

**PALO ALTO STANFORD AQUATICS  
SUPER LEAGUE  
PACIFIC SWIMMING SHORT COURSE QUAD MEET  
SEPTEMBER 29, 2018  
INVITED CLUBS: PASA, SRN, SCSC and NBA**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **18-137**

*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. It is further understood that Pacific Swimming, and Palo Alto Stanford Aquatics shall be free and held harmless 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, webcasting, 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: Jimmy Hong</i>	<i>Head Starter: Brenda Zawatski</i>
<i>Meet Marshal: Paul Coleman</i>	<i>Admin Official: Curtiss Kikuta</i>
<i>Meet Director: Dana Kirk <a href="mailto:spaswimming@gmail.com">spaswimming@gmail.com</a> (on the day of the meet)</i>	
<i>Tony Batis <a href="mailto:kenyasprid@aol.com">kenyasprid@aol.com</a> (prior to the meet)</i>	

**LOCATION:** Gunn High School, 780 Arastradero Rd, Palo Alto, CA, 94306

**DIRECTIONS:** From 101: Take the San Antonio Rd exit, head South towards the El Camino Real. Turn right onto Charleston Rd. Charleston Rd will turn into Arastradero Rd when you cross El Camino Real. Continue & turn right into Gunn High School.  
From 280: Take the Page Mill Road exit and go East towards the bay. Take Page Mill Rd to Foothill Expressway. Exit onto Foothill Expressway going South (make a right). Take Foothill Expressway to Arastradero Road. Make a left onto Arastradero Road. Continue on Arastradero Road one block and Gunn High School is on the left.

**COURSE:** Outdoor, heated, 25 yard pool. Up to 10 lanes will be used for competition. A warm-up and cool-down area will be available during the meet. The minimum water depth, measured in accordance with Article 103.2.3 is 7' at the start end and 7' at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

**TIME:** Meet will begin at **10:00 AM** with warm-ups from **8:30 to 9:45 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.
- All events will be swum "**FAST to SLOW**".
- Swimmers may compete in **3 individual events and 2 relay** events per day
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down.
- **All coaches and deck officials shall display their current USA Swimming membership cards in a visible manner.**

**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 swimmer 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 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.
- 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.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

**ELIGIBILITY:**

- Athletes shall be current members of USA-Swimming and enter their name and registration number on the meet entry card exactly 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.
- Entries with "**NO TIME**" will be **ACCEPTED**.
- Entry times submitted for this meet may 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 any special accommodations on entry times and seeding per Pacific Swimming policy
- Age on the first day of the meet shall determine the Athlete's age for the entire meet.
- Meet is open to all qualified athletes registered with one of the invited clubs. Athletes must be a member of PASA, NBA, SCSC, SRN. Athletes who are unattached but participating with a member club may enter.

**ENTRY FEES:** TBD based on total entries. Clubs will be notified after entries are in as to what each club owes. Please bring a single check for your entries.

**ONLINE ENTRIES:** A Hy-Tek entry file must be submitted by Wednesday, September 19, 2018 11:59pm. Request a confirmation of receipt to ensure delivery of the email/file. Send Meet entry file to [ckikuta@gmail.com](mailto:ckikuta@gmail.com)

**MAILED OR HAND DELIVERED ENTRIES:** Will not be accepted

**Make check payable to: PASA**

**CHECK-IN:** All sessions will be pre seeded. There will be no check in.

**SCRATCHES:** Any swimmers not reporting for or competing in an individual timed final event that they have entered shall not be penalized.

**AWARDS:** None

**ADMISSION:** Free. A program will not be available.

**SNACK BAR & HOSPITALITY:** A snack bar may be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to deck officials, marshalls, and coaches.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. Each club is required to provide timers. Meet director will email timer/lane assignments to each club prior to the meet.

**SESSION EVENTS**

<b>Girls Event #</b>	<b>Age Group</b>	<b>Event</b>	<b>Boys Event #</b>
<b>Saturday September 29, 2018</b>			
1	Open	4x100 Freestyle Relay	2
<b>Scheduled Break</b>			
3	OPEN	1000 Freestyle	4
5	OPEN	200 Free	6
7	OPEN	200 Fly	8
9	OPEN	100 Back	10
11	OPEN	100 Breast	12
13	OPEN	50 Free	14
<b>Scheduled Break</b>			
15	OPEN	100 Free	16
17	OPEN	200 Back	18
19	OPEN	200 Breast	20
21	OPEN	500 Free	22
23		100 Fly	24
<b>Scheduled Break</b>			
25	OPEN	400 IM	26
27		4x100 Mixed Medley Relay	27