

Silicon Valley Long Course

Saturday & Sunday, June 30 – July 1, 2012

Host: Sunnyvale Swim Club (SUNN)

Enter online at: <http://ome.swimconnection.com/pc/sunn20120630>

SANCTION: Held under USA/Pacific Swimming Sanction No. **12-111**

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. By entering the meet, the athlete or his/her guardian consents to this publication.

Use of Audio and Video: Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms.

OFFICIALS:

Head Referee:	Phil Harter
Head Starter:	Nan McKenna
Meet Director:	Doug Farnham, SUNNmeets@yahoo.com, (650) 743-6134
Head Marshal:	Chris Lee

LOCATION: Sunnyvale Swim Complex (408-732-2257), at 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.

NO PARKING is allowed in the Adult Education Community parking lot.

COURSE: 50 meter, 9 lane, outdoor, heated pool. Up to 8 lanes will be available for competition. At least one lane for warm-up will be available. The minimum water depth, 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: Saturday and Sunday are split into sessions "A" and "B"

Session A 10/un and 11-12 swimmers

Warm-up from 7:00-8:15 AM / Meet begins at 8:30 AM

Session B OPEN (all ages allowed, but 12/Under must meet minimum qualifying times, see RULES)

Will begin one hour after Session A finishes but not before 1:00 PM. / Warm-up begins immediately after Session A finishes.

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.

Swimmers may compete in maximum of THREE (3) individual events plus a relay each day. A swimmer may ONLY compete in one (1) Free and one (1) Medley relay. Swimmers may enter and pay (non-refundable) for as many individual events for which they qualify, but will be required to scratch down to THREE (3) the day of the meet. All events are timed finals.

All swimmers ages 12/Under should complete competition within four (4) hours. Entries will be accepted until the number of splashes meets the estimated timeline, per the "Four-Hour Rule," based on the swimmers age and gender. If the Head Referee and Meet Director determine a scratch down is necessary, immediate cash refund will be available. If necessary, the Head Referee, in concurrence with the Meet Director, may call for a break at an appropriate time between events. Entries submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.

Swimmers 12 and under may compete in either the A or B sessions, but not both. 12 and under swimmers wishing to compete in the OPEN Division (Session B) must have achieved the 13-14 PC-A time standards in the events entered per PC R&R 1B1a(5). Please see the 2012 Pacific Swimming Age Group Time Standards (http://www.pacswim.org/page/times_standards.shtml). Swimmers 13/Over must compete in the afternoon Open Division (Session B).

All swimmers wanting to swim in the 800M or 1500M Freestyle must have met the 13-14 PC-A Time Standards.

Swimmers in the OPEN division events will be seeded and swum together, but results will be separated into boys and girls in their respective age groups (12/Un, 13-14, 15/Over).

All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

UNACCOMPANIED SWIMMERS: Any USAS 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 USAS 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 Swimming 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 USAS Club Member-Coach. The swimmer must be certified by a USA Swimming member coach as being proficient in performing a racing starter must or 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. Glass bottles/containers, sale and use of alcoholic beverages are prohibited in all areas of the meet venue, which encompass the entire Fremont High School Campus. No spectator tents will be allowed on the pool deck or any other area within the pool's fenced complex and no unauthorized cars may park on the lawn areas. Only coaches' tents will be allowed on the pool deck. Access to the working area of the pool deck will be restricted to officials, timers, swimmers, coaches and meet staff.

ELIGIBILITY: Swimmers must be current members of USA-Swimming and enter their name and registration number when registering online or on the Consolidated Entry Form (Page 5). 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 \$10.00 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail. The swimmer's age will be the age of the swimmer on the first day of the meet.

The meet is open to all USA Swimming registered swimmers. Please also see RULES above.

Relay swimmers must either be entered in an individual event or be on the "Relay Only Swimmers Pre-Entry" form (page 6) and submitted by the entry deadline or will not be allowed to compete.

Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding accommodations on entry times and seeding per Pacific Swimming policy.

