

South San Francisco Aquatic Club
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
Saturday January 11, 2014 and Sunday January 12, 2014
Enter Online: <http://ome.swimconnection.com/pc/ssf20140111>



SANCTION: Held under USA/Pacific Swimming Sanction No. **14-006**

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 the Internet at <http://results.teamunify.com/ssf/index.html>**

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 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: Karl Nakamura	Head Starter: Joanna Dunn
Meet Marshal: Manuel Solano	Admin Referee: Darryl Woo
Meet Director: Tara Casagrande – casagrandetara@gmail.com	
Stephanie Kuang – skuang168@yahoo.com	

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 POLOMA/FRANCISCO exit. Turn LEFT at the end of the off-ramp stop sign, and cross over the Highway 1 overpass. After the overpass is a stop sign. Continue STRAIGHT/EAST. After the next stop sign, continue EAST half a block. Oceana Pool is the first driveway on your left. Please PARK on the STREET.

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 for about 1/4 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. Please PARK on the STREET.

COURSE: Indoor, 25-yard heated pool with up to Seven (7) lanes available for competition. An additional Three (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 5'0" at the start end and 5'0" at the turn end. In accordance with Article 104.2.2C(4) the competition course has not been certified.

TIME: **Session A** (All 10/under and 11/12 Boys): Meet begins at 8:30AM each day, warm-up from 7:00 to 8:15AM.

Session B (11/12 Girls and 13/Over): Session B will begin one hour after Session A finishes, but not before 11:30AM each day. Session B warm-up will begin immediately upon completion of Session A.

- 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 THREE (3) events per day.
 - Swimmers in the 500 Freestyle must provide their own lane timers and lap counters.
 - 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 events will be swum in a "fast to slow" sequence.**
 - **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

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, in 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.
- Pets, not including guide dogs, are strictly prohibited in all areas of the meet venue.
- 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 1 North swimmers have entry priority until Wednesday, December 25, 2013 at 11:59 pm. Entry from other Pacific Swimming Zones or LSC's will not be considered until December 26, 2013, and then will be considered in the order that they were received.

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/ssf20140111> 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, January 1, 2014 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, December 30, 2013 or hand delivered by 3:30 p.m. Wednesday January 1, 2014. 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: South San Francisco Aquatic Club

Mail entries to: Stephanie Kuang
2221 Kenry Way
South San Francisco, CA 94080

Hand deliver entries to: Marcus Nava
781 Tennis Drive
South San Francisco, CA 94030

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 seeded 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: Ribbons for 1st thru 8th place for individual events in the A, B, and C divisions: 8 & under, 9/10, 11/12, 13/14, 15 & Over. No ribbons for swimmers 19 and over. Standard "A" medals awarded to swimmers achieving NEW "A" times in each event regardless of place achieved in the event. All awards to be picked up by coaches at end of each session. Awards will not be mailed out.

ADMISSION: Free.

REFRESHMENTS: 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. 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. No Flash Photography.

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 (+1 for every additional 25 swimmers)

EVENT SUMMARY

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

EVENTS

Saturday Session A, Jan. 11, 2014

Event #	Event	Event #
1	9-10 200 I.M.	2
3	8-UN 100 I.M.	4
	11-12 100 Back	6
7	9-10 100 Breast	8
9	8-UN 25 Breast	10
	11-12 50 Free	12
13	9-10 50 Fly	14
15	8-UN 50 Fly	16
	11-12 200 Breast	18
19	9-10 100 Free	20
21	8-UN 25 Free	22
	11-12 50 Fly	24

Sunday Session A, Jan. 12, 2014

Event #	Event	Event #
	11-12 100 Fly	52
53	8-UN 100 Free	54
55	9-10 200 Free	56
	11-12 50 Breast	58
59	8-UN 50 Breast	60
61	9-10 50 Breast	62
	11-12 100 Free	64
65	8-UN 25 Fly	66
67	9-10 100 Fly	68
	11-12 200 IM	70
71	8-Un 25 Back	72
73	9-10 50 Back	74
	11-12 500 Free (B)	76

Saturday Session B, Jan. 11, 2014

Event #	Event	Event #
25	11-12 100 Back	
27	13-14 200 Back	28
29	15-O 200 Back	30
31	11-12 50 Free	
33	13-14 100 Free	34
35	15-O 100 Free	36
37	11-12 200 Breast	
39	13-14 100 Breast	40
41	15-O 100 Breast	42
43	11-12 50 Fly	
45	13-14 200 Fly	46
47	15-O 200 Fly	48
49	11-12 500 Free (G)	

Sunday Session B, Jan. 12, 2014

Event #	Event	Event #
77	11-12 100 Fly	
79	13-14 100 Fly	80
81	15-O 100 Fly	82
83	11-12 50 Breast	
85	13-14 50 Free	86
87	15-O 50 Free	88
89	11-12 100 Free	
91	13-14 200 Free	92
93	15-O 200 Free	94
95	11-12 200 IM	
97	13-14 400 IM	98
99	15-O 400 IM	100

Note – The 11-12 Girls 500 Freestyle will swim on Saturday, 12/14; the 11-12 Boys 500 Freestyle will swim on Sunday, 12/15

Use the following URL to find the time standards: <http://www.pacswim.org/index.shtml>

Pacific Swimming – Hosted by SSFAC
 Zone 1 North Short Court CB/A+
 January 11 – 12, 2014
 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 \$2.75 = \$ _____
 Participation Fee \$ 8.00
 Total \$ _____

Coach

Swimmer's
Address

Home Phone	Cell Phone
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