

**CSA LEAGUE 11 & UP DISTANCE MEET
PACIFIC SWIMMING SHORT COURSE MEET
SATURDAY, NOVEMBER 4, 2017
INVITED CLUBS: PEAK, QSS, WEST, FF**



SANCTION: Held under USA/Pacific Swimming Sanction No. **17-158**

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:

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| <i>Meet Referee:</i> Attila Lengyel | <i>Head Starter:</i> ChangChi Wang |
| <i>Meet Marshal:</i> Liv Weaver | <i>Admin Official:</i> Siva Swaminathan |
| <i>Meet Director:</i> David Seljeseth - dseljeseth@comcast.net | |

LOCATION: Gunderson High School Pool, 622 Gaundabert Ln, San Jose CA 95136

DIRECTIONS: From 85-S, take Santa Teresa exit, turn right on Thornwood Drive, right on Winfield Drive, right on Chynoweth Drive. The pool is located in the back of the campus past the football field off Chynoweth Drive. Parking is available near the front entrance of the pool, in front of the school and overflow parking in the neighborhood.

COURSE: Outdoor 25 yard pool with up to 16 lanes available for competition. An additional 6 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 7' at the start end and 4'6" at the turn 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 each day.

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 **3** 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 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.**
- Athletes must be members of QSS, FF, WEST, or PEAK. Unattached athletes who are current members of QSS, FF, WEST, or PEAK may participate.
- Athletes must be 11 years old or older to enter the meet.
- Any athletes planning to do an initial split in the 1650 are asked to declare to their coaches by the entry deadline.

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.
- 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.
- 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 must be a member of a CSA Conference member club (PEAK, FF, WEST, QSS or UN and affiliated with a CSA member club).
- Entries with "**NO TIME**" will be accepted. Coaches are encouraged to replace their athletes' NT entries with coach entered times in an effort to keep a better flow to the meet.
- 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.
- The athlete's age will be the age of the athlete on the first day of the meet.

ENTRY FEES: \$4.00 per event plus an \$8.00 participation fee per athlete.

ENTRIES: Only team sd3 files will be accepted. Entry files are due on Thursday, October 26, 2017 at 11:59pm. Entry files must be emailed to liv@swimqss.org.

Make check payable to: QuickSilver Swimming. Check must be hand-delivered the day of the meet.

CHECK-IN: The meet will be pre-seeded; no check-in required.

SCRATCHES: Any athletes not reporting for or competing in an individual timed final event shall not be penalized.

AWARDS: No awards will be given.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar may 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.

EVENT SUMMARY

| SATURDAY, NOVEMBER 4 DISTANCE MEET | | |
|---|-----------------------|----------------|
| EVENT # | EVENT | EVENT # |
| 1 | OPEN 400 IM | 2 |
| 3 | OPEN 200 Backstroke | 4 |
| 5 | OPEN 500 Free | 6 |
| 7 | OPEN 200 Breaststroke | 8 |
| 9 | OPEN 200 Butterfly | 10 |
| 11 | OPEN 1650 Freestyle | 12 |