

South Bay Swim League  
Pacific Swimming Zone 1 South  
Long Course Dual Meet  
WEST @ QSS  
June 26, 2013



PACIFIC  
SWIMMING

**SANCTION:** Sanctioned by USA/Pacific Swimming Sanction Number: **13-140**

*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 conduct of this 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 & 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 electronic devices, including but not limited to film and digital cameras, cell phones and tablets, 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:** Carole Keighley      **Head Starter:** Mike McCombs      **Meet Marshal:** Dolores Akin  
                         **Meet Director:** Janet Gutierrez (Phone: (408) 206-0504/Email: coachjanetqss@gmail.com)

**LOCATION:** Gunderson High School, Chynoweth Avenue at 622 Gaundabert Lane, San Jose, CA. 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: the pool is located at the back of the school. Parking is available in the front, back and around the school; but illegally parked vehicles will be ticketed.

**COURSE:** An outdoor heated 9 lane, 50 meter pool. The minimum water depth, measured in accordance with Article 103.2.3, is 4' or more throughout the racing course. The competition course has been certified in accordance with Article 104.2.2C (4). A copy of the certification is on file with USA Swimming. Competition will be in 6 lanes in 7' foot depth at the starting end. The diving well will be used for warm-up and warm down if available; otherwise a lane in competition pool will be available.

**TIME:** Meet begins at 4:30 P.M. Warm-ups from 3:30-4:15 P.M.

**RULES:**

- Current USA and Pacific Swimming rules will govern the meet.
- Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk of Course.
- All events are timed finals.
- Swimmers may compete in up to two (2) events. Swimmers may choose 2 events from the listed events.**
- If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch-down.
- All swim coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

**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 Swimming 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. The swimmer must be certified by a USA Swimming 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:**

- Glass containers of all kinds, sale and use of alcoholic beverages and tobacco products are prohibited in all areas of the meet venue defined as 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.

- Only coaches EZ ups are allowed on competition deck.
- Except where the 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 competing for a team must be members of that team. Each swimmer competing for his team must be current members of USA-S.

- The meet host must 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. Unattached swimmers may compete, but may not score team points.
- Unattached swimmers will be seeded the same as attached swimmers.

**ENTRIES:** Coaches will enter swimmers via the Hy-Tek entry system by Monday, June 24<sup>th</sup> at 8:00P.M. Send the file to Janet Gutierrez at coachjanetqss@gmail.com.

**RELAYS:** No Relays at this meet.

**ENTRY FEES:** There is NO entry fee for SBSL Dual Meets.

**CHECK-IN:** The meet will be pre-seeded. Swimmers do NOT need to check in.

**SCRATCHES:** There is NO penalty for a swimmer entered in this meet that misses one of his/her events.

**SCORING:** Scoring in individual events will be as follows: 1<sup>st</sup> place = 5 points; 2<sup>nd</sup> place = 3 points; 3<sup>rd</sup> place = 1 point. There will be no limit to the number of swimmers from a team for a particular event. Scoring will include boys & girls 8 & U; 9 & 10; 11-12; 13-14 and 15 & older.

**AWARDS:** Awards will not be provided.

**ADMISSION:** Free

**REFRESHMENTS:** Snack bar will be available.

**TIMERS:** Participating teams will be responsible for providing timers.

**EVENTS:**

| Girl's Events | Age       | Boy's Events | Event                  |
|---------------|-----------|--------------|------------------------|
| 1             | 13 - 14   | 2            | 100 Meter Freestyle    |
| 3             | 15 & Over | 4            | 100 Meter Freestyle    |
| 5             | 8 & Under | 6            | 50 Meter Freestyle     |
| 7             | 9 -10     | 8            | 50 Meter Freestyle     |
| 9             | 11 - 12   | 10           | 50 Meter Freestyle     |
| 11            | 13 - 14   | 12           | 100 Meter Backstroke   |
| 13            | 15 & Over | 14           | 100 Meter Backstroke   |
| 15            | 8 & Under | 16           | 50 Meter Backstroke    |
| 17            | 9 - 10    | 18           | 50 Meter Backstroke    |
| 19            | 11 - 12   | 20           | 50 Meter Backstroke    |
| 21            | 13 - 14   | 22           | 100 Meter Breaststroke |
| 23            | 15 & Over | 24           | 100 Meter Breaststroke |
| 25            | 8 & Under | 26           | 50 Meter Breaststroke  |
| 27            | 9 - 10    | 28           | 50 Meter Breaststroke  |
| 29            | 11 - 12   | 30           | 50 Meter Breaststroke  |