

**PALO ALTO STANFORD AQUATICS  
PASA LAST CHANCE FOR JO'S  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
FEBRUARY 23-24, 2019**



**Z1N TEAMS ASSIGNED: ALTO, BGC, DACA, LO, MNLO, MLKB, OSC, PASA, PPSC, YEMB**

Enter Online: <http://www.fastswims.com>

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **19-039**

*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 Meet Mobile.**

**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:**

<i>Meet Referee:</i> <b>JAMES HONG</b>	<i>Head Starter:</i> <b>BRENDA ZAWATSKI</b>
<i>Meet Marshal:</i> <b>BILL HONECK</b>	<i>Admin Official:</i> <b>CURTISS KIKUTA</b>
<i>Meet Director:</i> <b>MARIA GREGORIO</b> ( <a href="mailto:mgregorio@gmail.com">mgregorio@gmail.com</a> )	

**LOCATION:** Rinconada Park Pool, 777 Embarcadero Road, Palo Alto, CA 94303

**DIRECTIONS:** From US 101, take Embarcadero Road West one mile and turn right onto Newell followed by the first left onto Hopkins. The pool is located across from the tennis courts. Parking is available in the adjacent neighborhood, however, PLEASE DO NOT BLOCK driveways or park in the park grounds. There is NO R.V. parking available in the neighborhood.

**COURSE:** Outdoor 25 yard heated pool. Up to 10 lanes available for competition. Up to 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 4' 5" at the start end and 4' 5" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** Meet will begin at 8:30AM each day with warm-ups from 7:00AM to 8:15AM each day. A special warm-up lane for 8 and under athletes only will be provided.

**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 four (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 coaches and deck officials must wear their USA Swimming membership cards in a visible manner.
- Age groups will be awarded separately as 8 under, 9/10, 11/12, however events will be swum as 8 and under, 11 and over, 12 and under, or Open.
- All athletes competing in the 500 yard Freestyle or 400 yard IM events must provide their own lane timers.
- All athletes competing in the 500 yard freestyle must provide their own lap counters.

**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-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.

- Smoking is NOT allowed at Rinconada Park. (See city park rules: <http://www.cityofpaloalto.org/news/displaynews.asp?NewsID=2366&TargetID=1,36>)
- 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.
- All animals are prohibited from the competition venue including the pool, deck areas, & locker rooms during swim meets.
- 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.

**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 Yard Free and 400 Yard IM.**
- **400 IM and 500 free athletes must meet the National Motivational BB time standard for their age group.** If the athlete does not have a time in these events, they may meet the National Motivational BB time standard in the 200 IM or 200 free respectively. Athletes qualifying via a 200 should enter at the minimum BB time standard for the event. 200 times will be checked against the database and exceptions will be sent to their coach for review. **Coach verified times may be accepted.**
- 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:** Zone 1N Athletes from ALTO, BGC, DACA, LO, MNLO, MLKB, OSC, PASA, PPSC, and YEMB entering online must do so by 11:59 PM, Wednesday, February 6th in order to receive priority acceptance to the meet. Zone 1N Athlete's surface mail entries must be postmarked by Monday, February 4th in order to receive priority acceptance to the meet. No athletes other than those in

Zone 1N ALTO, BGC, DACA, LO, MNLO, MLKB, OSC, PASA, PPSC, and YEMB may enter the meet until the preference period has concluded.

**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.

**ONLINE ENTRIES:** You may enter this meet online or by U.S. mail. To enter on-line go to <http://www.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a processing fee for this service, 6.5% of the total Entry Fees plus \$0.75 per transaction, regardless of number of athletes. 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, **February 13<sup>th</sup>, 2019 11:59PM PST.** LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.

**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. Entries must be postmarked by midnight, Monday, FEBRUARY 11<sup>th</sup>, 2019 or hand delivered by 6:30 p.m. Wednesday, FEBRUARY 13<sup>th</sup>, 2019. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: PASC**

<b>Mail entries to: PALO ALTO STANFORD AQUATICS</b>	<b>Hand deliver entries to: PALO ALTO STANFORD AQUATICS</b>
<b>C/O ANGELA CHAO</b>	<b>C/O ANGELA CHAO</b>
<b>2521 LOUIS ROAD</b>	<b>2521 LOUIS ROAD</b>
<b>PALO ALTO, CA 94303</b>	<b>PALO ALTO, CA 94303</b>

**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 individual 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 that 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:** Individual events will be awarded in the A, B, and C division. Ribbons for First through Eighth place will be given to the following age groups 8 & U, 9-10, 11-12. Athletes 13 years of age and older will not receive awards. "A" time medals will be given to athletes achieving a new "A" time ("PC-A" for 8 & Under Athletes, USA-S "A" for 9 & Over Athletes), regardless of place achieved in the event. All awards must be picked up at the meet by coaches at the end of the meet. Awards will not be mailed.

**ADMISSION:** Free. Programs will not be available for purchase.

**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:** 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 athlete 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 and up (1 for every 25 athletes)

**EVENT SUMMARY**

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13/OVER	8 & UN	9-10	11-12	13/OVER
200 FREE	200 FREE	200 FREE	200 FREE	25 BREAST	200 IM	200 IM	200 IM
25 FREE	100 FLY	100 FLY	100 FLY	100 BACK	100 BACK	100 BACK	100 BACK
100 FLY	50 BACK	50 BACK	100 BREAST	50 BREAST	50 BREAST	50 BREAST	200 BREAST
50 BACK	100 BREAST	100 BREAST	200 BACK	25 FLY	50 FLY	200 BREAST	100 FREE
100 BREAST	100 IM	200 BACK	100 IM	50 FLY	100 FREE	50 FLY	200 FLY
25 BACK	50 FREE	100 IM	50 FREE	100 FREE	500 FREE	100 FREE	500 FREE
100 IM		50 FREE	400 IM			200 FLY	
50 FREE		400 IM				500 FREE	

**EVENTS**

SATURDAY, FEBRUARY 23, 2019		
EVENT #	EVENT	EVENT #
1	OPEN 200 FREE	2
3	8-UN 25 Free	4
5	OPEN 100 FLY	6
7	12&U 50 BACK	8
9	OPEN 100 BREAST	10
11	8&U 25 BACK	12
13	11&O 200 BACK	14
15	OPEN 100 IM	16
17	OPEN 50 FREE	18
19	11&O 400 IM*	20

SUNDAY, FEBRUARY 24, 2019		
EVENT #	EVENT	EVENT #
21	9&O 200 IM	22
23	8&U 25 BREAST	24
25	OPEN 100 BACK	26
27	12&U 50 BREAST	28
29	8&U 25 FLY	30
31	11&O 200 BREAST	32
33	12&U 50 FLY	34
35	OPEN 100 FREE	36
37	11&O 200 FLY	38
39	9&O 500 FREE*	40

\*Athletes in the 500 FREE and 400 IM must have achieved a USA-S "BB" Time Standard in 500 FR or 200 FR and 400 IM or 200 IM, respectively.

\*Athletes in the 400 IM MUST provide their own timers.

\*Athletes in the 500 FREE MUST provide their own timers and lane counters

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

Pacific Swimming – Hosted by PALO ALTO STANFORD AQUATICS  
 LAST CHANCE FOR JO'S CBA+ MEET  
 FEBRUARY 23-24, 2019  
 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

Athlete's  
Address

Home Phone	Cell Phone
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Email