



SANCTION: Held under USA/Pacific Swimming Sanction No.

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/LOCATION/ADDRESS:

Sanction #	Date	Meet	Location	Officials
15-106	June 17	CSC @ SLST	St. Lawrence Academy Pool 1971 St. Lawrence Drive Santa Clara, CA 95051	Meet Referee: Mike Piccardo Head Starter: Ric Lee Admin Official: Cliff Reyda Head Marshal: Sudhe Sampath Meet Director: Gloria Kou and Barbara Titus swimcoachtitus@yahoo.com

COURSES:

St. Lawrence Academy: The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 10'0" at the start end and 3'6" at the turn end. The competition course has not been certified in accordance with USA-S Article 104.2.2C(4).

TIME: Meet will begin at **5:00PM** each day with warm-ups from **4:00** to **4:45PM** each day.

- 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 up to **2 individual** events and up to 2 relays 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 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, or 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 competing for a team must be members of that team. Each swimmer competing for his team must be current members of USA-S. 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. Unattached swimmers may compete, but may not score team points. Unattached swimmers will be seeded the same as attached swimmers. Scoring will be done in accordance with US Swimming rules.

- Swimmers in the “Gold” Division must have met at least USA Swimming Motivational “BB” minimum time standard (“A” standard for 8&unders. All other swimmers will be in the “Silver” 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 any special accommodations on entry times and seeding per Pacific Swimming policy.
- Swimmers 19 years of age and over may compete in the meet in individual events only (no relays) and 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: No fees

ONLINE ENTRIES: Coaches will enter swimmers via the Hy-Tek entry system **ONE WEEK PRIOR TO THE dual meet date**. Send entries to the meet director.

CHECK-IN: The meet will be pre-seeded. There will be no check-in.

SCRATCHES: There will be no penalty for a swimmer entered in this meet that misses one of his/her events.

AWARDS: Awards will be provided in individual events first through sixth places in “Gold” division and “Silver” division; relays first through third places.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar may be available (dependent on the host team.)

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

EVENT SUMMARY

6&under	7-8s	9-10s	11-12s	13+
100 Medley Relay	100 Medley Relay	200 Medley Relay	200 Medley Relay	200 Medley Relay
25 Fly	25 Fly	50 Fly	50 Fly	100 Fly
25 Back	25 Back	50 Back	50 Back	100 Back
25 Breast	25 Breast	50 Breast	50 Breast	100 Breast
25 Free	25 Free	50 Free	50 Free	100 Free
100 Free Relay	100 Free Relay	200 Free Relay	200 Free Relay	200 Free Relay

ORDER OF EVENTS

Event #	Age-Group	Event
1	13-18	200 yd. Medley Relay (mixed)
2	11-12	200 yd. Medley Relay (mixed)
3	9-10	200 yd. Medley Relay (mixed)
4	8/Under	100 yd. Medley Relay (mixed)

Girls Event #	Age-Group	Event	Boys Event #
5	13-18	100 yd. Butterfly	6
7	11-12	50 yd. Butterfly	8
9	9-10	50 yd. Butterfly	10
11	7-8	25 yd. Butterfly	12
13	6/under	25 yd. Butterfly	14
15	13-18	100 yd. Backstroke	16
17	11-12	50 yd. Backstroke	18
19	9-10	50 yd. Backstroke	20
21	7-8	25 yd. Backstroke	22
23	6/under	25 yd. Backstroke	24
25	13-18	100 yd. Breaststroke	26
27	11-12	50 yd. Breaststroke	28
29	9-10	50 yd. Breaststroke	30
31	7-8	25 yd. Breaststroke	32
33	6/under	25 yd. Breaststroke	34
35	13-18	100 yd. Freestyle	36
37	11-12	50 yd. Freestyle	38
39	9-10	50 yd. Freestyle	40
41	7-8	25 yd. Freestyle	42
43	6/under	25 yd. Freestyle	44

Event #	Age-Group	Event
45	13-18	200 yd. Freestyle Relay (mixed)
46	11-12	200 yd. Freestyle Relay (mixed)
47	9-10	200 yd. Freestyle Relay (mixed)
48	8/Under	100 yd. Freestyle Relay (mixed)

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