

# West Coast Aquatics

## Pacific Swimming's South Bay Age Group Open Meet Memorial Day Weekend, May 29 – 30, 2010

Enter online at <http://ome.swimconnection.com/pc/west20100529>

**SANCTION:** Held under USA/Pacific Swimming Sanction # 10-066

**LOCATION:** Frank Fiscalini International Swim Center at Independence High School, 627 North Jackson Avenue, San José, CA 95133. From Interstate-680, exit McKee Road and head West, away from the foothills. Turn right at first light, which is Jackson Avenue. Turn left into the parking lot at the second traffic light, which is the pool parking lot. From Highway-101, Exit McKee Road and head East, toward the foothills. Go down McKee to the 7<sup>th</sup> traffic light which will be Jackson Ave. Turn Left on Jackson. At second light turn left into the pool parking lot.

**COURSE:** 25 yard by 50 meter outdoor, heated pool. Eight lanes of competition are available, with a separate 25 yard, 7 lane diving well for warm up and warm down. The minimum water depth at the shallow end of this pool measures 4.5 feet, with a maximum depth of 7 feet, and is in accordance with article 103.2.3. This competition course has not yet been certified in accordance with 104.2.2C(4).

**TIME:** Meet begins at 9:00 am each day. Warm-up is from 7:30 to 8:45 am each day.

**RULES:** Current USA and Pacific Swimming rules will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk of Course. All swimmers in the 12 and Under age group should complete competition within four (4) hours. Swimmers may compete in up to five events per day. **All coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner.** Entries will be accepted until the number of splashes exceeds the estimated time line, per the Four Hour Rule, based on swimmer's age and gender. **Each swimmer is limited to five (5) individual events per day.** If local conditions warrant it, the Head 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.

**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, which encompass the entire campus of Independence High School. Animals are prohibited in the pool deck area at all times, with the exception of disabled assistance animals. No propane containers, other than provided for the snack bar, are allowed in all areas of the meet venue. No glass containers allowed on deck. Except for coaches' seating next to the pool, no chairs, canopies, tents, or "camping" on the competition deck area is allowed. All chairs, canopies, tents, or other setups must be in designated setup areas 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 must 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. Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming policy. Swimmers 19 years of age and over are not allowed at this meet in accordance with Pacific Swimming Rules & Regulations Section 4.B.1(f).

**CHECK-IN:** The meet will be deck seeded. Swimmers must check-in with the Clerk of the Course. Events will be closed no earlier than 30 minutes before the estimated start time of each event. Swimmers who do not check -in will not be allowed to compete in the event.

**SCRATCHES:** There is no longer a penalty for missed events, but if you are planning to miss an event, or are leaving the meet early, PLEASE, scratch out of those events! Please do not delay our meet and make the time line longer by checking in for an event and not swimming it. Your cooperation in this is sincerely appreciated.

**DISTANCE:** The 1500 and 800 Freestyle will be swum fastest to slowest, alternating women's and men's heats. **Swimmers competing in these events must provide their own timers and lap counters.**

**ENTRIES:** Swimmers may enter this meet online or by mail. Online meet entry is in no way required or expected in order to enter this meet. Entry forms must be completely filled out, including best **LONG COURSE** times for each event. Entries times in short course yards will be accepted for events never swum in meters, but will be swum before actual meter swims. "No Time" (NT) entries Will Be accepted. No Refunds will be made except for mandatory scratch downs. No late entries will be accepted. No faxed entries will be accepted. Entries without payment will not be accepted.

**Online Meet Entries:** Enter at: <http://ome.swimconnection.com/pc/west> to receive immediate confirmation of acceptance by email. The "billing information" email should be brought to the meet as proof of entry. Online entry requires payment by credit card using our secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Fees collected by this system are completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. Online entries must be completed by 11:59PM PST, on Wednesday, May 19, 2010. No entries will be accepted after this time.

**Postal System Mailed Entries:** Entries must be completed on the attached SAMMS Consolidated Entry Form. Entry times must be completely filled out including best LONG COURSE times for each event. Entered times must be submitted in YARDS. All entries must be postmarked by midnight Monday, May 17, 2010, or hand delivered by 8:00 PM on Wednesday, May 19, 2010 to 2540 Yerba Hills Court, San Jose, CA 95121. All entries will be considered in the order in which they were received. No late entries will be accepted. No refunds will be made. Enclose a self addressed and stamped envelope if you wish to receive confirmation of entry.

**ENTRY FEES:** \$5.00 participation fee per swimmer, and \$2.75 per individual event. Fees must be included with entries. Please, make checks (Check or Money Order Only, No Cash) payable to West Coast Aquatics.

