

**QUICKSILVER SWIMMING**  
**PACIFIC SWIMMING LONG COURSE DOUBLE DUAL MEET**  
**Teams: EBA/MSJA, SEA, & QSS**  
**SUNDAY, JUNE 22, 2014**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **14-124**

*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 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:** Cliff Reyda                      **Head Starter:** Mark Stander  
**Admin Official:** Phil Keslin                      **Meet Marshal:** Dolores Akin  
**Meet Director:** Liv Lyons [omlyons@gmail.com](mailto:omlyons@gmail.com) / (925) 285-9934

**LOCATION:** Gunderson High School, Chynoweth Avenue at 622 Gaundabert Lane, San Jose, CA 95132. 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 **10:30 AM** with warm-ups from **9:00 to 10:15 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.
- All swimmers ages 12 and under should complete competition within four (4) hours.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**
- The heats will be swum fastest to slowest.
- Swimmers must provide counters and timers for the 800 Free and timers for the 400 IM.

**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.

- 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.
- The swimmer’s age will be the age of the swimmer on the first day of the meet.

•**Swimmers must be members of QSS, EBA/MSJA, or SEA.**

**ENTRY FEES:** \$2.75 per event plus a \$10.00 entry fee per swimmer. Entry fees must be paid to the swimmer’s team. Participating teams will turn in a check payable to “QuickSilver Swimming.”

**ONLINE ENTRIES:** The meet will be set-up on TouchPad. Teams can enter on their respective Team Unify websites. Files must be sent and/or synched to the meet director at [omlyons@gmail.com](mailto:omlyons@gmail.com) by Monday, June 16<sup>th</sup> at 9:00pm.

**Make check payable to:** QuickSilver Swimming

**Mail checks to:** Liv Lyons, Meet Director  
5409 Silver Vista Way  
San Jose, CA 95138

**CHECK-IN:** The meet will be pre-seeded.

**SCRATCHES:** There is no penalty for missing a pre-seeded event.

**SCORING:** Individual Events = 9, 7, 6, 5, 4, 3, 2, 1.  
Relay Events = 18, 14, 12, 10, 8, 6, 4, 2.

**AWARDS:** None.

**ADMISSION:** Free.

**REFRESHMENTS:** A snack bar may be available throughout the competition. Coaches and working deck officials will be provided lunch.

**EVENT SUMMARY**

SUNDAY			
12 & under	9 & up	11 & up	OPEN (all ages)
50 BK	200 IM	200 BR	100 FR
50 FLY	100 BK	200 FLY	50 FR
50 BR	100 BR	200 BK	
	200 FR	400 IM	
	100 FLY	800 FR	

**EVENTS**

Sunday, June 22, 2014		
EVENT #	EVENT	EVENT #
1	9 & up 200 IM	2
3	12 & under 50 Back	4
5	11 & up 200 Breast	6
7	Open 100 Free	8
9	12 & under 50 Fly	10
11	9 & up 100 Back	12
13	Open 50 Free	14
15	9 & up 100 Breast	16
17	11 & up 200 Fly	18
19	12 & under 50 Breast	20
21	11 & up 200 Back	22
23	9 & up 200 Free	24
25	9 & up 100 Fly	26
27	11 & up 400 IM	28
29	11 & up 800 Free	30