

PACIFIC SWIMMING SHORT COURSE SENIOR OPEN MEET

HOSTED BY ALBANY ARMADA AQUATICS

MARCH 2-3, 2019

Enter Online: <http://ome.swimconnection.com/pc/aaa20190302>



SANCTION: Held under USA/Pacific Swimming Sanction No. **19-032**

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.

OFFICIALS:

Meet Referee: Carol Cottam	Head Starter: William Chong
Meet Marshal: Xavier Darzacq	Admin Official: Angela Cardenas
Meet Director: Tom Cross tc4322@yahoo.com	/ Jessica Getz getzjr1@gmail.com

LOCATION: Miramonte High School, 750 Moraga Way, Orinda, CA 94563. Parking lot entrance located on Ivy Drive.

DIRECTIONS: From Highway 24, take exit 9 toward Orinda. Head South on Camino Pablo, which will turn into Moraga Way. Follow Moraga Way up the hill and Miramonte High will be on the right-hand side. Turn right on Ivy Drive and turn into the student parking lot on the right-hand side. Pool is located at the back of the school next to the baseball field.

<https://www.google.com/maps/@37.8405201,-122.1465114,332m/data=!3m1!1e3>

COURSE: Outdoor 25 yard pool with up to 10 lanes available for competition. A minimum of 4 lanes 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 7'0" at the start and turn end of the pool. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Meet will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM 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.
- Athletes entered in the 500 Free must provide their own lap counters.
- Athletes entered in the 1000 Free must provide their own timers and lap counters.
- Athletes may compete in a maximum of four (4) individual events per day.
- Requests for initial split times must be submitted 30 minutes prior to the start of the event.
- If local conditions warrant, 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.**
- Entries will be accepted until the estimated time line for each session reaches 5.5 hours.

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

UNACCOMPANIED ATHLETES: Any USA Swimming 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 Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the athlete or the athlete's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet

Referee may assist the athlete 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 Swimming Club Member-Coach.

RACING STARTS: Any athlete entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start, or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the athlete or the athlete'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, in standing areas and in all areas used by athletes, 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 heaters are 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 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.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- The only canopies allowed on deck will be for coaches in the designated coaches area.
- All athletes and spectators set up on the high school campus adjacent to the pool. All items left overnight will not be secure given the Miramonte Campus is not a closed campus. Items may be folded up and left on the pool deck overnight.
- Set up will be available starting at 6:30am on Saturday, the morning of the meet.
- No Friday evening set up will be allowed.

ELIGIBILITY:

- Athletes shall be current members of USA Swimming and shall enter their name and registration number on their entries exactly as they are shown in their USA Swimming Registration. If this is not done, it may be difficult to match the athlete with the registration and times database. The meet host shall check all athlete 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 shall be added to the regular registration fee). Duplicate registrations shall be refunded by mail.
- Athletes 13/Over are eligible to enter this meet. There is no proof of time. Entry times should be the athlete's actual time and not the minimum standard.
- Athletes 11 and 12 years of age shall meet the Senior Open time standard as outlined by Pacific Swimming time verification procedures. No refunds shall be given if a time cannot be proven.
- Athletes under the age of 11 years are not eligible to compete.
- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- No time conversions shall be accepted.
- Entries with "NO TIME" shall be rejected.

SEEDING: Event seeding shall be in the following order: conforming short course yards, non-conforming long course meters, and non-conforming short course meters - USA Swimming rules 207.11.7B.

CHECK-IN: The meet shall be deck seeded. Athletes shall check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for all events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check-in shall not be allowed to compete in the event.

SCRATCH RULE: Athletes entered in a timed final individual event that is seeded on the deck that have checked in for that event, shall swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim an event shall result in being barred from their next individual event.

ENTRY FEES: \$6.50 per individual event plus an \$8.00 per athlete participation fee. Entries shall be rejected if payment is not sent at time of request. No late entries shall be accepted. No refunds shall be made, except mandatory scratch downs.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/aaa20190302> 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 athlete 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 an athlete by Pacific Swimming.** Online entries will be accepted through Wednesday, February 20, 2019, or until the meet has reached capacity, whichever comes first.

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athlete’s best time. Entries must be postmarked by midnight, Monday, February 18, 2019 or hand delivered by 7:15 PM Wednesday, February 20, 2019. No late entries will be accepted. No entries received after the meet has reached capacity will be accepted. Requests for confirmation of receipt of entries should include a self-addressed, stamped envelope.

Make check payable to: Albany Armada Aquatics

Mail entries to: Helen Garcia
PO Box 5479
Richmond, CA 94805

Hand delivered entries to: Helen Garcia
On the pool deck at: 1311 Portland Avenue
Albany, CA 94706 Between 4:00 and 7:15 PM, Mon-Fri

AWARDS: None.

ADMISSION: Free. A 2 day program will be available for sale.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

ORDER OF EVENTS

Saturday, March 2, 2019		
EVENT #	EVENT	EVENT #
1	400 I.M.	2
3	200 FREE	4
5	100 FLY	6
7	50 FREE	8
9	200 BREAST	10
11	100 BACK	12
13	1000 FREE	

Sunday, March 3, 2019		
EVENT #	EVENT	EVENT #
15	500 FREE	16
17	100 BREAST	18
19	200 BACK	20
21	200 FLY	22
23	100 FREE	24
25	200 I.M.	26
	1000 FREE	28

There shall be a 10 minute break before the start of events 13 and 28.

Time standards may be found at: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by Albany Armada Aquatics SENIOR OPEN March 2-3, 2019 Enter online: http://ome.swimconnection.com/pc/aaa20190302 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 / SCM			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
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						: .			SCY / LCM / SCM			
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# of entries _____ x \$6.50 = \$ _____ Participation Fee \$ 8.00 Total \$ _____												
Coach												
Athlete's Address												
Home Phone						Cell Phone						
Email												