

SANCTION: Held under USA/Pacific Swimming Sanction No. **15-144**

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:

<i>Meet Referee:</i> Karyn Kikuta	<i>Head Starter:</i> Rod Rosare
<i>Meet Marshal:</i> Delores Akin	<i>Admin Official:</i> Phil Keslin
<i>Meet Director:</i> Andre Salles-Cunha acunha.qss@gmail.com	

LOCATION: Gunderson High School 622 Gaundabert Lane San Jose, CA 95136

DIRECTIONS: Gunderson High School, Chynoweth Avenue at 622 Gaundabert Lane, San Jose, CA. From Highway 85 exit Santa Teresa, turn right onto Thornwood, turn right onto Winfield, and turn right onto Chynoweth. Gunderson High School is on the right: pool is located at the back of the school. Please car pool and park in designated parking only.

COURSE: Outdoor heated pool with up to sixteen (16) lanes available for competition. An additional 25-yard six (6) lane warm-up and warm-down pool may be available. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 4'6" at the shallow end and 7' at the deep end. In accordance with USA-S 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 9:00 AM with warm-ups from 7:30 to 8:30 AM. A special warm-up time for 8 and under swimmers only will be held from 8:30 to 8:50 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 three (3) individual events per day. Swimmers may compete in one (1) relay per day.
- All swimmers 12 & 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 coaches and deck officials must wear their USA-S 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 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 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:

- Meet is open to all qualified swimmers registered with one of the CSA teams. **Swimmers must be a member of EBA, LAC, PASA, PEAK, WEST, or QSS. Swimmers who are unattached, but participating with a member team may enter a CSA dual meet.**
- Swimmers must be current members of USA-S and must enter their name and registration number on the meet entry card or online, as 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 must check all swimmer registration 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 TIMES" will be **ACCEPTED**.
- Disabled swimmers from those teams are welcome to attend this meet and should contact the Meet Director regarding special accommodations on entry times and seeding per Pacific Swimming policy.
- The swimmers age will be the age of the swimmer on the first day of the meet.

ENTRIES: An sd3 entry file must be submitted by the Tuesday prior to the meet. Request a confirmation of receipt to ensure delivery of the email and file. Send meet entry file to the meet director.

ENTRY FEES: \$30 per swimmer. One check must be made by the visiting team payable to the host team. Checks must be hand delivered to the meet director on the day of the meet.

Make check payable to: QSS

E-Mail entries to: acunha.qss@gmail.com

CHECK-IN: The meets 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 / PROGRAMS: Free. A program will not be available. Heat Sheets may be available electronically and should be printed before the meet.

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, marshals, and coaches.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. Each team is required to provide timers. Meet director will email timer/lane assignments to each team prior to the meet. This meet will be scored according to CSA rules for dual meets.

ORDER OF EVENTS

Girls Event #	Age Group	Event	Boys Event #
1	OPEN	200 Freestyle Relay	2
3	13-14	200 Freestyle Relay	4
5	11-12	200 Freestyle Relay	6
7	10 & Under	200 Freestyle Relay	8
9	8 & Under	100 Freestyle Relay	10
11	10 & Under	200 Freestyle	12
13	11 & Up	200 Freestyle	14
15	12 & Under	50 Freestyle	16
17	13 & Up	50 Freestyle	18
19	8 & Under	100 Individual Medley	20
21	12 & Under	100 Individual Medley	22
23	11 & Up	200 Individual Medley	24
25	8 & Under	25 Butterfly	26
27	12 & Under	50 Butterfly	28
29	11 & Up	100 Butterfly	30
31	8 & Under	25 Freestyle	32
33	12 & Under	100 Freestyle	34
35	13 & Up	100 Freestyle	36
37	8 & Under	25 Backstroke	38
39	12 & Under	50 Backstroke	40
41	11 & Up	100 Backstroke	42
43	8 & Under	25 Breaststroke	44
45	12 & Under	50 Breaststroke	46
47	11 & Up	200 Breaststroke	48