

SOLO Aquatics
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
Saturday and Sunday, March 28-29, 2015
Z1N TEAMS: SOLO, DCD, PASA, BAC, SSF, OSC, MAV, PSL, PPSC, BSC, STAR



Enter Online: <http://ome.swimconnection.com/pc/solo20150328>

SANCTION: Held under USA/Pacific Swimming Sanction No. **15-049**

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.

MEET PERSONNEL:
Meet Referee: Nan McKenna **Head Starter:** Karl Nakamura
Meet Marshal: Sean Horan **Admin Official:** Darryl Woo
Meet Director: Tom McRae; (650)851-9091; solotom@yahoo.com

LOCATION: Jean E. Brink Swimming Pool, Oceana High School, 401 Paloma Avenue, Pacifica CA 94044-2436.

DIRECTIONS: From San Francisco: I-280 Take HWY 1 South into Pacifica. EXIT the PALOMA/FRANCISCO exit. Turn Left at the end of the off-ramp stop sign and cross the Highway 1 overpass. After the overpass is a stop sign. Continue STRAIGHT/EAST. After the next stop sign, continue East half block. Oceana Pool is the first driveway on your left. From Half Moon Bay: Take HWY 1 NORTH into Pacifica EXIT the OCEANA/CLARENDON exit. At the end of the off-ramp is a stop sign. Continue STRAIGHT/NORTH about ¼ mile along Oceana until you reach the next stop sign. At the stop sign take a right to the next stop sign. Oceana Pool is the first driveway on your left. There are three parking lots available on school campus, two on Paloma Ave and one on Oceana Blvd. PLEASE BE COURTEOUS TO THE SURROUNDING NEIGHBORS!

COURSE: 25 yard, indoor heated pool. Up to seven (7) lanes will be used for competition. Separate, warm-up, cool down area will be available during the meet. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 5'0" at the start end and 5'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

TIME: Saturday and Sunday are split into sessions "A" and "B"

Session A **All swimmers 11 & over.** Warm-ups from 7:00-8:15 AM. Meet begins at 8:30 AM.
Session B **All swimmers 10 & Under.** Session B will begin one hour after Session A finishes but not before 12:00PM. Warm-up begins immediately after Session A finishes.

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 a **maximum of 3** events per day.
- All swimmers 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.**
- All swimmers entered in the 400 IM and 500 Free will need to provide their own timers, and lap counters for 500 Free.

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.
- 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 and concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and surrounding areas. If observed, the Meet Referee and 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.
- No personal tents/EZ-ups will be allowed on the pool deck.

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 in the "A" Division must have met at least USA Swimming Motivational "A" minimum time standard. Swimmers 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.
- 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 swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding and special accommodations on entry times and seeding per Pacific Swimming policy.
- Swimmers 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 swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY PRIORITY: Priority entry will be given to the following **Z1N TEAMS: SOLO, DCD, PASA, BAC, SSF, OSC, MAV, PSL, PPSC, BSC, and STAR** entering online must do so by **11:59 PM, Wednesday, March 11th** in order to receive priority acceptance to the meet. Swimmers from **SOLO, DCD, PASA, BAC, SSF, OSC, MAV, PSL, PPSC, BSC, and STAR** submitting surface mail entries must be postmarked by **Monday, March 9th** in order to receive priority acceptance into the meet. No swimmers other than those from SOLO, DCD, PASA, BAC, SSF, OSC, MAV, PSL, PPSC, BSC, and STAR may enter the meet until the priority period has closed.

ENTRY FEES: \$4.00 per event plus an \$8.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

EVENTS

SATURDAY, MARCH 28 th		
SESSION A		
EVENT #	EVENT	EVENT #
1	11 – 12 200 BACK	2
3	13 – 14 100 BACK	4
5	15 – OV 100 BACK	6
7	11 – 12 100 BREAST	8
9	13 – 14 200 BREAST	10
11	15 – OV 200 BREAST	12
13	11 – 12 100 FREE	14
15	13 – 14 50 FREE	16
17	15 – OV 50 FREE	18
19	11 – 12 100 IM	20
21	13 – 14 500 FREE	22
23	15 – OV 500 FREE	24
SESSION B		
25	9 – 10 100 BACK	26
27	8 – UN 50 BACK	28
29	9 – 10 50 FLY	30
31	8 – UN 25 FLY	32
33	9 – 10 50 FREE	34
35	8 – UN 50 FREE	36
37	9 – 10 500 FREE	38

SUNDAY, MARCH 29 TH		
SESSION A		
EVENT #	EVENT	EVENT #
39	13 – 14 200 FREE	40
41	15 – OV 200 FREE	42
43	11 – 12 50 BACK	44
45	13 – 14 100 FLY	46
47	15 – OV 100 FLY	48
49	11 – 12 200 FLY	50
51	13 – 14 100 FREE	52
53	15 – OV 100 FREE	54
55	11 – 12 200 FR	56
57	13 – 14 200 IM	58
59	15 – OV 200 IM	60
61	11 – 12 400 IM	62
SESSION B		
63	9 – 10 100 FREE	64
65	8 – UN 25 FREE	66
67	9 – 10 50 BACK	68
69	8 – UN 25 BREAST	70
71	9 – 10 100 BREAST	72
73	8 & U 100 IM	74
75	9 – 10 100 IM	76

All 400 IM and 500 Free swimmers must provide their own timers.

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

Pacific Swimming – Hosted by SOLO AQUATICS C/B/A + Short Course Meet Saturday and Sunday, March 28-29, 2015 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				
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						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													