

**SUNNYVALE SWIM CLUB  
PACIFIC SWIMMING LONG COURSE MEET  
SUNDAY, APRIL 26, 2015**

Enter Online: <http://ome.swimconnection.com/pc/SUNN20150426>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-059**

*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.fastlanetek.com>.**

**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> Nan McKenna	<i>Head Starter:</i> Sylvain Flamant
<i>Meet Marshal:</i> Chris Lee	<i>Admin Official:</i> Larry Rice
<i>Meet Director:</i> Aditya Agarwal – <a href="mailto:aditya@heliofarm.com">aditya@heliofarm.com</a>	

**LOCATION:** Sunnyvale Swim Complex @ Fremont High School, 1283 Sunnyvale-Saratoga Ave. Sunnyvale, CA 94087

**DIRECTIONS:** From Highway 280 – Exit N. De Anza Blvd. (Sunnyvale-Saratoga Ave.), travel north on Sunnyvale-Saratoga Ave. until it reaches Fremont Ave. The pool is between the school's main entrance and the football field. There are two parking lots. Parking lot in the front of Fremont High School will be held for meet officials, swim coaches, and a few limited spots for participants. Additional parking is available on the west side of the school campus off Fremont Ave.

**COURSE:** Outdoor 50 meter pool with up to 8 lanes available for competition. At least one (1) additional lane 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 13'0" at the start end and 4'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** Meet will begin at 8:30 AM each day with warm-ups from 7:15 to 8:15 AM.

- 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.**
  - 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.
  - The 1500 Free will run fastest to slowest alternating girl's and boy's heats. The 1500 Free may be limited to TWO full heats for both boys and girls. Swimmers in the 1500 Free will need to provide their own timers and lap counters.
  - **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

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

**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.
- Portions of the pool deck will be restricted for officials, timers, swimmers, and meet staff only.

**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.
- Entries with **"NO TIME" will be ACCEPTED.** [Exception – 10 & U Swimmers Competing in 400 FR, 200 BR, 200 FL, 200 BK, 400 IM]
- Swimmers age 10 & Under entering the 400 Free, 200 Back, 200 Breast, 200 Fly, or 400 IM must have achieved a minimum USA-S Motivational "A" standard for their gender in the events as shown below:

EVENT	QUALIFYING EVENT
400 FREE	9 – 10 400 FREE
200 BREAST	9 – 10 100 BREAST
200 FLY	9 – 10 100 FLY
200 BACK	9 – 10 100 BACK
400 IM	9 – 10 200 IM

- 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.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRY FEES:** \$4.00 per event plus a \$10.00 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/SUNN20150426> 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, **April 15, 2015.**

**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, **April 13, 2015** or hand delivered by 6:30 p.m. Wednesday, **April 15, 2015.** No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: SUNN SWIMMING CLUB**

**Mail entries to: Aditya Agarwal**  
**1166 Pimento Ave.**  
**Sunnyvale, CA 94087**

**Hand deliver entries to: Aditya Agarwal**  
**1166 Pimento Ave.**  
**Sunnyvale, CA 94087**

**CHECK-IN:** The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. 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. No event shall be closed more than 30 minutes before the scheduled start of the session. Swimmers who do not check in will not be seeded and will not be allowed to compete in that event.

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

**AWARDS:** Standard "A" medals will be awarded to swimmers achieving NEW "A" times in each event, regardless of place achieved in the event. All awards must be picked up at the meet. Awards will not be mailed.

**ADMISSION:** Free. A one-day meet program will be available for a fee.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Lunch and limited hospitality will be available during the meet.

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

Club swimmers entered in session	Trained and carded officials requested
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 swimmers)

**ORDER OF EVENTS:**

Sunday, April 26, 2015					
10 & U QUALIFYING STANDARD	WOMEN'S EVENT #	DESCRIPTION		MEN'S EVENT #	10 & U QUALIFYING STANDARD
		AGE GROUP	EVENT		
A time, 9-10 400 Free	1	Open	400 Free*	2	A time, 9-10 400 Free
	3	Open	50 Back	4	
A time, 9-10 100 Breast	5	Open	200 Breast*	6	A time, 9-10 100 Breast
	7	Open	100 Free	8	
	9	Open	50 Fly	10	
	11	Open	200 IM	12	
	13	Open	100 Back	14	
	15	Open	50 Breast	16	
A time, 9-10 100 Fly	17	Open	200 Fly*	18	A time, 9-10 100 Fly
	19	Open	50 Free	20	
	21	Open	100 Breast	22	
A time, 9-10 100 Back	23	Open	200 Back*	24	A time, 9-10 100 Back
	25	Open	100 Fly	26	
	27	Open	200 Free	28	
A time, 9-10 200 IM	29	Open	400 IM*	30	A time, 9-10 200 IM
	31	Open	1500 Free**	32	

**\*Swimmers age 10 & Under must have a minimum USA-S Motivational "A" standard for their gender in the event listed in the Qualifying Standard column"**

**\*\* The 1500 Free will run fastest to slowest alternating girls and boys. The 1500 Free may be limited to TWO full heats for both boys and girls. Swimmers will need to provide their own timers and lap counters.**

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

Pacific Swimming – Hosted by SUNN LONG COURSE OPEN MEET SUNDAY, APRIL 26, 2015 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      \$ 10.00 Total                      \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													