

PALO ALTO STANFORD AQUATICS
SUPER LEAGUE QUAD
PACIFIC SWIMMING SHORT COURSE MEET
SEPTEMBER 29, 2019



INVITED CLUBS: PASA, SRN, SCSC, and NBA

SANCTION: Held under USA/Pacific Swimming Sanction No. **19-139**

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: 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: Brenda Zawatski
	Meet Marshal: Lilly Morrison	Admin Official: Curtiss Kikuta
	Meet Director: Tony Batis kenyasprid@aol.com	

LOCATION: Palo Alto High School, 50 Embarcadero Rd, Palo Alto, CA 94301

DIRECTIONS: From 101: Take the Embarcadero Rd/Oregon Expwy exit. Turn left on Alma St. then take the next right onto Churchill Ave. The pool will be on the left, across from the field. **From 280:** Take exit 20 for Page Mill Rd toward Arastradero Rd/Palo Alto. Turn onto Page Mill Road. Follow signs for Arastradero Rd E/Veterans Hospital/Palo Alto. Turn left on 82/El Camino Real. Turn right onto Churchill Ave. The pool will be on the left, across from the field.

COURSE: Outdoor, heated, 25 yard pool. Up to 10 lanes will be used for competition. A warm-up and cool-down area will be available during the meet. The minimum water depth, measured in accordance with Article 103.2.3 is 7' at the start end and 7' at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

TIME: Meet will begin at 10:00 AM with warm-ups from 8:30 to 9:45 AM.

RULES:

- Current USA and Pacific Swimming rules and warm-up procedures, including the Minor Athlete Abuse Prevention Policy ("MAAPP") 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 be swum "**FAST to SLOW**".
- Athletes may compete in **3 individual events and 2 relay** events per day.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down.
- All coaches and deck officials shall display their current USA Swimming membership cards in a visible manner.

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, in 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.
- Deck Changes are prohibited.
- Destructive devices, including 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 are exempt per applicable laws.
- Operation of a drone or any other flying apparatus is prohibited over the venue (pools, athlete/coach area, spectator area and open ceiling locker rooms) any time athletes, coaches, official and/or spectators are present.

ELIGIBILITY: • Athletes shall be current members of USA-Swimming and enter their name and registration number on the meet entry card exactly 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.

- Entries with "**NO TIME**" will be **ACCEPTED**.
- Entry times submitted for this meet may 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.
- Age on the first day of the meet shall determine the Athlete's age for the entire meet.
- Meet is open to all qualified athletes registered with one of the invited clubs. Athletes must be a member of PASA, NBA, SCSC, SRN. Athletes who are unattached but participating with a member club may enter.

ENTRY FEES: \$50 per athlete. Please bring a single check for your entries made out to "PASA". No refunds will be made.

ONLINE ENTRIES: A Hy-Tek entry file must be submitted by Sunday, September 22, 2019 11:59pm. Request a confirmation of receipt to ensure delivery of the email/file. Send Meet entry file to ckikuta@att.com

MAILED OR HAND DELIVERED ENTRIES: Will not be accepted.

CHECK-IN: All sessions will be pre seeded. There will be no check in.

SCRATCHES: Any athletes not reporting for or competing in an individual timed final event that they have entered shall not be penalized.

AWARDS: None

ADMISSION: Free. A program will not be available.

SNACK BAR & HOSPITALITY: A snack bar may be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to deck officials, marshals, and coaches.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. Each club is required to provide timers. Meet director will email timer/lane assignments to each club prior to the meet.

EVENTS

Girls	Age Group	Event	Boys
1	OPEN	4x100 Freestyle Relay	2
3	OPEN	1000 Freestyle	4
5	OPEN	200 Freestyle	6
7	OPEN	200 Butterfly	8
9	OPEN	100 Backstroke	10
11	OPEN	100 Breaststroke	12
13	OPEN	50 Freestyle	14
15	OPEN	100 Freestyle	16
17	OPEN	200 Backstroke	18
19	OPEN	200 Breaststroke	20
21	OPEN	500 Freestyle	22
23	OPEN	100 Butterfly	24
25	OPEN	400 IM	26
27	OPEN	4x100 Mixed Medley Relay	