

South San Francisco Aquatic Club  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
Saturday January 10, 2015 and Sunday January 11, 2015  
Enter Online: <http://ome.swimconnection.com/pc/ssf20150110>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-001**

*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 may be posted in real time on the Internet at <http://results.teamunify.com/ssf/index.html>.**

**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:**  
*Meet Referee:* Karl Nakamura     *Head Starter:* Joanna Dunn  
*Meet Marshal:* Manuel Solano     *Admin Official:* Darryl Woo  
*Meet Director:* Shelly Folsom – [sfolsom123@gmail.com](mailto:sfolsom123@gmail.com)

**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 POLOMA/FRANCISCO exit. Turn LEFT at the end of the off-ramp stop sign, and cross over the Highway 1 overpass. After the overpass is a stop sign. Continue STRAIGHT/EAST. After the next stop sign, continue EAST half a 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 for about 1/4 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.

**COURSE: INDOOR 25 YARD** pool with up to **Seven (7)** lanes available for competition. An additional **Three (3)** 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'** at the start end and **5'** at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

**TIME:** SESSION A (10 & Under and 11-12 BOYS): Meet Begins at 8:30 AM, Warm up 7:00-8:15 AM.

SESSION B (13 & OVER and 11-12 GIRLS): Session B will begin 1 hour after Session A finishes, but not before 11:30 am.

Session B Warm-Ups will begin immediately after Session A finishes.

**RULES:** • Current USA-S 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.
- Swimmers may compete in **MAXIMUM of Three (3)** events per day.
- Swimmers in the 500 Freestyle must provide their own lane timers and lap counters. Swimmers in the 400 IM must provide their own lane timers.
- All swimmers 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 swimmers 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.**
- **All events will run fastest to slowest.**

**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.
- Restricted access area the East and South ends of the swimming pool deck. Access only for Competitors, Coaches, Officials, and meet Staff/Volunteers and Timers. No Flash Photography.
- 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 result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.

**ELIGIBILITY:**

- 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.
- Swimmers in the "A" Division must have met at least USA-S Motivational "A" minimum time standard. Swimmers 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**.
- 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 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.
- Swimmers 19 years of age and over may compete in the meet for time only, no awards. Such swimmers must have met standards for the 17-18 age group.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRY PRIORITY:** Zone 1N swimmers entering online must do so by **11:59 PM Tuesday, December 23, 2014** in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by Saturday, December 20 in order to receive priority acceptance to the meet. No swimmer other than those from Zone 1N may enter the meet until the priority period has concluded.

**ENTRY FEES:** \$4.00 per event plus an \$8.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/ssf20150110> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing fee, enter the meet using a mail entry. **Entering online is a convenience, is completely voluntary, and is in no way required or expected of a swimmer by Pacific Swimming.** Online entries will be accepted through Wednesday, December 31, 2014.

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be postmarked by midnight, Monday, **December 29, 2014** or hand delivered by 12:00 noon Wednesday, **December 31, 2014**. No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: South San Francisco Aquatic Club**

**Mail entries to: Shelly Folsom**  
**139 Duval Drive**  
**South San Francisco, CA 94080**

**Hand deliver entries to: Marcus Nava**  
**781 Tennis Drive**  
**South San Francisco, CA 94030**

**CHECK-IN:** The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Close of check-in for all individual events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. No event shall be closed more than 30 minutes before the scheduled start of the session. Swimmers who do not check in will not be seeded and will not be allowed to compete in that event.

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

**AWARDS:** Ribbons for 1st through 8th place for individual events in the C, B, and A divisions: 8 & under, 9/10, 11/12, 13/14, 15-18. No ribbons for swimmers 19 and over. Standard "A" medals awarded to swimmers achieving NEW USA Swimming National "A" times in each event regardless of place achieved in the event. All awards to be picked up by coaches at end of each session. Awards will not be mailed out.

**ADMISSION:** Free. A 2-day program may be available for a reasonable fee.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours.

**MINIMUM OFFICIALS:** Teams must follow Zone 1 North rules for providing officials. Each team must provide officials for each session according to the number of swimmers entered in that session, following the table below. Teams that do not provide sufficient officials must provide coaches to act in the place of officials

Club swimmers entered in session	Trained and carded officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5 (+1 for every additional 25 swimmers)

**EVENT SUMMARY**

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
50 FL	100 FL	100 FL	200 FL	25 BK	50 BK	100 BK	200 BK
25 FR	100 FR	50 FR	50 FR	25 FL	50 FL	50 FL	100 FL
25 BR	100 BR	50 BR	100 BK	50 BR	50 BR	200 BR	100 BR
100 IM	200 IM	200 IM	400 IM	100 FR	200 FR	500 FR	200 FR

**EVENTS**

<b>SATURDAY, JAN. 10TH</b>		
<b>Event #</b>	<b>Event</b>	<b>Event #</b>
1	9-10 100 Fly	2
3	8-UN 50 Fly	4
	11-12 100 Fly	6
7	9-10 100 Free	8
9	8-UN 25 Free	10
	11-12 50 Free	12
13	9-10 100 Breast	14
15	8-UN 25 Breast	16
	11-12 50 Breast	18
19	9-10 200 I.M.	20
21	8-UN 100 I.M.	22
	11-12 200 I.M.	24
<b>SESSION B</b>		
25	11-12 100 Fly	
27	13-14 200 Fly	28
29	15-O 200 Fly	30
31	11-12 50 Free	
33	13-14 50 Free	34
35	15-O 50 Free	36
37	11-12 50 Breast	
39	13-14 100 Back	40
41	15-O 100 Back	42
43	11-12 200 I.M.	
45	13-14 400 I.M.	46
47	15-O 400 I.M.	48

<b>SUNDAY, JAN. 11th</b>		
<b>Event #</b>	<b>Event</b>	<b>Event #</b>
49	9-10 50 Back	50
51	8-UN 25 Back	52
	11-12 100 Back	54
55	9-10 50 Fly	56
57	8-UN 25 Fly	58
	11-12 50 Fly	60
61	9-10 50 Breast	62
65	8-UN 50 Breast	66
	11-12 200 Breast	68
69	9-10 200 Free	70
71	8-UN 100 Free	72
	11-12 500 Free	74
<b>SESSION B</b>		
75	11-12 100 Back	
77	13-14 200 Back	78
79	15-O 200 Back	80
81	11-12 50 Fly	
83	13-14 100 Fly	84
85	15-O 100 Fly	86
87	11-12 200 Breast	
89	13-14 100 Breast	90
91	15-O 100 Breast	92
93	11-12 500 Free	
95	13-14 200 Free	96
97	15-O 200 Free	98

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

**Pacific Swimming – Hosted by South San Francisco Aquatic Club**  
**Short Course C/B/A+**  
**January 10-11, 2015**  
 Consolidated Entry Form

Name: Last,                      First                      Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M    F	LSC – (PC, SN)
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USA-#															
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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

Swimmer's  
Address

Home Phone	Cell Phone
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Email