

PACIFIC SWIMMING SHORT COURSE SENIOR 1 MEET
March 2-3, 2013
Hosted by Crow Canyon Sharks
co-sponsored by Pacific Swimming
Enter Online: <http://ome.swimconnection.com/pc/CROW20130302>

SANCTION: Held under USA/Pacific Swimming Sanction No. **13-037**

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. By entering the meet, the athlete or his/her guardian consents to this publication.

USE OF AUDIO & 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: Marie Lin
Meet Marshal: Laurie Usinger	Meet Director: Margaret McNamara Margaret@themcnamaras.com /510-914-0362

LOCATION: Dougherty Valley High School, 10550 Albion Road, San Ramon, CA 94582

Highway 24 East to I-680 South, take exit 34 Bollinger Canyon Road exit toward DVC San Ramon Valley Campus, turn left at Bollinger Canyon Road, turn left at Albion Road

From I-580 East, take exit 44B to merge onto I-680 North, take exit 34 Bollinger Canyon Road exit, turn right at Bollinger Canyon Road, turn left at Albion Road.

Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed.

COURSE: Competition course will be up to 10 lanes X 25 yard pool. Up to 6 lanes X 25 yards will be available throughout the meet for continuous warm-up and warm down. Electronic timing with pads and scoreboard will be provided. Canopies are not allowed on the pool deck. The minimum water depth, measured in accordance with Article103.2.3, is 4 ½ feet at the start end and 4 ½ feet at the turn end throughout the racing course. The competition pool has been certified in accordance with Article 104.2.2C (4).

TIME: Meet begins at 9:00 AM each day, warm-ups from 7:30 AM 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. Swimmers may compete in a maximum of five (5) events per day. Swimmers 12/Under may not enter the 1000 yard and 1650 yard freestyles as bonus events. 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.

DECK CHANGING: 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 strongly discouraged.

UNACCOMPANIED SWIMMERS: Any USAS 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 USAS 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 Swimming 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 USAS Club Member-Coach. The swimmer must be certified by a USA Swimming 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: No glass containers are allowed on the pool deck or in the locker room areas. Smoking and the use of tobacco products are prohibited in all areas of the meet venue. The sale and use of alcoholic beverages is prohibited in all areas of the meet venue.

ELIGIBILITY: Swimmers must be current members of USA-S. The meet host must check all swimmer registrations against 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. The meet is limited to those swimmers who have met the 2013 Pacific Swimming Senior I time standards. Swimmers thirteen years and older will be considered entered in Senior Level 1 and 2 meets without proof of time. These events should be entered with the entry time. Swimmers 12 years of age and under must meet the time standard and will be subject to proof of time using the USA SWIMS database as a standard. The time must have been achieved prior to the closing data for entries for the meet. Swimmers 12 years of age and younger who have provable times in one or more events may enter 2 additional bonus events for the meet (1000 yard & 1650 yard freestyles are excluded from bonus events). Disabled swimmers are welcomed to attend this meet and should contact the Meet Director or Head Referee regarding special accommodations on the entry times and seeding per Pacific Swimming policy.

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 1 or Senior 3 meet that is seeded on the deck that 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. \$8.00 per Swimmer (Participation Fee). No refunds.

**Mail check with entries to: Shark's Swimming
Margaret McNamara
3120 Gibbons Drive
Alameda, CA 94501**

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: "A swimmer who qualifies Senior 1 in a specific stroke and distance will be considered qualified in the same stroke and distance in all courses. If the time was made SCY and it is a SCM or LCM meet, enter your SCY time. If the time was made SCM and it is a SCY or an LCM meet, enter your SCM time. If the time was made LCM and it is a SCY or an SCM meet, enter your LCM time. When entering a meet, if your qualifying time is in yards enter the yards time and put a "Y" after the time. If the qualifying time is in short course meters, enter that time with an "S" after it. If the qualifying time is in long course meters then enter that time with an "L" after it. No time conversions will be accepted. Entries with "NO TIME" will be rejected. Entries must be postmarked by midnight, **Tuesday, February 19, 2013** or hand delivered will be accepted if they are received with appropriate fees no later than 6:00 pm on **Wednesday, February 20, 2013**. No late entries will be accepted via mail or email. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

ONLINE ENTRIES: You may enter this meet online or by U.S. mail. To enter on-line go to <http://ome.swimconnection.com/pc/CROW20130302> 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 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 11:59P on Saturday, February 23, 2013.**

AWARDS: None

ADMISSION FEE: Free. A two-day program will be available for \$3.00.

HOSPITALITY: There will be hospitality available for coaches, officials, timers, and volunteers. Lunches will be provided for coaches and working deck officials.

MISCELLANEOUS: No overnight parking is allowed. No noise makers allowed in the pool facility.

Order of Events		
Saturday, March 2, 2013		
Women's Event #	Event	Men's Event #
1	500 Free	2
3	200 Back	4
5	100 Breast	6
7	200 Fly	8
9	100 Free	10
11	200 IM	12
13	1650 Free	14
Sunday, March 3, 2013		
15	400 IM	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 swum fastest to slowest alternating women and men. ALL OTHER EVENTS WILL BE SWUM IN EVENT NUMBER ORDER, BUT WILL BE SWUM FASTEST TO SLOWEST.

There will be a 10 minute break before the start of these distance events (1000 Free and 1650 Free).

Time standards may be found at: http://www.Pacswim.org/page/times_standards.shtml

Crow Canyon Sharks Senior 1 Short Course Swim Meet
Cosponsored by Pacific Swimming
March 2 – 3, 2013
Consolidated Entry Form

NAME (Last, First, MI):

LSC Code (PC, CC, SN):

CLUB ABBR:	IF UNATT Team Abbrev:	CLUB NAME:
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AGE	DATE OF BIRTH	AMOUNT PAID \$
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USA-S REG #

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SEX: Boy Girl	Age Group:
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EVENT #	PLEASE CIRCLE	DISTANCE/STROKE	ENTRY TIME
	LCM/SCY		: .
	LCM/SCY		: .
	LCM/SCY		: .
	LCM/SCY		: .
	LCM/SCY		: .
	LCM/SCY		: .
	LCM/SCY		: .
	LCM/SCY		: .
	LCM/SCY		: .
	LCM/SCY		: .
	LCM/SCY		: .
	LCM/SCY		: .

of events _____ x \$ 5.50 = _____
 Participation Fee = + \$ 8.00
 Total Amount Due _____

Coach:

Swimmer's Address	
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Contact Phone #
 Contact Email:

Phone Contact:	Checks Payable to Sharks Swimming	
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