

**QUICKSILVER SWIMMING**  
**PEAK vs. QSS vs. WEST**  
**PACIFIC SWIMMING LONG COURSE TRI-MEET**  
**JUNE 21<sup>ST</sup>, 2016**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **16-100**

*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.

**MEET PERSONNEL:**

<i>Meet Referee:</i> Jennifer McKennan	<i>Head Starter:</i> Phil Keslin
<i>Meet Marshal:</i> Dolores Akin	<i>Admin Official:</i> Attila Lengyel
<i>Meet Director:</i> Nancy Keslin <a href="mailto:nkeslin@yahoo.com">nkeslin@yahoo.com</a> 408-838-5604	

**LOCATION:** Gunderson High School Pool, 622 Gaundabert Ln, San Jose CA 95136

**DIRECTIONS:** From 85-S, take Santa Teresa exit, turn right on Thornwood Drive, right on Winfield Drive, right on Chynoweth Drive. The pool is located in the back of the campus past the football field off Chynoweth Drive. Parking is available near the front entrance of the pool, in front of the school and overflow parking in the neighborhood.

**COURSE:** OUTDOOR 50 meter pool with up to 9 lanes available for competition. An additional 6 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 7' at the start end and 4'6" 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 4:45 PM each day with warm-ups from 3:00 to 4:15 PM 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.
- All events will swim fast to slow.
- Athletes may compete in 3 events per day.
- All athletes 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 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.**

**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.
  - Only coaches EZ-Ups will be allowed on the pool deck. Set-up is allowed outside the yellow bars of the pool deck, on the bleachers and designated areas outside the pool gates.

- 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.
  - Entries with "**NO TIME**" will be accepted. Coach verified times are highly recommended for athletes without times.
  - 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 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.
  - Athletes 19 years of age and over may compete in the meet for time only, no awards. Such athletes must have met standards for the 17-18 age group.
  - The athlete's age will be the age of the athlete on the first day of the meet.
  - Meet is open to all qualified swimmers registered with WEST, PEAK, or QSS. Athletes who are unattached, but participating with WEST, PEAK, or QSS are eligible to enter the meet.

**ENTRIES:** A hytek entry file must be submitted to [ckikuta@att.net](mailto:ckikuta@att.net) by June 18' 2016.

**ENTRY FEES:** \$4.00 per event plus a \$10.00 participation fee per athlete. Each club must submit a team check. A single team check for all entries payable to: Quicksilver Swimming must be hand delivered to the meet director prior to the start of the meet.

**CHECK-IN:** The meet will be pre-seeded.

**SCRATCHES:** Any athletes not reporting for or competing in an individual timed final event that they have entered shall not be penalized.

**AWARDS:** None.

**ADMISSION:** Free.

**SNACK BAR & HOSPITALITY:** A snack bar may be available throughout the competition. Coaches and working deck officials will be provided snacks.

EVENTS

Tuesday, June 21 2016		
EVENT #	EVENT	EVENT #
1	11 & Up 200 Fly	2
3	12 & Under 200 I.M.	4
5	11 & Up 200 I.M.	6
7	12 & Under 50 Back	8
9	11 & Up 100 Back	10
11	12 & Under 100 Breast	12
13	11 & Up 200 Breast	14
15	12 & Under 50 Breast	16
17	11 & Up 100 Free	18
19	12 & Under 50 Free	20
21	11 & Up 100 Fly	22