

SANCTION: Sanctioned by USA/Pacific Swimming. Sanction # **13-207**

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 conduct of this 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 & 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, 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: Jennifer McKennan	Head Starter: Carole Keighley
Meet Marshal: Delores Akin	Admin Official: Mike McCombs
Meet Director: Liv Lyons – (925) 285-9934 / omlyons@gmail.com	

LOCATION: 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 park in designated parking only.

COURSE: Outdoor 25 yard pool with up to **16** lanes available for competition. An additional **6** lane, diving well 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 4'6" at the shallow end and 7' at the deep 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 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 will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk of Course.
- All events are timed finals.
- Swimmers may compete in up to three (3) events, excluding relays.
- All swim coaches and deck officials must wear their USA Swimming membership cards in a visible manner.
- **Head Coaches of WEST and QSS must agree to an order of events by Friday, October 11, 2013 or the meet will default to the shortest event listed for each event number.**

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. The swimmer must be certified by a USA Swimming 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:

- Swimmers are not permitted to enter the tennis courts or set-up outside of fences.
- Glass containers of all kinds, sale and use of alcoholic beverages and tobacco products are prohibited in all areas of the meet venue defined as 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.
- Except where the 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 a member of WEST or QSS. Swimmers who are unattached, but participating with a member team may enter a CSA dual meet.

- Each swimmer competing for his or her team must be a current member of USA-S. The meet host must 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.
- Unattached swimmers may compete, but may not score team points. Unattached swimmers will be seeded the same as attached swimmers.
- Swimmers with NO TIME ('NT') entries will be accepted.
- **OPEN events are for swimmers of any age and there will be no minimum time standard for entering an OPEN event.**
- Swimmers aged 15 & Up will be competing in the OPEN events. Swimmers 19 years of age and over are eligible to compete in the meet in the OPEN events.

ENTRIES: Coaches will enter swimmers via the Hy-Tek and email the Meet Director **by Monday, October 14, 2013 by 9:00 PM. Email entries to omlyons@gmail.com.**

ENTRY FEES: \$25 per swimmer. Visiting team must bring a check in full payable to "QuickSilver Swimming" for visiting team entries.

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

SCRATCHES: There is NO penalty for a swimmer entered in this meet that misses one of his/her events.

AWARDS: No awards will be presented for placing.

ADMISSION: Free.

REFRESHMENTS: Snack bar may be available.

PROGRAMS: No programs will be available for purchase.

TIMERS: Participating teams will be responsible for providing timers.

SCORING: Scoring will be done in accordance with USA Swimming rules. Scoring in individual events will be as follows: 1st place = 5 points; 2nd place = 3 points; 3rd place = 1 point. Scoring in relay events will be as follows: 1st place = 7 points; 2nd place = 0. Scoring will include boys & girls 8 & U; 10 & U; 11-12; 13-14 and OPEN. OPEN events will not be scored by age group.

ORDER OF EVENTS

Head coaches from teams will determine the event line-up from the following event list.

Girls Event #	Age Group	Event	Boys Event #
1	OPEN	200/400 Medley Relay	2
3	13-14	200/400 Medley Relay	4
5	11-12	200/400 Medley Relay	6
7	10 & Under	200 Medley Relay	8
9	8 & Under	100 Medley Relay	10
11	OPEN	1000/1650 Freestyle	12
13	10 & under	200 Freestyle	14
15	11-12	200 Freestyle	16
17	13-14	200 Freestyle	18
19	OPEN	200 Freestyle	20
21	8 & Under	25/50 Freestyle	22
23	10 & Under	50 Freestyle	24
25	11-12	50 Freestyle	26
27	13-14	50 Freestyle	28
29	OPEN	50 Freestyle	30
31	8 & Under	100 Individual Medley	32
33	10 & Under	100/200 Individual Medley	34
35	11-12	100/200/400 Individual Medley	36
37	13-14	200/400 Individual Medley	38
39	OPEN	200/400 Individual Medley	40
BREAK			
41	8 & Under	25/50 Butterfly	42
43	10 & Under	50/100 Butterfly	44
45	11-12	50/100/200 Butterfly	46
47	13-14	100/200 Butterfly	48
49	OPEN	100/200 Butterfly	50
51	8 & Under	25 Freestyle	52
53	10 & Under	100 Freestyle	54
55	11-12	100 Freestyle	56
57	13-14	100 Freestyle	58
59	OPEN	100 Freestyle	60
61	8 & under	25/50 Backstroke	62
63	10 & under	50/100 Backstroke	64
65	11-12	50/100/200 Backstroke	66
67	13-14	100/200 Backstroke	68
69	OPEN	100/200 Backstroke	70
71	OPEN	500 Freestyle	72
73	8 & under	25/50 Breaststroke	74
75	10 & under	50/100 Breaststroke	76
77	11-12	50/100/200 Breaststroke	78
79	13-14	100/200 Breaststroke	80
81	OPEN	100/200 Breaststroke	82
BREAK			
83	8 & under	100 Free Relay	84
85	10 & under	200 Free Relay	86
87	11-12	200/400 Free Relay	88
89	13-14	200/400/800 Free Relay	90
91	OPEN	200/400/800 Free Relay	92