

SOLO AQUATICS  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
Saturday and Sunday December 8-9, 2018  
Enter Online: <http://ome.swimconnection.com/pc/solo20181208>



**Priority Clubs:** BAC, DACA, LAMV, LO, MCAC, MNLO, MLKB, PCM, PPSC, PSL, PSRP, SOLO, SOSA, SUNN, YEMB

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **18-164**

*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:**

<b>Meet Referee:</b> Paul Reidl	<b>Head Starter:</b> Sylvain Flamant
<b>Meet Marshal:</b> Sean Horan	<b>Admin Official:</b> Darryl Woo
<b>Meet Director:</b> Tom McRae; (650)851-9091; <a href="mailto:solotom@yahoo.com">solotom@yahoo.com</a>	

**LOCATION:** Jean E. Brink Swimming Pool, Oceana High School, 401 Paloma Avenue, Pacifica CA 94044-2436.

**DIRECTIONS:** From San Francisco: I-280 Take HWY 1 South into Pacifica. EXIT the PALOMA/FRANCISCO exit. Turn Left at the end of the off-ramp stop sign and cross the Highway 1 overpass. After the overpass is a stop sign. Continue STRAIGHT/EAST. After the next stop sign, continue East half block. Oceana Pool is the first driveway on your left. From Half Moon Bay: Take HWY 1 NORTH into Pacifica EXIT the OCEANA/CLARENDON exit. At the end of the off-ramp is a stop sign. Continue STRAIGHT/NORTH about ¼ mile along Oceana until you reach the next stop sign. At the stop sign take a right to the next stop sign. Oceana Pool is the first driveway on your left. There are three parking lots available on school campus, two on Paloma Ave and one on Oceana Blvd. PLEASE BE COURTEOUS TO THE SURROUNDING NEIGHBORS!

**COURSE:** Indoor 25 yard pool with up to 7 lanes available for competition. An additional 2 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 5'0" at the start end and 5'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** Saturday and Sunday are split into sessions "A" and "B"

<b>Session A</b>	<b>All 13 &amp; Over Athletes and 11-12 Girls.</b> Warm-ups from 7:00-8:15 AM. Meet begins at 8:30 AM.
<b>Session B</b>	<b>All 10 &amp; Under Athletes and 11-12 Boys.</b> Session B will begin approximately one hour after Session A finishes but not before 12:00PM. Warm-up begins immediately after Session A finishes.

**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 a **maximum of 4** 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 Athletes 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 400 IM & 500 Free athletes must provide their own timers and enter a seed time (coach verified ok). Athletes in the 9-10 500 Free must have achieved USA-S Motivational "B" Time Standard for their gender.

- **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.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- No personal tents/EZ-ups will be allowed on the pool deck.

**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.

- Athletes in the "A" Division must have met at least USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division must have met at least the listed "B" minimum time standard. All entry times slower than the listed "B" time standard will be in the "C" Division.
- Entries with "**NO TIME**" will be accepted (**Exception – 500 Free & 400 IM. See Rules**).
- Entry times submitted for this meet may 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.

**ENTRY PRIORITY:** Priority entry will be given to the following **CLUBS: BAC, DACA, LAMV, LO, MCAC, MNLO, MLKB, PCM, PPSC, PSL, PSRP, SOLO, SOSA, SUNN, YEMB** entering online must do so by **11:59 PM, Wednesday, November 21<sup>st</sup>** in order to receive priority acceptance to the meet. Athletes from **BAC, DACA, LAMV, LO, MCAC, MNLO, MLKB, PCM, PPSC, PSL, PSRP, SOLO, SOSA, SUNN, YEMB** submitting surface mail entries must be postmarked by **Monday, November 19<sup>th</sup>** in order to receive priority acceptance into the meet. No athletes other than those from the clubs listed above may enter the meet until the priority period passes. After November 21<sup>st</sup>, and if the estimated timeline still permits, the meet will be open to athletes outside of the priority clubs list.

**ENTRY FEES:** \$4.00 per event plus an \$8.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.



**EVENT SUMMARY**

SATURDAY, DECEMBER 8 <sup>th</sup>				SUNDAY, DECEMBER. 9 <sup>th</sup>			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
50 FR	50 BK	50 BK	200 FR	50 BK	50 FR	200 BK	100 BK
25 BK	100 FR	200 FL	100 FL	25 FL	50 FL	100 BR	200 BR
25 BR	100 BR	100 FR	100 FR	25 FR	100 BK	100 IM	50 FR
100 FR	100 IM	400 IM	200 IM	100 IM	500 FR	200 FR	500 FR

**EVENTS**

SATURDAY, DECEMBER 8 <sup>TH</sup>		
SESSION A		
EVENT #	EVENT	EVENT #
Girl		Boy
1	13 – OV 200 FREE	2
3	11 – 12 50 BACK	
5	13 – OV 100 FLY	6
7	11 – 12 200 FLY	
9	13 – OV 100 FREE	10
11	11 – 12 100 FREE	
13	13 – OV 200 IM	14
15	11 – 12 400 IM	
SESSION B		
17	8 – UN 50 FREE	18
19	9 – 10 50 BACK	20
	11 – 12 50 BACK	22
23	8 – UN 25 BACK	24
25	9 – 10 100 FREE	26
	11 – 12 200 FLY	28
29	8 – UN 25 BREAST	30
31	9 – 10 100 BREAST	32
	11 – 12 100 FREE	34
35	8 & U 100 FREE	36
37	9 – 10 100 IM	38
	11 – 12 400 IM	40

SUNDAY, DECEMBER 9 <sup>TH</sup>		
SESSION A		
EVENT #	EVENT	EVENT #
Girl		Boy
41	11 – 12 200 BACK	
43	13 – OV 100 BACK	44
45	11 – 12 100 BREAST	
47	13 – OV 200 BREAST	48
49	11 – 12 100 IM	
51	13 – OV 50 FREE	52
53	11 – 12 200 FREE	
55	13 – OV 500 FREE	56
57	8 – UN 50 BACK	58
59	9 – 10 50 FREE	60
	11 – 12 200 BACK	62
63	8 – UN 25 FLY	64
65	9 – 10 50 FLY	66
	11 – 12 100 BREAST	68
69	8 – UN 25 FREE	70
71	9 – 10 100 BACK	72
	11 – 12 100 IM	74
75	8 – UN 100 IM	76
	11 – 12 200 FREE	78
79	9 – 10 500 FREE	80

**Athletes in the 9-10 500 Free must have achieved USA-S Motivational "B" Time Standard for their gender.**

**Girls: 8:26.09. Boys: 8:16.69**

Please make sure you have your own timers for the 400 IM & 500 Free and bring your own lap counters. All 400 IM & 500 Free athletes must enter a seed time (coach verified ok) for proper seeding purposes.

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by SOLO AQUATICS C/B/A + Short Course Meet Saturday and Sunday, December 8 & 9, 2018 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 \$4.00 = \$ _____ Participation Fee      \$ 8.00 Total                      \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													