fly | 100 Breast |
| | | 100 Fly |
| | | 200 IM |
| | | 400 Free |

ORDER OF EVENTS

| WOMEN'S EVENT # | DESCRIPTION | | MEN'S EVENT # |
|-------------------------------|--------------------|------------------|--------------------------|
| | AGE GROUP | EVENT | |
| SATURDAY, MAY 23, 2015 | | | |
| 1 | 11 & Over | 400 IM | 2 |
| 3 | Open | 200 Freestyle | 4 |
| 5 | 10 & Under | 50 Backstroke | 6 |
| 7 | Open | 100 Backstroke | 8 |
| 9 | 11 & Over | 200 Backstroke | 10 |
| 11 | 10 & Under | 50 Freestyle | 12 |
| 13 | Open | 100 Freestyle | 14 |
| 15 | 11 & Over | 200 Breaststroke | 16 |
| 17 | 10 & Under | 50 Breaststroke | 18 |
| 19 | Open | 100 Breaststroke | 20 |
| 21 | 10 & Under | 50 Butterfly | 22 |
| 23 | Open | 100 Butterfly | 24 |
| 25 | 11 & Over | 200 Butterfly | 26 |
| 27 | Open | 200 IM | 28 |
| *29 | Open | 400 Freestyle | 30* |

*Swimmers in the 400 Freestyle events must provide their own timers.