ENTRIES: Entries will be accepted until deadline or until the number of splashes meets the estimated timeline, per the "Four-Hour Rule," based on the swimmers Age Group and Gender. Therefore, meet entries may close prior to the entry deadline stated.

Option 1: Online Meet Entries (OME)

1. Go to: <http://ome.swimconnection.com/pc/sunn20120630>
2. Follow entry instructions:
 - a. Enter all swimmer(s) info and events.
 - b. Make your online credit card payment for meet entries at the secure site.
 - c. You will receive confirmation of acceptance into the meet at time of payment. This confirmation should be brought to the meet as proof of entry.

Note: Entering the meet online is completely voluntary and is in no way required in order to enter the meet. Swim Connection LLC charges a processing fee for this service equal to \$1 per swimmer plus 5% of the 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 (Option 2 below).

Deadline for entries is midnight Wednesday, June 20.

Option 2: Surface Mail Entries

1. Entries must be on the Consolidated Entry Form (page 7) and filled out completely. Complete a separate form for each swimmer.
2. Please make check payable to **Sunnyvale Swim Club** and mail to:

SUNN Silicon Valley LC Open
c/o Doug Farnham
779 Mahogany Ln
Sunnyvale, CA 94086-8638

No late entries, fax entries, or entries without payment will be accepted. No refunds will be made, except for mandatory scratches and entries received for closed sessions.

Note: For confirmation of entries, include a self-addressed stamped envelope with entry.

Entries must be postmarked no later than Monday, June 18.

ENTRY FEES: \$2.75 per event, plus \$10.00 participation fee per swimmer to help cover meet expenses.

RELAY FEES: \$9.00 per relay team. Entry and payment can be made through SwimConnection or due at the day of the meet (check or cash ONLY). Make checks payable to "Sunnyvale Swim Club."

CHECK-IN: The meet will be deck seeded. Swimmers must check-in with the Clerk-of-Course. The close of check-in for all events shall be no more than 60 minutes before the estimated 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 allowed to compete in that event. No refunds will be given for events not swam. NO late or deck entries will be accepted.

SCRATCHES: Any swimmer who has checked in for an individual event and fails to swim that event will be barred from competing in the next individual event in which the swimmer is entered in the meet. The penalty will not apply if the swimmer scratches before the event is seeded or if the Referee accepts proof that the failure was caused by illness, injury or other circumstance that were beyond the control of the swimmer.

RELAYS: Relay entries will be due on the day of the meet at a time to be announced at the beginning of the meet, and will be deck seeded.

AWARDS: Ribbons for 1st – 8th place will be given to the A session age groups: 8/un, 9-10, 11-12. No awards will be given for the B session OPEN events. "PC-A" time medals will be given to swimmers achieving a new "PC-A" time, regardless of the place achieved in the event. All awards must be picked up at the meet by swimmers or coaches at the meet. **Awards will not be mailed.**

ADMISSION: Free.

PROGRAM: A two-day program will be available for \$4.00.

SNACK BAR: Will be available both Saturday and Sunday.

TIMERS: All participating teams are expected to provide lane timers based upon the number of swimmers 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. Swimmers competing in the 800M and 1500M Freestyle must provide their own timers and lap counters.

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.

# of swimmers per team entered in session	# of trained and carded officials required
0 – 10	0
11 – 25	1
26 – 50	2
51 – 75	3
76 – 100	4
101 and up	5

Event Summary by Age Group

Saturday, June 30, 2012			Sunday, July 1, 2012		
10 & Under	11-12	OPEN*	10 & Under	11-12	OPEN*
200 Free	200 Free	200 IM	200 Breast	200 Breast	200 Fly
50 Breast	50 Breast	50 Free	50 Fly	50 Fly	100 Back
50 Free	50 Free	100 Breast	50 Back	50 Back	400 Free
100 Fly	100 Fly	200 Free	100 Free	100 Free	200 Breast
200 Back	200 Back	200 Back	200 IM	200 IM	400 IM
100 Breast	100 Breast	100 Fly	100 Back	100 Back	100 Free
		1500 Free**			800 Free**
400 Free Relay	400 Free Relay	400 Free Relay	400 Medley Relay	400 Medley Relay	400 Medley Relay

* Open to all ages. Swimmers 12 & under MUST have achieved a 13-14 A-time in the event to enter. Please see 2012 Pacific Swimming Age Group Time Standards (http://www.pacswim.org/page/times_standards.shtml).

