

**BURLINGAME AQUATIC CLUB  
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET**

June 21-23, 2019

Enter Online: <http://fastswims.com>

**Z1N TEAMS: ALTO, BAC, BSC, BGC, DCD, FOG, MAV, PASA, PSL, SSF**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **19-096**

*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. **The results of this meet may be posted in real time on the Internet at <http://results.teamunify.com/pcba/index.html>**

**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:</i> <b>JON SASANO</b>	<i>Head Starter:</i> <b>JAMES HONG</b>
<i>Meet Marshal:</i> <b>MARIE MAXWELL</b>	<i>Admin Official:</i> <b>DARRYL WOO</b>
<i>Meet Director:</i> <b>ROBERT GILL, <a href="mailto:rob@burlingameaquatics.com">rob@burlingameaquatics.com</a></b>	

**LOCATION:** SAN MATEO ATHLETIC CLUB on the Campus of the College of San Mateo  
1700 Hillsdale Blvd.  
San Mateo, CA 94402  
Please do not use the front door of Building #5 Health and Wellness to enter the pool deck.

**DIRECTIONS:** From US-101, Take exit 414B for CA-92W toward Half Moon Bay. Take Exit 10 for W. Hillsdale Blvd. Turn right onto W. Hillsdale Blvd. Follow signs for the College.

**COURSE:** Outdoor 25 yard by 50 meter pool with up to 7 lanes available for competition. An additional 1 lane 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 7' 0" at the start end and 7' 0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:**

FRIDAY: Meet begins at 4:00PM, warm-up from 3:00PM – 3:45PM.

SATURDAY/SUNDAY SESSION A (11-12 Girls and ALL 13 & Over): Meet begins at 8:30AM each day, warm-up from 7:00 to 8:15AM.

SESSION B (11-12 Boys and ALL 10 & Under): Session B will begin one hour after Session A finishes, but not before 12:00PM. Session B warm-up will begin immediately upon completion of Session A

**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.
- Athletes may compete in a maximum of (2) events on Friday June 22. Athletes may compete in a maximum of (3) events per day Saturday and Sunday.
- All athletes ages 12 and 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 Swimming membership cards in a visible manner.**

- Athletes entering the 1500 Free, 400 IM, and/or 400 Free must have achieved a USA-S Motivational “B” time for their age group and gender. Athletes entering the 1500 Free, 400 IM and/or 400 Free must provide their own lane timers. Athletes in the 1500 Free must provide their own lap counters.
- 8 & Under Athletes entering the 8 & Under 100 Fly, 100 Back, and/or 100 Breast must have achieved a “PC-A” time standard in the 50 yard/meter distance of that stroke in order to enter.
- The 1500 meter Freestyle may be swum 2 athletes per lane at the discretion of the Meet Referee.
- The 1500 meter Freestyle will be swum fastest to slowest alternating girl’s and boy’s heats. Girl’s and boy’s heats may be combined at the discretion of the Meet Referee.

**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 athlete 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 athletes, 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.
- Deck Changes are 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.
- OBEY POSTED PARKING RESTRICTIONS. DO NOT PARK IN SMAC MEMBER OR STAFF AREAS MARKED IN BEETHOVEN LOT. MEET PARTICIPANTS SHOULD PARK IN BEETHOVEN LOTS WHERE PERMITS ARE NOT REQUIRED ON WEEKENDS.
- MEET PATRONS ARE NOT ALLOWED TO USE SMAC’S MEMBER-ONLY LOCKER-SHOWER ROOMS

**ELIGIBILITY:**

- Athletes 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 athlete with the registration and times database. The meet host will check all athlete 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.
- Athletes in the “A” Division must have met at least USA Swimming Motivational “A” minimum time standard. Athletes in the “B” Division must have met at least the listed “B” minimum time standard. All entry times slower than the listed “B” time standard will be in the “C” Division.
- Entries with "NO TIME" will be ACCEPTED. (Exception – 400 Free, 400 IM, 1500 Free, and 8 & Under 100 FL/BK/BR. See Rules)
- 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.
- Disabled athletes 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.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such swimmers must have met standards for the 17-18 age group.
- The athlete’s age will be the age of the athlete on the first day of the meet.

**ENTRY PRIORITY: Priority entry for the Friday PM Session will be given to Zone 1N Clubs.** Priority will be given to the following clubs: **BAC, ALTO, BSC, BGC, DCD, FOG, MAV, PASA, PSL, and SSF.** Those entering online must do so by **11:59 PM on Wednesday, June 5, 2019** in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by Monday, June 3<sup>rd</sup> in order to receive priority acceptance to the meet. No athletes other than those from **BAC, ALTO, BSC, BGC, DCD, FOG, MAV, PASA, PSL, and SSF** may enter the meet until the preference period has concluded.

