

PALO ALTO STANFORD AQUATICS  
PACIFIC SWIMMING/ZONE 1 NORTH SHORT COURSE CB/A+ MEET  
SATURDAY & SUNDAY, MARCH 2-3, 2013

Enter Online: <http://ome.swimconnection.com/pc/pasa20130302>

**ZONE 1 NORTH TEAMS ASSIGNED TO THIS VENUE: PASA, LAMV, PCA, LO, OSC, DCD, MM, PSL, HDAC**

**SANCTION:** Held under USA Pacific Swimming Sanction No. 13-041

*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. **By entering the meet, the athlete or his/her guardian consents to this publication.**

**USE OF AUDIO AND VISUAL:** Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms.

**OFFICIALS:**  
Meet Referee: Conny Barton  
Head Starter: Debbie Romani  
Meet Marshal: Ronaldo Ama  
Meet Director: Nienke Ruinard ([meetdirector@palaltoswimclub.org](mailto:meetdirector@palaltoswimclub.org))

**LOCATION:** Rinconada Park Pool, Newell Road and Hopkins, Palo Alto. From US 101, take Embarcadero Road West one mile and turn right onto Newell followed by the first left onto Hopkins. The pool is located across from the tennis courts. Parking is available in the adjacent neighborhood, however, do NOT block driveways or park in the park grounds. There is NO R.V. parking available in the neighborhood.

**COURSE:** 25 yard, outdoor heated pool. Up to 10 lanes will be used for competition. 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 at least 4'5" at the start end and 4'5" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4). Separate warm-up/warm-down lanes are available.

**TIME:** This is a split session meet.

**Session A (11 & over swimmers):** Meet begins at 8.30 AM each day, warm-ups from 7.15 to 8.15 AM each day.

**Session B (10 & under swimmers):** Meet will begin one hour after Session A finishes, but not before 11.30 AM. 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. Swimmers may compete in a total of three (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. Therefore, meet entries may close prior to the entry deadline stated. All 13-14 and 15&over swimmers will compete together, but will be awarded separately. All swimmers competing in 500 Freestyle events must provide their own timers and lap counters. All swimmers in the 500 Yard Freestyle must have met the "PC-B" time standard for their age group. 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.**

**DECK CHANGING:** Except where venue facilities require otherwise, changing in, or out of swimsuits other than in locker rooms, or other designated areas is not appropriate and is strongly discouraged.

**ATTENTION HIGH SCHOOL SWIMMERS (February through May):** If you are a high school swimmer in competition season, you need to be Unattached for this meet. It is the swimmers 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 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 USAS 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 USAS 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 within 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. All shelters must be properly secured. No glass containers are allowed in the meet venue. No propane heater is permitted except for snack bar/meet operations. Pets, not including guide dogs, are strictly prohibited on poolside at the meet venue.

**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 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. Swimmers in the "A" Division must have met at least the listed "PC-A" time standard. Swimmers in the "B" Division must have met at least the listed "PC-B" time standard. All entry times slower than the listed "PC-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 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. The swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRY PRIORITY:** Zone 1N swimmers from **PASA, LAMV, PCA, LO, OSC, DCD, MM, PSL, and HDAC** entering online must do so by **11:59 PM on February 15, 2013** in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by **February 11, 2013** in order to receive priority acceptance to the meet. No swimmers other than those from **PASA, LAMV, PCA, LO, OSC, DCD, MM, PSL, and HDAC** may enter the meet until the preference period has concluded.

**ENTRY FEES:** \$2.75 per event, \$8.00 participation fee per swimmer. No late entries. Fax entries, or entries without payment will not be accepted. No refunds will be made.

**Make check payable to:** PASA  
**Mail with entries to:** Yumi Matsuda - PASC Swim Meet Entries  
P.O. BOX 50340  
Palo Alto, California, 94303

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be entered using the current Pacific Swimming form. Entries must be postmarked by midnight, **Monday, February 18, 2013** or hand delivered to the 'Entry Chairperson at PASA Entry Chairperson, 4138 Abel Ave, Palo Alto, 94306' by 6:30 p.m. **Wednesday, February 20, 2013.** No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**ONLINE ENTRIES:** You may enter this meet online or by U.S. mail. To enter on-line go to <http://ome.swimconnection.com/pc/pasa20130302> to receive an immediate entry confirmation this method requires payment by credit card. Swim Connection LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% of the total Entry Fees. 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 a swimmer by Pacific Swimming.** Online entries will be accepted through Wednesday, February 20, 2013 at 11:59 PM. 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. Therefore, meet entries may close prior to the entry deadline stated.

