

**PALO ALTO STANFORD AQUATICS
INTRASQUAD MEET
SUNDAY, MAY 4, 2014**



SANCTION: Held under USA/Pacific Swimming Sanction No. **14-086**

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 electronic devices, including but not limited to film and digital camera, cell phones and tablets, is not permitted in changing areas, restrooms or locker rooms. Violation of this recording prohibition may result in the ejection from the swimming pool facility by the Meet Referee or his/her designee.

OFFICIALS:

Meet Referee: Mike Tramack	Head Starter: Darryl Woo
Meet Marshal: Fiona Chew	Admin Official: Larry Rice
Meet Director: Joey Sementelli – Sementelli@stanford.edu	

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

COURSE: 25 yard, outdoor heated pool. Up to ten (10) lanes will be used for competition. Electronic timing. Up to three (3) warm down lanes available. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 6'0" at the start end and 6'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

TIME: Meet begins at 9:00 AM, with warm-up from 8:00 – 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 a **maximum of five (5)** events per day.
- All swimmers ages 12 and under should complete competition within four (4) hours.
- All events will run fastest to slowest.
- 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: If you are a high school swimmer in competition season, you need to be unattached from this meet. It is your 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. Smoking is also prohibited in the surrounding Rinconada Park.

- 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.
- 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.

- Swimmers must be currently registered as PASA or UN-PASA in order to compete.
- 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: A flat fee of \$10.00 per swimmer.

ENTRIES: Entries will only be accepted via Hytek team entry. Entry times must be submitted in yards using Hytek. Entries should be submitted to Joey Sementelli at Sementelli@stanford.edu by April 30, 2014.

Make check payable to: Aquatics Booster Club

Mail entries to:
 Joey Sementelli
 875 Bowdoin Street
 Stanford, CA 94305

Hand deliver entries to:
 Joey Sementelli
 875 Bowdoin Street
 Stanford, CA 94305

CHECK-IN: The meet will be pre-seeded.

SCRATCHES: Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. Any swimmers not reporting for or competing in an individual timed final event **shall not** be penalized.

AWARDS: None.

ADMISSION: Free. A meet program will be emailed a few days before the meet.

REFRESHMENTS: A snack bar will be open each day. Coaches and working deck officials will be provided refreshments.

EVENTS:

SUNDAY, MAY 4 th		
GIRLS #	EVENT	BOYS #
1	OPEN 25 FREE	2
3	OPEN 100 FLY	4
5	OPEN 400 IM	6
7	OPEN 25 BACK	8
9	OPEN 100 BACK	10
11	OPEN 25 BREAST	12
13	OPEN 100 BREAST	14
15	OPEN 500 FREE	16
17	OPEN 50 FREE	18
19	OPEN 1000 FREE	20
21	OPEN 1650 FREE	22

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>