**ENTRY FEES:** \$4.00 per event plus a \$10.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

**ONLINE ENTRIES:** You may enter this meet online at FastSwims or by U.S. mail. To enter online go to <http://www.fastswims.com> to receive an immediate entry confirmation. This method requires creation of a free account and payment by credit card. FastSwims charges a processing fee for this service, 6.5% of the total Entry Fees plus \$0.75 per transaction, regardless of number of athletes. 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 a mail entry. **Entering online is a convenience, is completely voluntary, and is in no way required or expected of an athlete by Pacific Swimming. Online entries will be accepted through Wednesday, June 12<sup>th</sup> at 11:59 PM.** LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athlete’s best time. Entries must be postmarked by midnight, Monday, **June 10<sup>th</sup> 2019** or hand delivered by 6:30 p.m. Wednesday, **June 12<sup>th</sup> 2019.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Burlingame Aquatic Club**

**Mail entries to: Burlingame Aquatic Club  
P.O. Box 281  
Burlingame, CA 94011**

**Hand deliver entries to: Burlingame Aquatic Club  
P.O. Box 281  
Burlingame, CA 94011**

**CHECK-IN:** The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for all individual events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check in will not be seeded and will not be allowed to compete in that event.

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

**AWARDS:** Ribbons for 1st thru 8th place for individual events in the A, B, and C divisions: 8/un, 9/10, 11/12. Athletes 13 years of age and older will not receive awards. Standard “A” medals awarded to athletes achieving NEW “A” times (“PC-A” for 8 & Under Athletes, USA-S “A” for 9 & Over Athletes) regardless of place achieved in the event. Athletes who have prior “A” time in any event they compete in, regardless of course the time was earned in, will not receive “A” medal. All awards to be picked up by coaches at end of each session. Awards will not be mailed out.

**ADMISSION:** Free. Programs will not be for sale.

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

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

**MINIMUM OFFICIALS:**

Club athlete entered in session	Trained and carded officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5 and up (1 for every 25 athletes)

EVENTS

FRIDAY, JUNE 21 <sup>ST</sup>		
GIRLS #	EVENT	BOYS #
1	11 – 12 400 IM	2
3	9 – 10 400 FREE	4
5	11 & O 1500 FREE	6

SATURDAY, JUNE 22 <sup>ND</sup>		
SESSION A		
GIRLS #	EVENT	BOYS #
7	13 & O 100 FREE	8
9	11 – 12 100 FREE	
11	13 & O 200 BACK	12
13	11 – 12 100 BACK	
15	13 & O 100 FLY	16
17	11 – 12 50 FLY	
19	13 & O 200 BREAST	20
21	11 – 12 200 FLY	
23	11 – 12 200 BREAST	
25	13 & O 50 FREE	26
27	11 – 12 50 FREE	
29	13 & O 400 IM	30
31	11 – 12 400 FREE	
SESSION B		
	11 – 12 100 FREE	32
33	9 – 10 100 FREE	34
35	8 & U 100 FREE	36
	11 – 12 100 BACK	38
39	9 – 10 50 BACK	40
41	8 & U 50 BACK	42
	11 – 12 50 FLY	44
45	9 – 10 50 FLY	46
47	8 & U 50 FLY	48
	11 – 12 200 BREAST	50
	11-12 200 FLY	52
53	9 – 10 100 BREAST	54
55	8 & U 100 BREAST	56
	11 – 12 50 FREE	58
59	9 – 10 200 IM	60
	11 – 12 400 FREE	62

SUNDAY, JUNE 23 <sup>RD</sup>		
SESSION A		
GIRLS #	EVENT	BOYS #
63	13 & O 200 FREE	64
65	11 – 12 200 FREE	
67	13 & O 100 BREAST	68
69	11 – 12 50 BREAST	
71	11-12 200 BACK	
73	13 & O 200 FLY	74
75	11 – 12 100 FLY	
77	13 & O 200 IM	78
79	11 – 12 200 IM	
81	13 & O 100 BACK	82
83	11 – 12 50 BACK	
85	11-12 100 BREAST	
87	13 & O 400 FREE	88
SESSION B		
	11 – 12 200 FREE	90
91	9 – 10 200 FREE	92
93	8 & U 50 FREE	94
	11 – 12 50 BREAST	96
97	9 – 10 50 BREAST	98
99	8 & U 50 BREAST	100
	11 – 12 200 BACK	102
	11 – 12 100 FLY	104
105	9 – 10 100 FLY	106
107	8 & U 100 FLY	108
	11 – 12 200 IM	110
111	9 – 10 50 FREE	112
113	8 & U 100 BACK	114
	11-12 50 BACK	116
	11 – 12 100 BREAST	118
119	9 – 10 100 BACK	120

\*Athletes in the 400 Free, 1500 Free and 400 IM must have achieved a USA “B” time Standard and must provide their own lane timers. Athletes in the 1500 Free must provide their own lap counters.

\*\*8 & Under Athletes entering the 8 & Under 100 Fly, 100 Back, and/or 100 Breast must have achieved a “PC-A” time standard in the 50 yard/meter distance of that stroke in order to enter.

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

Pacific Swimming – Hosted by BURLINGAME AQUATIC CLUB C/B/A June 21-23, 2019 Consolidated Entry Form													
Name: Last,			First				Middle						
Club Abbr.			UNATT TEAM ABBR				Club Name						
Age			Date of Birth				Sex M F		LSC – (PC, SN)				
USA-#													
Event #	Distance / Stroke					Entry Time			Circle one				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
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						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee        \$ 10.00 Total                                \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													