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

**SCRATCHES:** Swimmers entered in an individual event that have checked in for that event, must swim in the event unless they notify the Clerk of the Course before seeding for that event has begun. Failure to swim an event will result in being barred from their next individual event on that day or the next meet day, whichever is first. Exception: No penalty shall apply for failure to withdraw or compete in an individual event if the Meet Referee is notified in the event of illness or injury and accepts the proof thereof, or it is determined by the Meet Referee that the No-Show is caused by circumstances beyond the control of the swimmer.

**AWARDS:** Individual events will be awarded in the A, B and C division. Ribbons for the First through Eighth place will be given to the following age groups: 8 & Under, 9-10, 11-12, and 13-14. Swimmers 15 years of age and older will not receive awards. 'A' time medals will be given to swimmers achieving a new 'PC-A' time, regardless of place achieved in the event. All awards must be picked up at the meet by coaches at the end of each session. Awards will not be mailed.

**ADMISSION:** Free. A list of swimmers and their entry seed times will be available on-line. Programs will not be available for sale.

**REFRESHMENTS:** A snack bar will be available at each session. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers.

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

**TIMERS:** All participating teams are expected to provide lane timers and recorders based upon the number of swimmers registered to swim each day. Timing lanes will be assigned to teams and coaches will be notified of assignments during the week prior to the meet.

**Minimum Officials:** All available USA Swimming member certified officials are welcomed and encouraged to work at this meet. As the number of certified officials allows, interested parents/trainees are also welcome to shadow working officials for education and/or mentoring. Participating clubs are *requested* to provide at least the following number of certified and carded officials for each session. Teams that do not provide sufficient officials may be asked to provide coaches to act in the place of officials.

**Club swimmers entered in session      Trained and carded officials requested**

1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	1 more for every 25 additional swimmers

See your Zone Officials Chair for specific requirements for your zone

**EVENTS**

Girls Event Number	Saturday, March 2, 2013 Session A	Boys Event Number
1	13/O 200 IM	2
3	11-12 200 IM	4
5	13/O 100 Back	6
7	11-12 100 Back	8
9	13/O 100 Breast	10
11	11-12 50 Breast	12
13	13/O 200 Fly	14
15	11-12 50 Fly	16
17	13/O 200 Free	18
19	11-12 500 Free	20

Girls Event Number	Sunday, March 3, 2013 Session A	Boys Event Number
39	11-12 100 Fly	40
41	13/O 100 Free	42
43	11-12 50 Back	44
45	13/O 200 Back	46
47	11-12 200 Breast	48
49	13/O 200 Breast	50
51	11-12 50 Free	52
53	13/O 50 Free	54
55	11-12 100 Breast	56
57	13/O 400 IM	58

Girls Event Number	Saturday, March 2, 2013 Session B	Boys Event Number
21	9-10 100 Free	22
23	8/U 25 Free	24
25	9-10 200 IM	26
27	8/U 100 IM	28
29	9-10 50 Back	30
31	8/U 25 Back	32
33	9-10 100 Breast	34
35	8/U 50 Breast	36
37	9-10 500 Free	38

Girls Event Number	Sunday, March 3, 2013 Session B	Boys Event Number
59	8/U 100 Free	60
61	9-10 100 IM	62
63	8/U 50 Back	64
65	9-10 50 Breast	66
67	8/U 25 Breast	68
69	9-10 100 Fly	70
71	8/U 50 Fly	72
73	9-10 200 Free	74
75	8/U 50 Free	76

**Swimmers in the 500 Yard Freestyle must provide their own counters and timers.  
All swimmers in the 500 Yard Freestyle must have met the 'PC-B' time standard.**

Time Standards can be found at: [http://www.pacswim.org/page/times\\_standards.shtml](http://www.pacswim.org/page/times_standards.shtml)

**PALO ALTO STANFORD AQUATICS**  
**Pacific Swimming/Zone 1 North Short Course C/B/A+ Meet**  
**Saturday & Sunday, March 2-3, 2013**

**Consolidated Entry Form**

Name: Last, First Middle

Club Abbr.	UNATT ABBR	TEAM	Club Name
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Age	Date of Birth	Sex M F	LSC – (PC, SN)
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USA- #																			
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Event #	Distance / Stroke	Entry Time	Circle one
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

# of entries \_\_\_\_\_ x \$2.75 = \$ \_\_\_\_\_  
 Participation Fee \$8.00  
 Total \$ \_\_\_\_\_

Coach

Swimmer's Address

Home Phone	Cell Phone
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