

**SOLO AQUATICS  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
February 11-12, 2017**



**Z1N Teams Assigned: BSC, DACA, DCD, FOG, HDAC, LAMV, MAV, MCAC, MLKB, MNLO, PCCA, PPSC, PSL, SOLO, SSF, STAR**  
**Enter Online: <http://omeswimconnection.com/pc/SOLO20170211>**

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **17-030**

*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.

**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 electronic devices, including but not limited to film and digital camera, cell phones and tablets, and Google Glass is not permitted in changing areas, restrooms or locker rooms. Violation of this recording prohibition may result in the ejection from the swimming pool facility by the Meet Referee or his/her designee.

**MEET PERSONNEL:**

<b>Meet Referee:</b> Stephanie Kuang	<b>Head Starter:</b> Robert Iacobacci
<b>Meet Marshal:</b> Sean Horan	<b>Admin Official:</b> Darryl Woo
<b>Meet Director:</b> Tom McRae – <a href="mailto:solotom@yahoo.com">solotom@yahoo.com</a> / (650) 851-9091	

**LOCATION:** Jean E. Brink Swimming Pool, Oceana High School, 401 Paloma Avenue, Pacifica, CA 94044-2436

**DIRECTIONS:** From San Francisco: I-280 take HWY 1 South into Pacifica. EXIT the PALOMA/FRANCISCO exit. Turn Left at the end of the off-ramp stop sign and cross the Highway 1 overpass. After the overpass is a stop sign. Continue STRAIGHT/EAST. After the next stop sign, continue East half block. Oceana Pool is the first driveway on your left. From Half Moon Bay: Take HWY 1 NORTH into Pacifica EXIT the OCEANA/CLARENDON exit. At the end of the off-ramp is a stop sign. Continue STRAIGHT/NORTH about ¼ mile along Oceana until you reach the next stop sign. At the stop sign take a right to the next stop sign. Oceana Pool is the first driveway on your left. There are three parking lots available on school campus, two on Paloma Ave. and one on Oceana Blvd. PLEASE BE COURTEOUS TO THE SURROUNDING NEIGHBORS!

**COURSE:** 25 yard, indoor heated pool. Up to seven (7) 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 5' at the start end and 5' at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

**TIME:** Saturday and Sunday are split into sessions "A" and "B"

**SESSION A** All 13 & Over Athletes and 11-12 Girls. Meet begins at 8:30AM each day, warm-up from 7:00 to 8:15AM.  
**SESSION B** 10 & Under Athletes and 11-12 Boys. Session B will begin one hour after Session A finishes, but not before 12:30 PM each day. Session B warm-up will begin immediately upon completion of Session A.

**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.
- Athletes may compete in a **maximum of four (4)** events per day.
- All athletes ages 12 and under should complete competition within four (4) hours.
- All events will run fastest to slowest.
- Entries will be accepted until the number of splashes exceeds the estimated time line, per the "Four-Hour Rule," based on the athletes' 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 athletes competing in the 500 yard freestyle or 400 yard IM events must provide their own lane timers. Athletes in the 500 yard freestyle must provide their own lap counters.

- All athletes competing in the 9-10 500 yard freestyle must have achieved the minimum USA-S Motivational “B” time standard for their gender.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

**ATTENTION HIGH SCHOOL ATHLETES:** If you are a high school athlete in competition season, you need to be unattached for this meet. It is your responsibility to be unattached from this meet. You can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**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.
- Pets are not allowed in the pool area, with the exception of guide and assistance dogs.
- 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 result in reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

**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.
- Athletes in the “A” division must have met at least the USA Swimming motivational “A” minimum time standard. Athletes in the “B” division must have met at least the listed “B” minimum time standard. All entry times slower than the listed “B” time standard will be in the “C” division.
- Entries with **"NO TIME" will be ACCEPTED. (Exception – 9/10 500 Yard Freestyle. See Rules).**
- 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.
- The athlete’s age will be the age of the athlete on the first day of the meet.

**ENTRY PRIORITY: Zone 1 North athletes from BSC, DACA, DCD, FOG, HDAC, LAMV, MAV, MCAC, MLKB, MNLO, PCCA, PPSC, PSL, SOLO, SSF, STAR entering online must do so by Wednesday January 25 in order to receive priority acceptance into the meet.**

Surface mail entries must be postmarked by Monday, January 23<sup>rd</sup> in order to receive priority acceptance to the meet. No athletes other than those from **BSC, DACA, DCD, FOG, HDAC, LAMV, MAV, MCAC, MLKB, MNLO, PCCA, PPSC, PSL, SOLO, SSF, STAR** may enter the meet until the preference period has concluded.

**ENTRY FEES:** \$4.00 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.

**ONLINE ENTRIES:** To enter on-line go to <http://ome.swimconnection.com/pc/SOLO20170211> 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, **February 1 at 11:59 PM.** Refunds are not available for entries.

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athletes' best time. Entries must be postmarked by midnight, **Monday, January 30<sup>th</sup>, 2017** or hand delivered by **6:30 PM, Wednesday, February 1<sup>st</sup>, 2017.** No late entries will be accepted. No entries received after the meet has reached capacity will be accepted. Requests for confirmation of receipt of entries should include a self-addressed, stamped envelope.

