

SANTA CRUZ SWIMMING  
PACIFIC SWIMMING SHORT COURSE AGO  
OCTOBER 1-2, 2016  
ENTER ONLINE: <http://ome.swimconnection.com/pc/CRUZ20161001>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **16-124**

*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://cruzswimming.org>**

**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.

**OFFICIALS:**  
**Meet Referee:** Brett Shaug      **Head Starter:** Mark Stander  
**Meet Marshal:** Virginia Leal      **Admin Official:** Mike Piccardo  
**Meet Director:** Bill Norris; [cruz.meetdirector@gmail.com](mailto:cruz.meetdirector@gmail.com), 650-303-2921

**LOCATION:** Watsonville High School, 380 Lincoln Street, Watsonville, CA

**DIRECTIONS:** Map for parking and pool location can be found at <http://cruzswimming.org>. From US Highway 101 (either from north or south) take Chittenden Road (CA 129) west towards Watsonville. From CA 1 (either from north or south) take Riverside Drive (CA 129) east towards Watsonville. From either direction turn north onto Lincoln Street, athletic fields will be on your right. Turn first right onto Wildcatz Way, pool entrance and drop-off will be on your right. Parking will be at the end of Wildcatz way under solar installations.

**COURSE:** Outdoor pool with up to 10 lanes available for competition. An additional 4 lanes 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:** Meet will begin at 9 AM each day with warm-ups from 7:30 to 8:45 AM each day. Warmup lanes for 8 and under swimmers will be offered and allocated by deck officials.

**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 fastest to slowest.
- Athletes may compete in **a maximum of 4** events per day plus relay participation.
- 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 athlete's 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.**
- This meet is capped at 450 entries.
- All 25 yard events will start at the north end of the pool without starting blocks while timers remain in place at the south side of the pool.
- 49er Mixed Medley and Free Relays (not nationally recognized events) will swim at the end of each session. Each relay team can consist of any combination of four (4) Girls and/or Boys whose ages total 49 or less. Relays will be deck seeded, entry fees (\$9.00/relay entry) and cards will be will due at the time of entry and will be received at the check-in table. Specific deadline for the entry cards and fees will be determined and announce by Meet Referee.
- Timers will be provided for 500 Freestyle events however athletes must provide their own lap-counters.

**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.
- 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 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.
- **PLEASE DO NOT BRING YOUR DOGS TO THIS MEET.** No animals are allowed in any area of the meet venue (which includes the parking lots) except service animals wearing a service animal vest and actually working to assist a disabled person. Even service animals who are not behaving properly (barking, jumping and the like) will be asked to leave the meet venue.
- **For safety and accessibility reasons the entire pool deck must be cleared of non-coach tents, chairs, blankets, etc. All setup is intended to be located on the basketball courts between the pool and the football field.**

**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.
- For award purposes divisions will be created that comply with the following table. 8 & Under athletes will utilize Pacific Swimming motivational time standards. 9 & Up athletes will utilize USA-Swimming motivational time standards.

Age Group	Gold Division	Silver Division	Bronze Division
8 & Under	Pacific Swimming “A” Standard	Pacific Swimming “B” Standard	Below Pacific Swimming “B” Standard
9-10, 11-12,13-14, 15-16, 17-18	USA-S “BB” Motivational Standard	USA-S “B’ Motivational Standard	Below USA-S “B” Motivational Standard

- **Entries with "NO TIME" will be REJECTED. Athletes, with the assistance of their coaches, must submit estimated times if they have no official times.**
- 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 athletes 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.

**Santa Cruz Swimming**  
**PACIFIC SWIMMING SHORT COURSE AGO**  
**October 1-2, 2016**

**ENTRY PRIORITY:** Zone 1 South (Z1S) entries postmarked by **Monday, September 12, 2016** or entered online by 11:59 p.m. **Monday, September 12, 2016** will be given priority acceptance. All entries from Zone 1 South, all other Pacific LSC zones, and other LSC's either postmarked by **Monday, September 19, 2016**, entered online by 11:59 p.m. **Wednesday, September 21, 2016** or hand delivered by 5:00 p.m. **Wednesday, September 21, 2016** will be considered in the order that they were received or until meet cap is reached.

**ENTRY FEES:** \$4.00 per event plus an \$8.00 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. Relay entry fees are \$9.00 per relay entry. Both fees and cards will be will due at the time of entry and will be received at the check-in table. Specific deadline for the entry cards and fees will be determined and announce by Meet Referee.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/CRUZ20161001> 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 athlete 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 an athlete by Pacific Swimming.** Online entries will be accepted through Wednesday, **September 21, 2016**.

