

**SOLO AQUATICS
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
NOVEMBER 16 – 17, 2013**

Z1N TEAMS ASSIGNED: BAC, BSC, DCD, MAV, PASA, SSFAC, PPSC, PSL, and SOLO

Enter Online: <http://ome.swimconnection.com/pc/solo20131116>



SANCTION: Held under USA/Pacific Swimming Sanction No. **13-202**

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: 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 camera, cell phones and tablets, is not permitted in changing areas, restrooms or locker rooms. Violation of this recording prohibition may result in the ejection from the swimming pool facility by the Meet Referee or his/her designee.

OFFICIALS:
Meet Referee: Karl Nakamura **Head Starter:** Stephanie Kuang
Meet Marshal: Sean Horan **Admin Referee:** Darryl Woo
Meet Director: Tom McRae – solotom@yahoo.com / (650) 851-9091

LOCATION: Jean E. Brink Swimming Pool, Oceana High School, 401 Paloma Avenue, Pacifica CA 94044-2436.

From San Francisco: I-280 Take HWY 1 South into Pacifica. EXIT the PALOMA/FRANCISCO exit. Turn Left at the end of the off-ramp stop sign and cross the Highway 1 overpass. After the overpass is a stop sign. Continue STRAIGHT/EAST. After the next stop sign, continue East half block. Oceana Pool is the first driveway on your left.

From Half Moon Bay: Take HWY 1 NORTH into Pacifica EXIT the OCEANA/CLARENDON exit. At the end of the off-ramp is a stop sign. Continue STRAIGHT/NORTH about ¼ mile along Oceana until you reach the next stop sign. At the stop sign take a right to the next stop sign. Oceana Pool is the first driveway on your left.

There are three parking lots available on school campus, two on Paloma Ave and one on Oceana Blvd. PLEASE BE COURTEOUS TO THE SURROUNDING NEIGHBORS!

COURSE: 25 yard, indoor heated pool. Up to seven (7) lanes will be used for competition. Separate, warm-up, cool down area will be available during the meet. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 5'0" at the start end and 5'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

TIME: SESSION A (11-12 Girls and All 13 & Over Swimmers): Meet begins at 8:30 AM; Warm-Up is from 7:00 – 8:15 AM.

SESSION B (11-12 Boys and All 10 & Under Swimmers): Session B will begin 1 hour after Session A finishes, but not before 12:00 PM. Session B Warm-Ups will begin immediately after Session A finishes.

- 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 a **maximum of four (4)** events per day.
 - All swimmers 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.**
 - All events will run in a fast to slow sequence
 - All swimmers competing in the 500 yard Freestyle or 400 yard IM events must provide their own lane timers.

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.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- 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.
- Swimmers in the "A" Division must have met at least the listed "PC-A" time standard. Swimmers in the "B" Division must have met at least the listed "PC-B" time standard. All entry times slower than the listed "PC-B" time standard will be in the "C" Division.
- Entries with "**NO TIME**" will be **ACCEPTED**.
- Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding and special accommodations on entry times and seeding per Pacific Swimming policy.
- Swimmers 19 years of age and over may compete in the meet for time only, no awards. Such swimmers must have met standards for the 17-18 age group.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY PRIORITY: Zone 1N swimmers from **BAC, BSC, DCD, MAV, PASA, SSFAC, PPSC, PSL, and SOLO** entering online must do so by **11:59 PM Wednesday, October 30th** in order to receive priority acceptance to the meet. **Surface mail entries must be postmarked by Monday, October 28th** in order to receive priority acceptance to the meet. No swimmers other than those from BAC, BSC, DCD, MAV, PASA, SSFAC, PPSC, PSL, and SOLO may enter the meet until the priority period has concluded.

ENTRY FEES: \$2.75 per event plus an \$8.00 participation fee per swimmer. 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/solo20131116> 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 swimmer 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 a swimmer by Pacific Swimming. **Online entries will be accepted through Wednesday, November 6th at 11:59 PM.**

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 postmarked by midnight, Monday, November 4th or hand delivered by 6:30 p.m. Wednesday, November 6th. 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: SOLO Aquatics

Mail entries to: Tom McRae – SOLO Meet Director
P.O. Box 7266
Menlo Park, CA 94025

Hand deliver entries to: Tom McRae – SOLO Meet Director
800 Sea Spray Lane #304
Foster City, CA 94404

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. 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. 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 seeded and will not be allowed to compete in that event.

