

PACIFIC SWIMMING SHORT COURSE SENIOR 1 MEET

HOSTED BY Crow Canyon Sharks

co-sponsored by Pacific Swimming

March 1 and 2, 2014

Enter Online: <http://ome.swimconnection.com/pc/CROW20140301>



SANCTION: Held under USA/Pacific Swimming Sanction No. **14-042**

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: Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms. Photography and video recording from behind the blocks or starting areas are prohibited unless prior permission to do so is given by the Meet Referee.

OFFICIALS: **Meet Referee:** David Cottam **Head Starter:** Peter McNamara **Admin Referee:** Carol Cottam
Meet Marshal: Margaret McNamara **Meet Director:** Tom Meier (tsmeier@sbcglobal.net)

LOCATION: Acalanes High School, 1200 Pleasant Hill Rd, Lafayette, CA 94549

DIRECTIONS: East on 24 to Lafayette. Take the Pleasant Hill Road Exit. Keep left at the fork, follow signs to Pleasant Hill Road North. Then keep right at the fork, follow signs for Pleasant Hill Road and merge onto Pleasant Hill Road. Acalanes High School is on the right. West on 24 toward Lafayette/Oakland. Take the Pleasant Hill Rd exit toward Mt. Diablo Blvd. Keep right at the fork, follow signs for Pleasant Hill Rd North and merge onto Pleasant Hill Road. Acalanes High School is on the right.

COURSE: OUTDOOR 25 YARD pool with up to 10 lanes available for competition. The number of competition lanes to be used will be determined by the Meet Referee based on the number of entries received. Additional 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 7'0" at the start end and 7'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Meet will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 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.
- Swimmers 11-12 must meet the PC SR-I time standards and will be subject to proof of time using the USA-S SWIMS Database.
- 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.

ATTENTION HIGH SCHOOL SWIMMERS (February through May): If you are a high school swimmer in season, you need to be Unattached from this meet. It is the swimmers responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

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.
- Only swimmers, coaches, officials, and volunteers will be allowed on the pool deck.
- 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.

- FOR PC SR-I level competitions, swimmers 13/Over are eligible to enter this meet. There is no proof of time. Entry times should be the swimmers actual time and not the minimum standard.
- Swimmers 11-12 must meet the PC SR-I time standard as outlined by Pacific time verification procedures. No refunds will be given if a time cannot be proven.
- Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- No time conversions will be accepted.
- Entries with "NO TIME" will be rejected.

SEEDING: All events will be swum fastest to slowest. The 1650 and 1000 Free will be swum alternating women and men heats. Swimmers must provide timers and counters for the 1000 and 1650 Free. Swimmers must provide their own counters for the 500 Free.

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Close of check-in for all 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 allowed to compete in the event.

SCRATCH RULE: Swimmers entered in an individual event in a Senior meet that is seeded on the deck who have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim an event will result in being barred from their next individual event in which the swimmer is entered on that day or the next meet day, whichever is first.

ENTRY FEES: \$5.50 per individual event plus an \$8.00 per swimmer participation fee. Entries will be rejected if payment is not sent at time of request.

ONLINE ENTRIES: To enter on-line go to <http://ome.swimconnection.com/pc/CROW20140301> 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, **February 19, 2014.**

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 entered using the current Pacific Swimming procedure: and postmarked by midnight, Tuesday, **February 18, 2014** or hand delivered by 6:30 p.m. Wednesday, **February 19, 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: Crow Canyon Sharks

Mail entries to: Tom Meier
2490 Lunada Lane
Alamo, CA 94507

Hand deliver entries to: Tom Meier
2490 Lunada Lane
Alamo, CA 94507

AWARDS: None.

ADMISSION: Free. A '2 DAY' program will be available for \$4.00

HOSPITALITY: Hospitality available for coaches, officials, timers, and volunteers. Lunches will be provided for coaches and working deck officials. There will be a minimal snack bar available.

MISCELLANEOUS: No overnight parking is allowed. No noise makers allowed in the pool facility. Parents please respect the area designated for coaches (i.e. do not sit or stand in front of coaches).

ORDER OF EVENTS

Saturday March 1, 2014		
EVENT #	EVENT	EVENT #
1	500 FREE	2
3	200 BACK	4
5	100 BREAST	6
7	200 FLY	8
9	100 FREE	10
11	200 I.M.	12
13	1650 FREE	14

Sunday March 2, 2014		
EVENT #	EVENT	EVENT #
15	400 I.M.	16
17	200 FREE	18
19	100 FLY	20
21	50 FREE	22
23	200 BREAST	24
25	100 BACK	26
27	1000 FREE	28

Events 13-14 and 27-28 will be swim alternating women and men

All events will swim fastest to slowest

Time standards may be found at: <http://www.pacswim.org/userfiles/cms/documents/266/timestandardssenior.pdf>

Pacific Swimming – Hosted by Crow Canyon Sharks SENIOR 1 March 1 - 2, 2014 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 / SCM				
						: .		SCY / LCM / SCM				
						: .		SCY / LCM / SCM				
						: .		SCY / LCM / SCM				
						: .		SCY / LCM / SCM				
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						: .		SCY / LCM / SCM				
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						: .		SCY / LCM / SCM				
# of entries _____ x \$5.50 = \$ _____ Participation Fee \$8.00 Total \$ _____												
Coach												
Swimmer's Address												
Home Phone						Cell Phone						
Email												