

SOLO Aquatics
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
Saturday and Sunday, December 13-14, 2014
Z1N TEAMS: BAC, BSC, DACA, KOA, MAV, MCAC, PCCA, PSL, PSRP, SOLO
Enter Online: <http://ome.swimconnection.com/pc/solo20141213>



SANCTION: Held under USA/Pacific Swimming Sanction No. **14-195**

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 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: Paul Reidl **Head Starter:** Karl Nakamura
Meet Marshal: Sean Horan **Admin Official:** Larry Rice
Meet Director: Tom McRae; (650)851-9091; solotom@yahoo.com

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. Separate, warm-up, cool down area will be available during the meet. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 5'0" at the start end and 5'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

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

Session A **All 13 & Over Swimmers and 11-12 Girls.** Warm-ups from 7:00-8:15 AM. Meet begins at 8:30 AM.
Session B **All 10 & Under swimmers and 11-12 Boys.** Session B will begin one hour after Session A finishes but not before 12:30PM. Warm-up begins immediately after Session A finishes.

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 a **maximum of three (3)** events per day.
- 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.**
- All swimmers entered in the 500y Free will need to provide their own timers and lap counters.

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.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open and concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and surrounding areas. If observed, the Meet Referee and 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.
- No personal tents/EZ-ups will be allowed on the pool deck.

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.
- Swimmers in the "A" Division must have met at least USA Swimming Motivational "A" minimum time standard. Swimmers 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.
- 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 and 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 PRIORITY: Priority entry will be given to the following **Z1N TEAMS: BAC, BSC, DACA, KOA, MAV, MCAC, PCCA, PSL, PSRP, SOLO** entering online must do so by **11:59 PM, Wednesday, November 26th** in order to receive priority acceptance to the meet. Swimmers from **BAC, BSC, DACA, KOA, MAV, MCAC, PCCA, PSL, PSRP, SOLO** submitting surface mail entries must be postmarked by **Monday, November 24th** in order to receive priority acceptance into the meet. No swimmers other than those from **BAC, BSC, DACA, KOA, MAV, MCAC, PCCA, PSL, PSRP, SOLO** may enter the meet until the priority period has closed.

ENTRY FEES: \$4.00 per event plus an \$8.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/solo20141213> 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 swimmer 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 a swimmer by Pacific Swimming.** Online entries will be accepted through Wednesday, December 3rd, at 11:59 PM.

EVENTS

| SATURDAY, DECEMBER 13 th | | |
|-------------------------------------|--------------------|---------|
| SESSION A | | |
| EVENT # | EVENT | EVENT # |
| 1 | 11 – 12 200 BACK | |
| 3 | 13 – 14 100 BACK | 4 |
| 5 | 15 – OV 100 BACK | 6 |
| 7 | 11 – 12 100 BREAST | |
| 9 | 13 – 14 200 BREAST | 10 |
| 11 | 15 – OV 200 BREAST | 12 |
| 13 | 11 – 12 100 FREE | |
| 15 | 13 – 14 50 FREE | 16 |
| 17 | 15 – OV 50 FREE | 18 |
| 19 | 11 – 12 400 IM | |
| 21 | 13 – 14 500 FREE | 22 |
| 23 | 15 – OV 500 FREE | 24 |
| SESSION B | | |
| 25 | 9 – 10 100 BACK | 26 |
| | 11 – 12 200 BACK | 28 |
| 29 | 8 – UN 50 BACK | 30 |
| 31 | 9 – 10 50 FLY | 32 |
| | 11 – 12 100 BR | 34 |
| 35 | 8 – UN 25 FLY | 36 |
| 37 | 9 – 10 50 FREE | 38 |
| | 11 – 12 100 FREE | 40 |
| 41 | 8 – UN 50 FREE | 42 |
| | 11 – 12 400 IM | 44 |
| 45 | 9 – 10 500 FREE | 46 |

| SUNDAY, DECEMBER 14 th | | |
|-----------------------------------|-------------------|---------|
| SESSION A | | |
| EVENT # | EVENT | EVENT # |
| 47 | 13 – 14 200 FREE | 48 |
| 49 | 15 – OV 200 FREE | 50 |
| 51 | 11 – 12 50 BACK | |
| 53 | 13 – 14 100 FLY | 54 |
| 55 | 15 – OV 100 FLY | 56 |
| 57 | 11 – 12 200 FLY | |
| 59 | 13 – 14 100 FREE | 60 |
| 61 | 15 – OV 100 FREE | 62 |
| 63 | 11 – 12 100 IM | |
| 65 | 13 – 14 200 IM | 66 |
| 67 | 15 – OV 200 IM | 68 |
| 69 | 11 – 12 200 FREE | |
| SESSION B | | |
| 71 | 9 – 10 100 FREE | 72 |
| 73 | 8 – UN 25 FREE | 74 |
| | 11 – 12 50 BACK | 76 |
| 77 | 9 – 10 50 BACK | 78 |
| | 11 – 12 200 FLY | 80 |
| 81 | 8 – UN 25 BREAST | 82 |
| 83 | 9 – 10 100 BREAST | 84 |
| | 11 – 12 100 IM | 86 |
| 87 | 8 & U 100 IM | 88 |
| 89 | 9 – 10 100 IM | 90 |
| | 11 – 12 200 FREE | 92 |

All 500 Free swimmers must provide their own timers and lap counters.

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

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| Pacific Swimming – Hosted by SOLO AQUATICS C/B/A + Short Course Meet Saturday and Sunday, December 13-14, 2014 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 | | | | |
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| | | | | | | : . | | | SCY / LCM | | | | |
| | | | | | | : . | | | SCY / LCM | | | | |
| # of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____ | | | | | | | | | | | | | |
| Coach | | | | | | | | | | | | | |
| Swimmer's Address | | | | | | | | | | | | | |
| Home Phone | | | | | | | Cell Phone | | | | | | |
| Email | | | | | | | | | | | | | |