

**PACIFIC SWIMMING LONG COURSE SENIOR 1 MEET**

**HOSTED BY QuickSilver Swimming**

**sponsored by Pacific Swimming**

**April 12- 13, 2014**

Enter Online: <http://ome.swimconnection.com/pc/qss20140412>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **14-057**

*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:** Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms. Photography and video recording from behind the blocks or starting areas are prohibited unless prior permission to do so is given by the Meet Referee.

**OFFICIALS:** **Meet Referee:** Phil Harter

**Head Starter:** Karyn Kikuta

**Admin Referee:** Brian Malick

**Meet Marshal:** Dolores Akin

**Meet Director:** Liv Lyons ([omlyons@gmail.com](mailto:omlyons@gmail.com))

**LOCATION:** Gunderson High School, Chynoweth Avenue at 622 Gaundabert Lane, San Jose, CA 95132

**DIRECTIONS:** From Highway 85 exit Santa Teresa, turn right onto Thornwood, turn right onto Winfield, and turn right onto Chynoweth. Gunderson High School is on the right; pool is located at the back of the school. Please park in designated parking only.

**COURSE:** Gunderson is an outdoor 50 meter pool with up to 9 lanes available for competition. An additional 6 lane, diving well 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 4'6" at the shallow end and 7' at the deep 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 9:00 AM each day with warm-ups from 7:30 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.
- Swimmers may compete in 4 events per day.
- Swimmers 11-12 must meet the PC SR-I time standards and will be subject to proof of time using the USA-S SWIMS Database.
- 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. Membership cards will be strictly enforced.

**ATTENTION HIGH SCHOOL SWIMMERS (February through May):** If you are a high school swimmer in season, you need to be "Unattached" from this meet. It is the swimmers responsibility to be unattached from this meet. You can un-attach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**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.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

**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.
- Proof of time will be required for this meet for swimmers 11-12 per Pacific Swimming rule Section 5.B.2.a. Swimmers are eligible to enter all events in Senior meets in which they have equaled or bettered the listed Senior time standards (in this case Pacific Senior I times) up to the maximum number of events per day.
- Swimmers 13 years of age or over will be considered qualified for the meet without proof of time.
- No refunds will be given if a time cannot be proven.
- Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- Entries with "NO TIME" will be rejected. Coach verified times will be accepted for swimmers 13 years of age or over. Coach verified times will not be accepted for swimmers aged 11-12.

**SEEDING:**

- Conforming Short Course yard (Senior I Times) will be seeded first, followed by non-conforming Short Course Meter Senior I Times), followed by non-conforming Long Course Meters (Senior I Times).
- The 800 and 1500 Free will be swum alternating women and men heats. Swimmers must provide timers and counters for the 800 and 1500 Free. The meet referee, as needed, may combine heats of women and men.

**CHECK-IN:** The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. 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. 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 allowed to compete in the event.

**SCRATCH RULE:** Swimmers entered in an individual event in a Senior meet that is seeded on the deck who have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim an event will result in being barred from their next individual event in which the swimmer is entered on that day or the next meet day, whichever is first.

**ENTRY FEES:** \$5.50 per individual event plus an \$10.00 per swimmer participation fee. 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/gss20140412> to receive an immediate entry confirmation of acceptance via email (the same web site can be used to check for session open or closed status). The "billing information" email should be brought to the meet as proof of entry. Online entry requires payment by credit card using Swim Connection's secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection, LLC. Online entries will be accepted through **Wednesday, April 2, 2014**. Use of this system is voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. **No refunds will be made**, except for mandatory scratches.

**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 entered using the current Pacific Swimming procedure: and postmarked by midnight, **Monday, March 31, 2014** or **hand delivered by 6:30 p.m. Wednesday, February 19, 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: QuickSilver Swimming**

**Mail entries to:** Liv Lyons  
5409 Silver Vista Way  
San Jose, CA 95138

**Hand deliver entries to (3:30- 6:30pm):** Liv Lyons  
622 Gaundabert Lane  
San Jose, CA 95132

**AWARDS:** None.

**ADMISSION:** Free.

**HOSPITALITY:** Hospitality available for coaches, officials, timers, and volunteers. Lunches will be provided for coaches and working deck officials. There will be a minimal snack bar available.

**ORDER OF EVENTS**

SATURDAY, APRIL 12, 2014		
EVENT #	EVENT	EVENT #
1	400 FREE	2
3	200 BACK	4
5	100 BREAST	6
7	200 FLY	8
9	100 FREE	10
11	200 IM	12
13	1500 FREE	14

SUNDAY, APRIL 14, 2014		
EVENT #	EVENT	EVENT #
15	400 IM	16
17	200 FREE	18
19	100 FLY	20
21	50 FREE	22
23	200 BREAST	24
25	100 BACK	26
27	800 FREE	28

Events 13-14 and 27-28 will be swim alternating women and men All events will swim fastest to slowest  
Time standards may be found at: <http://www.pacswim.org/userfiles/cms/documents/266/timestandardssenior.pdf>

