

**CSA Fall League**  
**Short Course Tri Meet**  
**Sunday, September 29, 2013**  
**WEST and SUNN @ PASA**



**SANCTION:** Sanctioned by USA/Pacific Swimming. Sanction # **13-177**

*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:* Lucille Glassman      *Head Starter:* Phillip Harter  
*Meet Marshal:* Lisa Brett              *Admin Official:* James Boyce  
*Meet Director:* Dana Kirk - (650) 868-8595/spaswimming@gmail.com

**LOCATION:** Fremont Hills Country Club; 12889 Viscaino Place, Los Altos Hills, CA 94022

From the North on 280: Page Mill exit (east); Continue through the intersection on Arastradero Rd; Turn Right onto Purissima Rd; Turn Left onto Viscaino Rd; Take immediate right onto Viscaino Pl.

From the South on 280: Page Mill exit (east); Stay in left lane; Turn left and pass under I-280; Turn left onto Arastradero Rd; Turn Right onto Purissima Rd; Turn Left onto Viscaino Rd; Take immediate right onto Viscaino Pl.

**COURSE:** Outdoor, heated 50-meter pool with up to 6 lanes available for competition. At least 1 additional lane will be available for warm-up/cool down throughout the competition in the competition pool. The minimum water depth, measured in accordance with Article 103.2.3, is 9' at the start end and 3'6" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4); Relay swimmers starting at the turn end of the pool will start from in the water and may not dive.

**TIME:** Meet will begin at 9:15 AM with warm-ups from 8 to 8:45 AM. A special warm-up time for 8 and under swimmers only will be held from 8:45 to 9:00 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.
- Teams will be limited to 2 relay entries per event.
- Swimmers with NO Time entries will be accepted.
- All swim coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

**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.

**RACING STARTS:** Swimmers 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:**

- 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
- Except where venue facilities require otherwise, changing into or out of swim suits other than in locker rooms or other designated areas is not appropriate and strongly discouraged
- All shelters must be properly secured.

**ELIGIBILITY:**

- 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 must be a member of PASA, WEST or SUNN. Swimmers who are unattached, but participating with a member team may enter a CSA dual meet. All competitors must be current members of USA-S.
- Unattached swimmers may compete, but may not score team points. Unattached swimmers will be seeded the same as attached swimmers.
- 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.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRIES:** Coaches will enter swimmers via the Hy-Tek or TeamUnify compatible files and email the Meet Director by Thursday, September 26, 2013 by 9:00 PM. Email entries to Dana Kirk at [spaswimming@gmail.com](mailto:spaswimming@gmail.com). Only entries sent by participating team's head coaches will be entered into the meet.

**ENTRY FEES:** \$25.00 per swimmer

**SEEDING:** The top 2 swimmers from each team will be seeded in the first heat, lanes will go as follows: PASA-DKS- Lanes 1 and 4, SUNN- lanes 2 and 5, WEST lanes 3 and 6. Lane 7 will be roped off and lane 8 will be available for warm-up and warm down. All remaining entries will be seeded fastest to slowest.

**SCORING:** Scoring will be done in accordance with USA Swimming rules. Scoring in individual events will be as follows: 1<sup>st</sup> place = 5 points; 2<sup>nd</sup> place = 3 points; 3<sup>rd</sup> place = 1 points. Scoring in relay events will be as follows: 1<sup>st</sup> place = 7 points; 2<sup>nd</sup> place = 0. Scoring will include boys & girls 8 & U; 9 & 10; 11-12; 13-14 and 15 & older. OPEN events will swim age groups together but scored separately according to above scoring.

**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 will be available, including breakfast, snacks and lunch options.

**PROGRAMS:** No programs will be available for purchase.

**TIMERS:** Participating teams will be responsible for providing timers.

## ORDER OF EVENTS

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