

**2015 SUPER LEAGUE
LONG COURSE QUAD MEET (NBA, SCSC, PASA, PLS)
HOSTED BY PLEASANTON SEAHAWKS SWIM TEAM
SUNDAY, OCTOBER 25, 2015**



SANCTION: Held under USA/Pacific Swimming Sanction No. **15-156**

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.

OFFICIALS:
Meet Referee: Mike McCombs **Head Starter:** William Chong
Meet Marshal: Lucy Jhong **Admin Official:** Millie Nygren
Meet Director: Rani Mukkamala meetdirector@pleasantonseahawks.org

LOCATION: Dolores Bengston Aquatic Center, 4455 Black Avenue, Pleasanton, CA 94588.

DIRECTIONS: From I580, take Santa Rita exit. Drive south for about two miles and turn right onto Black Avenue. Aquatic center is on your right. Limited general parking is available in the front of the pool. Parking at the church, PacBell and post office parking lots across the street or in any lot or area posited as "no authorized parking" will result in citations and possible towing. Parking for working Officials and coaches will be available in the parking lot behind the pool. Overflow parking will be available at the Alisal Elementary School and the Amador High school parking lots on Santa Rita Road.

COURSE: Outdoor 50-meter pool with up to 6 lanes available for competition. 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 4 feet at the start end and 4 feet 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 10AM with warm-ups beginning at 8:30AM.

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 swim fast to slow.
- **Swimmers may compete in 3 events per day. Each team should plan on bringing 40 swimmers.**
- 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, 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.

ELIGIBILITY: • This meet is open only to NBA, SCSC, PASA and PLS athletes only. Entrants will be determined by the coaches.

- 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.
- 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.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY FEES: None. A team fee will be assessed.

ENTRIES: The summary of events is attached. **Hytek team entries only.** Entry files need to be received by Jon Pallesen (coachjon@pleasantonseahawks.org) by October 15, 2015.

Mail entries to: Jon Pallesen
PO Box 1675
Pleasanton, CA 94566

Make checks payable to: Pleasanton Seahawks.

CHECK-IN: The meet will be pre-seeded. There will be no check-in.

SCRATCHES: Swimmers shall report promptly to the starting block when their event/heat is called. Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.

AWARDS: None.

ADMISSION: Free.

HOSPITALITY: Coaches and working deck officials will be provided refreshments and light hospitality.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

EVENTS

| SUNDAY, OCTOBER 25, 2015 | | |
|--------------------------|-----------------|-----------------|
| GIRLS EVENT # | EVENT | BOYS EVENT # |
| 1 | 800 Free | 2 |
| 3 | 200 Free | 4 |
| 5 | 100 Back | 6 |
| 7 | 100 Breast | 8 |
| 9 | 50 Free | 10 |
| 11 | 200 Fly | 12 |
| | Scheduled Break | |
| 13 | 100 Free | 14 |
| 15 | 200 Back | 16 |
| 17 | 200 Breast | 18 |
| 19 | 400 Free | 20 |
| | Scheduled Break | |
| 21 | 100 Fly | 22 |
| 23 | 200 I.M. | 24 |