

ALTO SWIM CLUB  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
FEBRUARY 9-10, 2019



**Z1N Clubs Assigned:** ALTO, BSC, LO, MNLO, MLKB, OSC, PASA, PCCA, YEMB

Enter Online: <http://omeswimconnection.com/pc/alto20190209>

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **19-026**

*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 electronic devices, including but not limited to film and digital camera, cell phones and tablets, and Google Glass is not permitted in changing areas, restrooms or locker rooms. Violation of this recording prohibition may result in the ejection from the swimming pool facility by the Meet Referee or his/her designee.

**MEET PERSONNEL:**

<b>Meet Referee:</b> Jimmy Hong	<b>Head Starter:</b> Nan McKenna
<b>Meet Marshal:</b> Alec Scott	<b>Admin Official:</b> Larry Rice
<b>Meet Director:</b> Joey Sementelli – <a href="mailto:altoswimclub@gmail.com">altoswimclub@gmail.com</a>	

**LOCATION:** Gunn High School, 780 Arastradero Rd, Palo Alto, CA, 94306. **From 101:** Take the San Antonio Rd exit, head South towards the El Camino Real. Turn right onto Charleston Rd. Charleston Rd will turn into Arastradero Rd when you cross El Camino Real. Continue & turn right into Gunn High School. **From 280:** Take the Page Mill Road exit and go East towards the bay. Take Page Mill Rd to Foothill Expressway. Exit onto Foothill Expressway going South (make a right). Take Foothill Expressway to Arastradero Road. Make a left onto Arastradero Road. Continue on Arastradero Road one block and Gunn High School is on the left.

**COURSE:** Outdoor, heated, 25 yard pool. Up to 10 lanes will be used for competition. A warm-up and cool-down area will be available during the meet. The minimum water depth, measured in accordance with Article 103.2.3 is 7' at the start end and 7' at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

**TIME:** Saturday and Sunday are split into sessions "A" and "B"

**SESSION A** All 13 & Over athletes and 11-12 Girls. Meet begins at 8:30AM each day, warm-up from 7:00 to 8:15AM.  
**SESSION B** 10 & Under athletes and 11-12 Boys. Session B will begin one hour after Session A finishes, but not before 1:00 PM each day. Session B warm-up will begin immediately upon completion of Session A.

**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.
- Athletes may compete in a **maximum of four (4)** events per day.
- All athletes ages 12 and under should complete competition within four (4) hours.
- All events will run fastest to slowest.
- Entries will be accepted until the number of splashes exceeds the estimated time line, per the "Four-Hour Rule," based on the athletes age and gender.
- 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.
- All athletes competing in the 500 & 1650 freestyle events must provide their own lane timers and counters.
- The 1650 free will be a mixed 13 & older event. A minimum of 2 heats will be provided and the event will close, at the meet directors discretion, when the maximum entry numbers are reached. Athletes entering must have achieved a minimum USA-S Motivational 13-14 'A' time for their gender in the 500 free. *Use 500 free time for entry in the 1650 for verification and seeding purposes.*
- Athletes in the 11-12 500 Freestyle must have achieved a minimum USA-S Motivational "B" time for their gender.

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

**ATTENTION HIGH SCHOOL ATHLETES:** If you are a high school athlete in competition season, you need to be unattached for this meet. It is your 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-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 athlete or the athlete's legal guardian to arrange for supervision by a USA-S 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-S Club Member-Coach.

**RACING STARTS:** Athletes 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 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, on 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 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.
- Pets are not allowed in the pool area, with the exception of working guide and assistance dogs.
- 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 result in 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.

**ELIGIBILITY:**

- Athletes 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 athlete with the registration and times database. The meet host will 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 will be added to the regular registration fee). Duplicate registrations will be refunded by mail.
- Athletes in the "A" division must have met at least the USA Swimming motivational "A" minimum time standard. Athletes in the "B" division must have met at least the listed "B" minimum time standard. All entry times slower than the listed "B" time standard will be in the "C" division.
- Entries with "NO TIME" will be ACCEPTED (Exception – 500/1650 Freestyle. See Rules).
- Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Disabled athletes 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.
- The athlete's age will be the age of the athlete on the first day of the meet.

**ENTRY PRIORITY:** Zone 1 North athletes from **ALTO, BSC, LO, MNLO, MLKB, OSC, PASA, PCCA, YEMB** entering online must do so by Wednesday January 23 in order to receive priority acceptance into the meet. Surface mail entries must be postmarked by Monday, January 21st in order to receive priority acceptance to the meet. No athletes other than those from **ALTO, BSC, LO, MNLO, MLKB, OSC, PASA, PCCA, YEMB** may enter the meet until the preference period has concluded.

**ENTRY FEES:** \$4.00 event plus an \$8.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request.

**ONLINE ENTRIES:** To enter on-line go to <http://ome.swimconnection.com/pc/alto20190209> 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, January 30 at 11:59 PM. Refunds are not available for entries.