SCRATCHES: Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. Any swimmers not reporting for or competing in an individual timed final event **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, 13-14, and 15 & Over. All 13-14 and 15 & Over events will compete together but will be awarded separately. Swimmers 19 years of age and older will not receive awards. "A" time medals will be given to swimmers achieving a new "PC – A" times, regardless of place achieved in the event. All awards must be picked up at the meet by coaches at the end of each session. Awards will not be mailed.

ADMISSION: Free. A 2-day program will be available for a reasonable fee.

REFRESHMENTS: A snack bar will be open each day. Generous and friendly hospitality provided for officials, coaches, and volunteers. Lunches will be available for officials and coaches.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. Access ways, passage ways and doorways must remain clear of chairs, seats, bulky items and bags per compliance with Fire Marshall's orders. Items may be removed. No flash photography. Swimmers, Coaches and Parents/Timers are NOT ALLOWED to cross/walk in front of the meet officials Timing Station. Restricted access area the East and South ends of the swimming pool deck. Access only for Competitors, Coaches, Officials, and meet Staff/Volunteers and Timers. All participating teams are expected to provide lane timers based upon the number of swimmers registered to swim each day. Team timing lanes for Saturday and Sunday will be assigned and coaches will be notified of assignments during the week prior to the meet.

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

Club swimmers 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 swimmers)

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
50 FR	100 FR	200 FR	200 FR	50 BK	100 BK	200 BK	100 BK
25 BR	50 BR	100 BR	100 BR	25 FR	50 FR	100 FR	100 FR
25 BK	50 BK	100 FL	100 FL	25 FL	100 FL	100 IM	200 IM
100 IM	100 IM	50 BK	200 BK	100 FR	100 BR	200 FL	200 BR
	500 FR (G)	400 IM (G)	500 FR (G)		500 FR (B)	400 IM (B)	500 FR (B)

EVENTS

SATURDAY, NOVEMBER 16 th		
SESSION A		
GIRLS #	EVENT	BOYS #
1	11 – 12 200 FREE	
3	13 & O 200 FREE	4
5	11 – 12 100 BREAST	
7	13 & O 100 BREAST	8
9	11 – 12 100 FLY	
11	13 & O 100 FLY	12
13	11 – 12 50 BACK	
15	13 & O 200 BACK	16
17	11 – 12 400 IM	
19	13 & O 500 FREE	
SESSION B		
21	10 & U 100 IM	22
	11 – 12 200 FREE	24
25	9 – 10 100 FREE	26
27	8 & U 50 FREE	28
	11 – 12 100 BREAST	30
31	9 – 10 50 BREAST	32
33	8 & U 25 BREAST	34
	11 – 12 100 FLY	36
37	9 – 10 50 BACK	38
39	8 & U 25 BACK	40
	11 – 12 50 BACK	42
43	9 – 10 500 FREE	

SUNDAY, NOVEMBER 17 th		
GIRLS #	EVENT	BOYS #
45	13 & O 100 BACK	46
47	11 – 12 200 BACK	
49	13 & O 100 FREE	50
51	11 – 12 100 FREE	
53	13 & O 200 IM	54
55	11 – 12 100 IM	
57	13 & O 200 BREAST	58
59	11 – 12 200 FLY	
	13 & O 500 FREE	62
SESSION B		
	11 – 12 200 BACK	64
65	9 – 10 100 BACK	66
67	8 & U 50 BACK	68
	11 – 12 100 FREE	70
71	9 – 10 50 FREE	72
73	8 & U 25 FREE	74
	11 – 12 100 IM	76
77	9 – 10 100 FLY	78
79	8 & U 25 FLY	80
	11 – 12 200 FLY	82
83	9 – 10 100 BREAST	84
85	8 & U 100 FREE	86
	11 – 12 400 IM	88
	9 – 10 500 FREE	90

NOTE – THE GIRLS 500 FREE AND 400 IM WILL SWIM ON SATURDAY 11/16, THE BOYS 500 FREE AND 400 IM ON SUNDAY 11/17

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

Pacific Swimming – Hosted by SOLO Aquatics Short Course C/B/A + November 16 – 17, 2013 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 \$2.75 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
E-Mail Address													