**Make check payable to: SOLO Aquatics**

**Mail entries to: Tom McRae  
PO Box 7266  
Menlo Park, CA 94026**

**Hand deliver entries to: Tom McRae  
800 Sea Spray Lane #304  
Foster City, CA 94404**

**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:** Individual awards will be awarded in the A, B, and C division. Ribbons for First through Third place will be given to the following age groups: 8 & Under, 9-10, and 11-12. Athletes 13 years of age and older will not receive awards. Standard "A" time medals will be awarded to athletes achieving NEW USA Swimming motivational "A" time standard, regardless of place achieved in the event. All awards must be picked up at the meet. Awards will not be mailed.

**ADMISSION:** Free. A program will not be available.

**REFRESHMENTS:** A small snack bar may be available throughout the competition. 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. All participating clubs are expected to provide lane timers based upon the number of athletes registered to swim each day. Team timing lanes will be assigned and coaches will be notified of assignments during the week prior to the meet.

**MINIMUM OFFICIALS:** clubs must follow Zone 1 North rules for providing officials. Each club must provide officials for each session according to the number of athletes entered in that session, following the table below. Clubs that do not provide sufficient officials must provide coaches to act in the place of officials.

<b>Club athletes entered in session</b>	<b>Trained and carded officials requested</b>
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5 and up (1 for every 25 athletes)

**EVENT SUMMARY**

SATURDAY, FEBRUARY 11 <sup>TH</sup>				SUNDAY, FEBRUARY 12 <sup>TH</sup>			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
50 BK	100 BK	200 BK	100 FR	25 FR	200 FR	200 IM	50 FR
25 FL	200 IM	50 FR	200 IM	25 BR	100 FR	100 BK	100 FL
50 FR	50 FL	200 BR	200 FL	100 IM	100 BR	200 FL	200 FR
50 BR	50 BR	100 IM	100 BR	50 FL	100 FL	100 FR	100 BK
100 FR	50 FR	50 FL	200 BK	25 BK	50 BK	50 BR	200 BR
	500 FR	400 IM			100 IM	200 FR	400 IM

**EVENTS**

SATURDAY, FEBRUARY 11 <sup>TH</sup>		
GIRLS EVENT #	EVENT	BOYS EVENT #
<b>SESSION A</b>		
1	13 & O 100 FREE	2
3	11 – 12 200 BACK	
5	13 & O 200 IM	6
7	11 – 12 50 FREE	
9	13 & O 200 FLY	10
11	11 – 12 200 BREAST	
13	13 & O 100 BREAST	14
15	11 – 12 100 IM	
17	13 & O 200 BACK	18
19	11 – 12 50 FLY	
21	11 – 12 400 IM	
<b>SESSION B</b>		
	11 – 12 200 BACK	24
25	9 – 10 100 BACK	26
27	8 & U 50 BACK	28
	11 – 12 50 FREE	30
31	9 – 10 200 IM	32
33	8 & U 25 FLY	34
	11 – 12 200 BREAST	36
37	9 – 10 50 FLY	38
39	8 & U 50 FREE	40
	11 – 12 100 IM	42
43	9 – 10 50 BREAST	44
45	8 & U 50 BREAST	46
	11 – 12 50 FLY	48
49	9 – 10 50 FREE	50
51	8 & U 100 FREE	52
53	9 – 10 500 FREE	54
	11 – 12 400 IM	56

SUNDAY, FEBRUARY 12 <sup>TH</sup>		
GIRLS EVENT #	EVENT	BOYS EVENT #
<b>SESSION A</b>		
57	11 – 12 200 IM	
59	13 & O 50 FREE	60
61	11 – 12 100 BACK	
63	13 & O 100 FLY	64
65	11 – 12 200 FLY	
67	13 & O 200 FREE	68
69	11 – 12 100 FREE	
71	13 & O 100 BACK	72
73	11 – 12 50 BREAST	
75	13 & O 200 BREAST	76
77	11 – 12 200 FREE	
79	13 & O 400 IM	80
<b>SESSION B</b>		
	11 – 12 200 IM	82
83	9 – 10 200 FREE	84
85	8 & U 25 FREE	86
	11 – 12 100 BACK	88
89	9 – 10 100 FREE	90
91	8 & U 25 BREAST	92
	11 – 12 200 FLY	94
95	9 – 10 100 BREAST	96
97	8 & U 100 IM	98
	11 – 12 100 FREE	100
101	9 – 10 100 FLY	102
103	8 & U 50 FLY	104
	11 – 12 50 BREAST	106
107	9 – 10 50 BACK	108
109	8 & U 25 BACK	110
	11 – 12 200 FREE	112
113	9 – 10 100 IM	114

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>  
 All 9-10 athletes in the 500 yard freestyle must have met the USA-S Motivational "B" Standard for their gender

Pacific Swimming – Hosted by Palo Alto Stanford Aquatics  
 Short Course C/B/A+  
 February 11-12, 2017  
 Consolidated Entry Form

Name: Last,                      First                      Middle

Club Abbr.	UNATT CLU ABBR	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

# of entries \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_  
 Participation Fee        \$ 8.00  
 Total                        \$ \_\_\_\_\_

Coach

Athlete's  
Address

Home Phone

Cell Phone

Email