

**SILICON VALLEY LONG COURSE AGE GROUP OPEN
HOSTED BY SUNNYVALE SWIM CLUB
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET
APRIL 22-23, 2017**



Enter Online: <http://ome.swimconnection.com/pc/sunn20170422>

SANCTION: Held under USA/Pacific Swimming Sanction No. **17-060**

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.

The results of this meet may be posted in real time on the internet at www.fastlanetek.com.

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:	Paul Reidl	Head Starter:	Sylvain Flamant
Meet Marshal:	Rachel Clark	Admin Official:	Larry Rice
Meet Director:	Doug Farnham (meet.director@sunn.org)		

LOCATION: Sunnyvale Swim Complex @ Fremont High School, 1283 Sunnyvale-Saratoga Ave. Sunnyvale, CA 94087

DIRECTIONS: From Interstate 280, exit N. De Anza Blvd (Sunnyvale-Saratoga Ave), travel north on Sunnyvale-Saratoga Ave until it reaches Fremont Ave. The pool is between the school's main entrance and the football field. There are two parking lots. Parking lot off of Sunnyvale-Saratoga in front of the high school will be held for meet officials and swim coaches. **Participants should park in the student lot (with solar panels) on the west side of the school campus off Fremont Ave.**

COURSE: 50 meter, 9 lane, outdoor, heated pool with up to 8 lanes available for competition. At least 1 lane 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 13'0" at the start end and 4'0" 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

Session A 10/un and 11-12 athletes
Warm-up from 7:00-8:15 AM
Meet begins at 8:30 AM

Session B OPEN (*all ages allowed, but 12 and unders must meet minimum qualifying times, see ELIGIBILITY*).
Session will begin one hour after Session A finishes but not before 12:30 PM.
Warm-up begins immediately after Session A finishes. Athletes in Session B may not enter the competition pool or warm up lane until completion of competition in Session A.

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.
- Athletes may register for as many individual events for which they qualify, but will be required to scratch down to a maximum of THREE (3) events per day of the meet.
- Athletes 12 and under may only complete in one session each day, morning (Session A) or afternoon (Session B – OPEN), not both.
- All events are timed finals.
- All events will swim fast to slow.
- 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 card in a visible manner.**

ATTENTION HIGH SCHOOL ATHLETES: If you are a high school athlete in season, you need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

UNACCOMPANIED ATHLETES: Any USA Swimming (USA-S) athlete-member competing at the meet must be accompanied by a USA-S 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 period.
- 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.
- Swim meet patrons should observe all posted signs and comply with facility staff requests.
- 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/shelters will be allowed on the pool deck.**

ELIGIBILITY:

- Athletes must be current members of USA Swimming 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. (<http://www.pacswim.org/swim-meet-times/standards>)
- **Entries with "NO TIME" will be ACCEPTED (Exception – 12& Under athletes competing in the Open Session. See below).**
- **Athletes 12 years of age and under may compete in the OPEN division if they have 13-14 A-times in the events per the 2017-20 USA Swimming Motivational Time Standards** (<http://www.pacswim.org/swim-meet-times/standards>)
- 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.
- The athlete's age will be the age of the athlete on the first day of the meet.

SEEDING: Event seeding will be in the following order: LCM conforming long course meters, non-conforming short course yards, and non-conforming short course meters – USA Swimming rules 201.11.7B.

ENTRY PRIORITY: Zone 1 North athletes (including unattached athletes training with Z1N clubs) will receive priority acceptance in the meet if postmarked by Monday, April 3, 2017 or entered online by 11:59 PM on **Wednesday, April 5, 2017**. Entries from other Pacific Swimming zones or other LSCs will be allowed (space permitting) only after the priority period.

ENTRY FEES: \$4.00 per individual event and \$10.00 participation fee per athlete.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/sunn20170422> 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 athlete 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 an athlete by Pacific Swimming.** Online entries will be accepted through **Wednesday, April 12, 2017**.