** Swimmers must have met the 13-14 A-Time Standards to compete and must provide their own timers and lap counters.

Events

Saturday, June 30, 2012			
Session A			
GIRLS EVENT #	AGE	EVENT	BOYS EVENT #
1	11-12	200 Free	2
3	10 & Un	200 Free	4
5	11-12	50 Breast	6
7	10 & Un	50 Breast	8
9	11-12	50 Free	10
11	10 & Un	50 Free	12
13	11-12	100 Fly	14
15	10 & Un	100 Fly	16
17	11-12	200 Back	18
19	10 & Un	200 Back	20
21	11-12	100 Breast	22
23	10 & Un	100 Breast	24
25	12/Un	400 Free Relay	26

Sunday, July 1, 2012			
Session A			
GIRLS EVENT #	AGE	EVENT	BOYS EVENT #
43	11-12	200 Breast	44
45	10 & Un	200 Breast	46
47	11-12	50 Fly	48
49	10 & Un	50 Fly	50
51	11-12	50 Back	52
53	10 & Un	50 Back	54
55	11-12	100 Free	56
57	10 & Un	100 Free	58
59	11-12	200 IM	60
61	10 & Un	200 IM	62
63	11-12	100 Back	64
65	10 & Un	100 Back	66
67	12/Un	400 Medley Relay	68

Session B			
GIRLS EVENT #	AGE	EVENT	BOYS EVENT #
27	OPEN*	200 IM	28
29	OPEN*	50 Free	30
31	OPEN*	100 Breast	32
33	OPEN*	200 Free	34
35	OPEN*	200 Back	36
37	OPEN*	100 Fly	38
39	OPEN*	400 Free Relay	40
41	OPEN*	1500 Free**	42

Session B			
GIRLS EVENT #	AGE	EVENT	BOYS EVENT #
69	OPEN*	200 Fly	70
71	OPEN*	100 Back	72
73	OPEN*	400 Free	74
75	OPEN*	200 Breast	76
77	OPEN*	400 IM	78
79	OPEN*	100 Free	80
81	OPEN*	400 Medley Relay	82
83	OPEN*	800 Free**	84

* Open to all ages. Swimmers 12 & under MUST have achieved a 13-14 A-time in the event to enter. Please see 2012 Pacific Swimming Age Group Time Standards (http://www.pacswim.org/page/times_standards.shtml).

** Swimmers must have met the 13-14 A-Time Standards to compete and must provide their own timers and lap counters.

IMPORTANT: 12/under swimmers may register for ONLY one session per day, NOT both!!

Consolidated Entry Form
Silicon Valley Long Course OPEN
 June 30 - July 1, 2012

NAME: Last First MI			
AGE	DATE OF BIRTH		
USA-S REG #			
SEX Girl Boy	AGE GROUP		
Club Abbr.	CLUB NAME		
COACH:			
Swimmer's information Address:			
E-mail:			
Phone: ()			
Individual Event #	DISTANCE / STROKE	LCM or SCY*	ENTRY TIME
			: .
			: .
			: .
			: .
			: .
			: .
			: .
			: .
<p><i>NOTE: Swimmers may enter & pay (non-refundable) for as many events as they wish, but will have to scratch down to a maximum of three (3) events per day upon check-in.</i></p>			
# of Individual Events ____ x \$2.75 = \$ _____ plus PARTICIPATION FEE: + \$ 10.00 TOTAL: \$ _____			
Make checks payable to Sunnyvale Swim Club			

* LCM = Long Course Meters, SCY = Short Course Yards