**Make check payable to: Cardinal Swim Club**

**Mail entries to: Joey Sementelli  
Swim Meet Entries  
PO Box 61117  
Palo Alto, CA 94306**

**Hand deliver entries to: Joey Sementelli  
Swim Meet Entries  
447 Stanford Avenue  
Palo Alto CA 94306**

**CHECK-IN:** The meet will be deck seeded. Athletes must 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 individual 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 will not be seeded and will not be allowed to compete in that event.

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

**AWARDS:** Individual awards will be awarded in the A, B, and C division. Ribbons for First through Eighth place will be given to the following age groups: 8 & Under, 9-10, 11-12 and 13-14. Swimmers 15 years of age and older will not receive awards. Standard "A" time medals will be awarded to athletes achieving NEW USA Swimming motivational "A" time standard, regardless of place achieved in the event. All awards must be picked up at the meet. Awards will not be mailed.

**ADMISSION:** Free. A program will not be available.

**REFRESHMENTS:** A small snack bar may be available throughout the competition. A food truck will also be available. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. All participating clubs are expected to provide lane timers based upon the number of athletes registered to swim each day. Club timing lanes will be assigned and coaches will be notified of assignments during the week prior to the meet.

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

Club athletes 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 athletes)

**EVENT SUMMARY**

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
50 BACK	100 BACK	50 FREE	100 FREE	50 FREE	50 BACK	100 FREE	100 BACK
25 FREE	100 IM	200 BREAST	200 IM	25 BREAST	100 FREE	200 IM	100 FLY
50 BREAST	50 FREE	100 IM	100 BREAST	50 FLY	50 BREAST	50 BACK	200 FREE
25 FLY	100 BREAST	50 FLY	200 BACK	25 BACK	200 FREE	100 FLY	200 BREAST
100 FREE	50 FLY	100 BACK	200 FLY	100 IM	100 FLY	50 BREAST	50 FREE
		500 FREE	400 IM		200 IM		1650 FREE

**EVENT SCHEDULE**

<b>SATURDAY, FEBRUARY 9<sup>TH</sup></b>		
<b>SESSION A</b>		
<b>GIRLS #</b>	<b>EVENT</b>	<b>BOYS #</b>
1	13 & O 100 FREE	2
3	11 – 12 50 FREE	
5	13 & O 200 IM	6
7	11 – 12 200 BREAST	
9	13 & O 100 BREAST	10
11	11 – 12 100 IM	
13	13 & O 200 BACK	14
15	11 – 12 50 FLY	
17	13 & O 200 FLY	18
19	11 – 12 100 BACK	
21	11 – 12 500 FREE	
23	13 & O 400 IM	24

<b>SUNDAY, FEBRUARY 10<sup>TH</sup></b>		
<b>SESSION A</b>		
<b>GIRLS #</b>	<b>EVENT</b>	<b>BOYS #</b>
57	11 – 12 100 FREE	
59	13 & O 100 BACK	60
61	11 – 12 200 IM	
63	13 & O 100 FLY	64
65	11 – 12 50 BACK	
67	13 & O 200 FREE	68
69	11 – 12 100 FLY	
71	13 & O 200 BREAST	72
73	11 – 12 50 BREAST	
75	13 & O 50 FREE	76
77	MIXED 13 & O 1650 FREE	

<b>SESSION B</b>		
	11 – 12 50 FREE	26
27	9 – 10 100 BACK	28
29	8 & U 50 BACK	30
	11 – 12 200 BREAST	32
33	9 – 10 100 IM	34
35	8 & U 25 FREE	36
	11 – 12 100 IM	38
39	9 – 10 50 FREE	40
41	8 & U 50 BREAST	42
	11 – 12 50 FLY	44
45	9 – 10 100 BREAST	46
47	8 & U 25 FLY	48
	11 – 12 100 BACK	50
51	9 – 10 50 FLY	52
53	8 & U 100 FREE	54
	11 – 12 500 FREE	56

<b>SESSION B</b>		
	11 – 12 100 FREE	78
79	9 – 10 50 BACK	80
81	8 & U 50 FREE	82
	11 – 12 200 IM	84
85	9 – 10 100 FREE	86
87	8 & U 25 BREAST	88
	11 – 12 50 BACK	90
91	9 – 10 50 BREAST	92
93	8 & U 50 FLY	94
	11 – 12 100 FLY	96
97	9 – 10 200 FREE	98
99	8 & U 25 BACK	100
	11 – 12 50 BREAST	102
103	9 – 10 100 FLY	104
105	8 & U 100 IM	106
107	9 – 10 200 IM	108

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

11-12 athletes in the 500 yard freestyle must have met the USA-S Motivational “B” Standard for their gender.

13 & Older athletes in the 1650 freestyle must have met the USA-S Motivational 13-14 “A” standard for their gender in the 500 free.

Pacific Swimming – Hosted by Alto Swim Club  
 Short Course C/B/A+  
 February 9-10, 2019  
 Consolidated Entry Form

Name: Last,                      First                      Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M    F	LSC – (PC, SN)
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USA-#														
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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            \$ 8.00  
 Total                            \$ \_\_\_\_\_

Coach

Athlete's  
Address

Home Phone	Cell Phone
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Email