**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 postmarked by midnight, Monday, **September 19, 2016** or hand delivered by 5:00 p.m. Wednesday, **September 21, 2016**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Santa Cruz Swimming**

**Mail entries to: Bill Norris**  
**Swim Meet Entries**  
**P.O. Box 1616**  
**Soquel, CA 95073**

**Hand deliver entries to: Bill Norris**  
*Leave at Front Desk of Business*  
**345 Encinal Street**  
**Santa Cruz, CA 95073**

**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:** Awards will be given to top 8 finishers in the Gold, Silver and Bronze divisions for each age group described in the following table. "A" medals will be awarded to athletes achieving a new USA-S "A" time regardless of place achieved in event. No awards will be given to athletes age 19 years or older. All Individual awards must be picked up at the meet. No awards will be mailed or distributed after the meet.

Age Group	Gold Division	Silver Division	Bronze Division
8 & Under	Pacific Swimming "A" Standard	Pacific Swimming "B" Standard	Below Pacific Swimming "B" Standard
9-10, 11-12,13-14, 15-16, 17-18	USA-S "BB" Motivational Standard	USA-S "B" Motivational Standard	Below USA-S "B" Motivational Standard

**ADMISSION:** Free.

**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.

## EVENT SUMMARY

Saturday October 1, 2016				Sunday October 2, 2016			
8 & UN	9-10	11-12	13 and Over	8 & UN	9-10	11-12	13 and Over
200 Free	200 Free	200 Free	500 Free	500 Free	500 Free	500 Free	200 Free
25 Free	100 IM	100 IM	200 Breast	50 Free	100 Breast	100 Breast	100 Breast
100 IM	50 Breast	50 Breast	100 Back	100 Breast	50 Back	50 Back	200 Back
50 Breast	100 Back	200 Breast	100 fly	25 Breast	50 Fly	200 Back	200 Fly
100 Back	100 Fly	100 Back	100 Free	50 Back	100 Free	50 fly	50 Free
25 Back	50 Free	100 Fly	400 IM	25 Back	200 IM	200 Fly	200 IM
100 Fly		50 Free		50 Fly		100 Free	
25 Fly		400 IM		100 Free		200 IM	
50 Free				200 IM			
49er Mixed Medley Relay				49er Mixed Free Relay			

## EVENTS

Saturday October 1, 2016				
Warm-up 7:30-8:45				
	Girls EVENT #	EVENT	Boys EVENT #	
	1	13 & Up 500 Free	2	
	3	12 & Under 200 Free	4	
	5	8 & Under 25 Free	6	
	7	12 & Under 100 I.M.	8	
	9	13 & Up 200 Breast	10	
	11	12 & Under 50 Breast	12	
	13	11/12 200 Breast	14	
	15	13 & up 100 Back	16	
	17	12 & Under 100 Back	18	
	19	8 & Under 25 Back	20	
	21	13 & Up 100 Fly	22	
	23	12 & Under 100 Fly	24	
	25	8 & Under 25 Fly	26	
	27	13 & Up 100 Free	28	
	29	12 & Under 50 Free	30	
	31	11/12 400 IM	32	
	33	13 & Up 400 IM	34	
	35	49er Mixed 200 Medley Relay**	36	

Sunday October 2, 2016				
Warm-up 7:30-8:45				
	Girls EVENT #	EVENT	Boys EVENT #	
	37	12 & Under 500 Free	38	
	39	13 & Up 200 Free	40	
	41	8 & Under 50 Free	42	
	43	13 & Up 100 Breast	44	
	45	12 & Under 100 Breast	46	
	47	8 & Under 25 Breast	48	
	49	13 & Up 200 Back	50	
	51	12 & Under 50 Back	52	
	53	11/12 200 Back	54	
	55	8 & Under 25 Back	56	
	57	13 & Up 200 Fly	58	
	59	12 & Under 50 Fly	60	
	61	11/12 200 Fly	62	
	63	12 & Under 100 Free	64	
	65	13 & Up 50 Free	66	
	67	12 and Under 200 IM	68	
	69	13 & Up 200 IM	70	
	71	49er Mixed 200 Free Relay**	72	

- Timers will be provided for 500 Freestyle events however athletes must provide their own lap-counters.
  - Entries with "NO TIME" (NT) are not permitted. Athletes, with the assistance of their coaches, must submit estimated times if they have no official times.
  - All 25 yard events will start at the north end of the pool without starting blocks while timers remain in place at the south side of the pool.
- \*\* 49er Mixed Medley and Free Relays (not nationally recognized events). Each relay team can consist of any combination of four (4) Girls and/or Boys whose ages total 49 or less. Relays will be deck seeded, entry fees and cards will be will due at the time of entry and will be received at the check-in table. Specific deadline for the entry cards and fees will be determined and announced by Meet Referee.

Santa Cruz Swimming  
 PACIFIC SWIMMING SHORT COURSE AGO  
 October 1-2, 2016

Pacific Swimming – Hosted by Santa Cruz Swimming Short Course AGO October 1-2, 2016 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				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee      \$ 8.00 Total                      \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													