

CSA CONFERENCE  
November 21, 2015  
PACIFIC SWIMMING SHORT COURSE LEAGUE MEET  
INVITED CLUBS: PASA, QSS, WEST



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-172**

*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://www.swimcsa.com/SubTabGeneric.jsp?team=csa&stabid=133637>.**

**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:**

<i>Meet Referee:</i> Jennifer McKennan	<i>Head Starter:</i> Dustin McKennan
<i>Meet Marshal:</i> Kyle Accornero	<i>Admin Official:</i> Mike Tramack
<i>Meet Director:</i> Bruce Smith / <a href="mailto:brucesmithswim@gmail.com">brucesmithswim@gmail.com</a>	

**LOCATION:** Gunn High School, 780 Arastradero Rd, Palo Alto, CA, 94306

**DIRECTIONS:** From 101: Take the San Antonio Rd exit, head South towards the El Camino Real. Turn right onto Charleston Rd. Charleston Rd will turn into Arastradero Rd when you cross El Camino Real. Continue & turn right into Gunn High School.  
From 280: Take the Page Mill Road exit and go East towards the bay. Take Page Mill Rd to Foothill Expressway. Exit onto Foothill Expressway going South (make a right). Take Foothill Expressway to Arastradero Road. Make a left onto Arastradero Road. Continue on Arastradero Road one block and Gunn High School is on the left.

**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: Session A (14 and Under):** Meet will begin at **9:00 AM** with warm-ups from **7:30 to 8:30 AM** each day. A special warm-up time for 8 and under swimmers only will be held on Saturday from **8:30 to 8:50 AM**.  
**Session B (Open):** Meet will start 1 hour after the conclusion of Session A, but not before 1 PM. Warm-Ups will start at the conclusion of Session A, but not before 12 PM.

**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 fast to slow.
- Swimmers may compete in **4 individual** events per session.
- Swimmers competing in Session B may swim 1 relay and 3 individual events or 2 relay and 2 individual events only.
- 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.
- 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.**

**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-S 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-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 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.
- 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.

**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 will 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.
- Meet is open to all qualified swimmers registered with one of the CSA teams. **Swimmers must be a member of PASA, QSS, or WEST. Swimmers who are unattached, but participating with a member team may enter a CSA dual meet.**
- Entries with "NO TIME" will be NOT 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 any 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. Such swimmers must have met standards for the 17-18 age group.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRY FEES:** \$30 per swimmer. One check must be made by the visiting team payable to the host team. Checks must be hand delivered to the meet director on the day of the meet.

**TEAM ENTRIES:** An sd3 entry file must be submitted to [brucesmithswim@gmail.com](mailto:brucesmithswim@gmail.com) by the Tuesday prior to the meet. Request a confirmation of receipt to ensure delivery of the email and file. Send meet entry file to the meet director.

**Make check payable to:** DBA-DKS

**E-Mail entries to:** Meet Director – [brucesmithswim@gmail.com](mailto:brucesmithswim@gmail.com)

**CHECK-IN:** All sessions will be pre-seeded.

**SCRATCHES:** Any swimmers 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. Heat Sheets may be available electronically and should be printed before the meet.

**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 team is required to provide timers. Meet director will email timer/lane assignments to each team prior to the meet. This meet will be scored according to CSA rules for dual meets.

**SESSION A EVENTS (14 and below)**

Girls Event #	Age Group	Event	Boys Event #
1	10 & Under	200 Free Relay	2
3	11-14	200 Free Relay	4
5	14 & Under	200 Freestyle	6
7	14 & Under	100 Backstroke	8
9	14 & Under	50 Butterfly	10
11	14 & Under	100 Breaststroke	12
13	14 & Under	50 Freestyle	14
15	14 & Under	100 Butterfly	16
17	14 & Under	50 Breaststroke	18
19	14 & Under	100 Freestyle	20
21	14 & Under	500 Freestyle (limited entries)	22
23	14 & Under	50 Backstroke	24
25	14 & Under	200 Individual Medley	26

**SESSION B EVENTS (Open)**

Girls Event #	Age Group	Event	Boys Event #
27	OPEN	200 Free Relay	28
29	OPEN	200 Freestyle	30
31	OPEN	100 Backstroke	32
33	OPEN	100 Breaststroke	34
35	OPEN	200 Butterfly	36
37	OPEN	50 Freestyle	38
39	OPEN	200 Backstroke	40
41	OPEN	200 Breaststroke	42
43	OPEN	100 Freestyle	44
45	OPEN	500 Freestyle	46
47	OPEN	100 Butterfly	48
49	OPEN	200 Individual Medley	50
51	OPEN	400 Medley Relay	52