

WEST COAST AQUATICS  
PACIFIC SWIMMING SHORT COURSE AGE GROUP OPEN  
NOVEMBER 5 – 6, 2016  
ENTER ONLINE: <http://ome.swimconnection.com/pc/WEST20161105>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **16-145**

*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, 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: Mike Piccardo</i>	<i>Head Starter: Rick Lee</i>
<i>Meet Marshal: Le Nguyen</i>	<i>Admin Official: ChangChi Wang</i>
<i>Meet Director: Guiselle Morrone</i>	<a href="mailto:teamanager@westcoastaquatics.org">teamanager@westcoastaquatics.org</a>

**LOCATION:** Frank Fiscalini Swim Center at Independence High School, 627 North Jackson Avenue, San Jose, CA 95133

**DIRECTIONS:** From Interstate-680, exit McKee Road and head west, away from foothills. Turn right at the first light, which is Jackson Avenue, turn left into the parking lot at the second traffic light, which is just after the football stadium. From Highway-101, exit McKee Road and head east toward the foothills. Go down McKee to the 7<sup>th</sup> traffic light, which will be Jackson Avenue. Turn on Jackson Avenue and at second light turn left into the parking lot.

**COURSE:** 25 yard by 50 meter outdoor, heated pool with up to 15 lanes available for competition. A separate 25 yard, 7 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 4'5" at the start end and 7' 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.
- Athletes may compete in **MAXIMUM 4** events per day.
- All athletes ages 12 and under should complete competition within four (4) hours.
- Age groups will be awarded separately as 8 & Under, 9/10, 11/12, 13/14, 15/16, and 17/18 however events will be swum as 8 & Under, 9/10, 11/12 or 13 & Over.
- The meet will be LIMITED to the first 450 Athletes or 1000 splashes each day, or when the meet estimated time line exceeds the Four Hour Rule per Age Group and Gender.
- If conditions warrant, the Meet Referee with concurrence of the Meet Director, may require a mandatory scratch down to three (3) events. Immediate refunds will be given ONLY for any mandatory scratch downs.
- **All events will be seeded fastest to slowest.** 500 Free and 400 IM will alternate girls and boys by heat.
- Athletes in the 500 Free and the 400 IM are required to provide their own timers, as well as lap counters for the 500 Free.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

**SPECIAL RULES:** Athletes entering the 13 & Over 500 Freestyle and/or 13 & Over 400 IM must have met the minimum USA-S Motivational "BB" time standard for their age group and gender. Use the following link to find the time standards <http://www.pacswim.org/swim-meet-times/standards>

**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.
- No tents will be allowed on the pool deck, other than Coaches' Tents.

**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 the listed USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division must have met at least the listed "B" 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 - 13 & Over 400 IM and the 500 Free. See Special Rules**).
- 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 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 PRIORITY:** Athletes from Zone 1 South clubs entering online must do so by 11:59 PM, Wednesday, October 12<sup>th</sup> in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by Monday, October 10<sup>th</sup> in order to receive priority acceptance to the meet. No athletes other than those from Zone 1 South 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:** To enter online go to <http://ome.swimconnection.com/pc/WEST20161105> 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 athlete 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 an athlete by Pacific Swimming.** Online entries will be accepted through Wednesday, **October 26, 2016.**

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with the athlete's best time. Entries must be postmarked by midnight, Tuesday, **October 25, 2016** or hand delivered by 6:30 p.m. Wednesday, **October 26, 2016**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: West Coast Aquatics**

**Mail/Hand deliver entries to: Guiselle Morrone/West Meet Director**  
**6317 Grand Oak Way**  
**San Jose, CA 95135**

**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:** : Ribbons will be awarded to the 1st – 8th place finishers in the “A,” “B” and “C” divisions, for each event and age group (8&U, 9-10, 11-12, 13-14, 15-16 and 17-18.) Awards will be available for pickup by the coaches, or a club representative at the conclusion of the meet at the awards desk. “A” medals will be awarded to athletes achieving new “A” times. Awards will not be handed to individuals unless they are unattached. Awards will not be mailed.

**ADMISSION:** Free

**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. Participating teams will be assigned timer assignments based on the number of athletes entered from the club. There will be **NO** set up outside the perimeters of the pool venue.

**EVENT SUMMARY**

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13/OVER	8 & UN	9-10	11-12	13/OVER
25 Breast	100 IM	200 IM	200 IM	50 Breast	50 Breast	100 Breast	200 Breast
50 Back	100 Breast	100 Fly	100 Fly	25 Back	100 Back	200 Back	100 Back
25 Free	50 Back	50 Back	200 Back	25 Fly	50 Fly	200 Fly	200 Fly
	100 Free	200 Breast	100 Breast	50 Free	200 Free	200 Free	200 Free
		100 Free	100 Free		50 Free	50 Free	50 Free
			500 Free				400 IM

**EVENTS**

<b>Saturday, November 5</b>		
Event #	Event	Event #
1	13 & Over 200 IM	2
3	11-12 200 IM	4
5	9-10 100 IM	6
7	13 & Over 100 Fly	8
9	11-12 100 Fly	10
11	9-10 100 Breast	12
13	8 & UN 25 Breast	14
15	13 & Over 200 Back	16
17	11-12 50 Back	18
19	9-10 50 Back	20
21	8 & UN 50 Back	22
23	13 & Over 100 Breast	24
25	11-12 200 Breast	26
27	8 & UN 25 Free	28
29	9-10 100 Free	30
31	13 & Over 100 Free	32
33	11-12 100 Free	34
35#	13 & Over 500 Free**	36#

<b>Sunday, November 6</b>		
Event #	Event	Event #
37	13 & Over 200 Breast	38
39	8 & UN 50 Breast	40
41	11-12 100 Breast	42
43	9-10 50 Breast	44
45	8 -UN 25 Back	46
47	13 & Over 100 Back	48
49	11-12 200 Back	50
51	9-10 100 Back	52
53	13 & Over 200 Fly	54
55	11-12 200 Fly	56
57	8 & UN 25 Fly	58
59	9-10 50 Fly	60
61	13 & Over 200 Free	62
63	11-12 200 Free	64
65	8 & UN 50 Free	66
67	9-10 50 Free	68
69	13 & Over 50 Free	70
71	11-12 50 Free	72
73#	13 & Over 400 IM*	74#

\* Athletes entering the 13 & Over 400 IM must provide their own timers.

\*\* Athletes entering the 13 & Over 500 Free must provide their own timers and lap counters.

# Athletes entering the 13 & Over 500 Free and/or 400 IM must have met the USA-S "BB" Time for their age group and gender.

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

Pacific Swimming – Hosted by West Coast Aquatics Age Group Open November 5 - 6, 2016 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				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee        \$ 8.00 Total                        \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													