<b>OFFICIALS:</b>	Head Referee:	Karyn Kikuta
	Head Starter:	Cliff Reyda
	Head Marshal:	John Rasmussen
	Meet Director:	Veronica Hernandez e-mail: <a href="mailto:vernhernwest@gmail.com">vernhernwest@gmail.com</a>

**AWARDS:** One set of ribbons will be awarded for 1st through 8th places in each age group. Standard "A" medals shall be awarded to swimmers attaining new "PC-A" times in each event, regardless of the place achieved in the event. Events that contain multiple age group participants will be awarded separately. A team representative must pick up their swim team's awards at the conclusion of the meet at the awards desk. Awards will not be handed out to individuals, unless the swimmer is unattached. Awards will not be mailed.

**ADMISSION:** Free. A limited number of two day program will be available for purchase at the meet for a reasonable price.

**HOSPITALITY:** Meals and refreshments will be provided for working officials and coaches. Refreshments will be provided for timers.

**SNACK BAR:** A full snack bar with food and drinks will be available.

Summary of Event				
	8 & Under	9-10	11-12	13 & Up
Saturday	200 Free	200 Free	400 IM	400 IM
	100 Fly	100 Fly	200 Free	200 Free
	50 Back	50 Back	100 Fly	100 Fly
	100 Breast	100 Breast	200 Back	200 Back
	100 Free	100 Free	100 Breast	100 Breast
			100 Free	100 Free
			1500 Free	1500 Free
Sunday	200 IM	400 Free	400 Free	400 Free
	50 Fly	200 IM	200 IM	200 IM
	100 Back	50 Fly	200 Fly	200 Fly
	50 Breast	100 Back	100 Back	100 Back
	50 Free	50 Breast	200 Breast	200 Breast
		50 Free	50 Free	50 Free
			800 Free	800 Free

Girls Event #	Saturday Events Age Group, Event Description	Boys Event #
1	11 & Up 400 Individual Medley	2
3	12 & Under 200 Freestyle	4
5	13 & Up 200 Freestyle	6
7	12 & Under 100 Butterfly	8
9	13 & Up 100 Butterfly	10
11	10 & Under 50 Backstroke	12
13	11-12 200 Backstroke	14
15	13 & Up 200 Backstroke	16
17	12 & Under 100 Breaststroke	18
19	13 & Up 100 Breaststroke	20
21	12 & Under 100 Free	22
23	13 & Up 100 Free	24
25	11 & Up 1500 Freestyle	26

Girls Event #	Sunday Events Age Group, Event Description	Boys Event #
27	9-12 & Up 400 Free	28
29	13 & Up 400 Freestyle	30
31	12 & Under 200 Individual Medley	32
33	13 & Up 200 Individual Medley	34
35	10 & Under 50 Fly	36
37	11-12 200 Butterfly	38
39	13 & Up 200 Butterfly	40
41	12 & Under 100 Backstroke	42
43	13 & Up 100 Backstroke	44
45	10 & Under 50 Breaststroke	46
47	11-12 & 200 Breaststroke	48
49	13 & Up 200 Breaststroke	50
51	12 & Under 50 Freestyle	52
53	13 & Up 50 Freestyle	54
55	11 & Up 800 Freestyle	56



**Hotels Listings West  
Coast Aquatics Age  
Group Open Meet  
May 29<sup>th</sup> - May 30<sup>th</sup>**

Courtyard by Marriott  
1480 Falcon Dr.  
Milpitas, CA 95035  
Front Desk: 1-409-719-1966  
Hotel Fax: 1-408-719-1962  
1-800-321-2211  
\$69.00 per night  
Complimentary Parking

Towne Place Marriott Suites  
1428 Falcon Dr.  
Milpitas, CA 95035  
Front Desk: 1-408-719-1959  
Complimentary Parking  
Continental Breakfast  
\$74.00 per night

Holiday Inn – San Jose  
1740 N. First St.  
San Jose, CA 95112  
Front Desk: 1-408-793-3300  
Hotel Fax: 1-408-453-0259  
\$89.00 per night  
\$10.00 parking fee

Holiday Inn Express Airport  
1350 N. Fourth St.  
San Jose, CA 95112  
Front Desk: 1-408-467-1789  
\$119.00 per night  
Breakfast Included

Double Tree Hotel  
2050 Gateway San Jose Place  
San Jose, CA 95110  
Front Desk: 1-408-453-4000  
\$109.00 per night  
\$5.00 parking fee