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athlete's best time(s). Entries must be **postmarked by midnight, Monday, April 10, 2017** or **hand delivered by 6:30 PM Wednesday, April 12, 2017**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: SUNN SWIMMING

Mail or hand deliver entries to: **SUNN Swimming**
c/o Doug Farnham
779 Mahogany Ln
Sunnyvale, CA 94086-8638

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

SCRATCHES: Any athletes 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 – 8th place will be given to the A session age groups: 8/un, 9-10, 11-12. No awards will be given for the B session OPEN events. A-time medals will be given to athletes achieving a new A-time standard per the 2017-20 USA Swimming Motivational Time Standards (<http://www.pacswim.org/swim-meet-times/standards>), regardless of the place achieved in the event. All awards must be picked up at the meet by athletes or coaches during or at the end of the meet. Awards will not be mailed.

ADMISSION: Free. No programs will be printed for sale. A meet program will be emailed to the coaches of participating clubs prior to the meet for internal distribution as desired. Hardcopies will be available at the meet for coaches and officials ONLY.

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

HOSPITALITY: Breakfast and lunch, plus snacks throughout the day will be available to all working officials and coaches. Hospitality will server refreshments and snacks to timers and volunteers.

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

Club athletes 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

EVENT SUMMARY:

SATURDAY			SUNDAY		
10 & UNDER	11-12	OPEN*	10 & UNDER	11-12	OPEN*
200 FREE	200 FREE	200 IM	100 FREE	100 FREE	200 FLY
50 BREAST	50 BREAST	50 FREE	50 BACK	50 BACK	100 BACK
50 FREE	50 FREE	100 BREAST	50 FLY	50 FLY	400 FREE
100 FLY	100 FLY	200 FREE	200 IM	200 IM	200 BREAST
100 BREAST	200 BACK	200 BACK	100 BACK	100 BACK	400 IM
	100 BREAST	100 FLY		200 BREAST	100 FREE
		1500 FREE**			800 FREE**

EVENTS:

Saturday, April 22, 2017		
SESSION A		
EVENT #	EVENT	EVENT #
1	11-12 200 FREE	2
3	10 & U 200 FREE	4
5	11-12 50 BREAST	6
7	10 & U 50 BREAST	8
9	11-12 50 FREE	10
11	10 & U 50 FREE	12
13	11-12 100 FLY	14
15	10 & U 100 FLY	16
17	11-12 200 BACK	18
19	10 & U 100 BREAST	20
21	11-12 100 BREAST	22
SESSION B		
23*	OPEN 200 IM	24*
25*	OPEN 50 FREE	26*
27*	OPEN 100 BREAST	28*
29*	OPEN 200 FREE	30*
31*	OPEN 200 BACK	32*
33*	OPEN 100 FLY	34*
35*	OPEN 1500 FREE**	36*

Sunday, April 23, 2017		
SESSION A		
EVENT #	EVENT	EVENT #
37	11-12 100 FREE	38
39	10 & U 100 FREE	40
41	11-12 50 BACK	42
43	10 & U 50 BACK	44
45	11-12 50 FLY	46
47	10 & U 50 FLY	48
49	11-12 200 IM	50
51	10 & U 200 IM	52
53	11-12 100 BACK	54
55	10 & U 100 BACK	56
57	11-12 200 BREAST	58
SESSION B		
59*	OPEN 200 FLY	60*
61*	OPEN 100 BACK	62*
63*	OPEN 400 FREE	64*
65*	OPEN 200 BREAST	66*
67*	OPEN 400 IM	68*
69*	OPEN 100 FREE	70*
71*	OPEN 800 FREE**	72*

* Open to all ages. Athletes 12 & under MUST have achieved a 13-14 A-time in the event to enter.
Please see the 2017-20 USA Swimming Motivational Time Standards
(<http://www.pacswim.org/swim-meet-times/standards>)

** Athletes must provide their own timers and lap counters

Pacific Swimming – Hosted by SUNN
 Silicon Valley Long Course Age Group Open
 Saturday and Sunday, April 22-23, 2017
 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				
# of entries _____ x \$5.00 = \$ _____ Participation Fee \$ 10.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													