

**PALO ALTO STANFORD AQUATICS  
PACIFIC SWIMMING CLOSED SHORT COURSE INVITATIONAL  
NOVEMBER 7 – 8, 2015  
INVITED TEAMS: PASA, EBA, SMST, SCSC, BAC**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-145**

*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. **The results of this meet may be posted in real time on the internet.**

**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 cameras, cell phones and tablets, 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: Mike Tramack**                      **Head Starter: Karl Nakamura**  
                         **Meet Marshal: Ronaldo Ama**                      **Admin Referee: Curtiss Kikuta**  
                         **Meet Director: Maria Gregorio ([mgregorio@gmail.com](mailto:mgregorio@gmail.com))**

**LOCATION:** Rinconada Park Pool, 777 Embarcadero Rd., Palo Alto. The pool is located across from the tennis courts. Parking is available in the adjacent neighborhood; however PLEASE DO NOT BLOCK driveways or park in the park grounds. There is no R.V. parking available in the neighborhood.

**COURSE:** 25 yard, outdoor heated pool. Up to ten (10) lanes will be used for competition. Electronic Timing. Up to 3 warm-down lanes available during competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is AT LEAST 4'5" at the start end AT LEAST 4'5" at the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

**TIME: SATURDAY:**      **SESSION A (13/14 & SENIOR):** Meet begins at 8:30 AM, with warm-ups beginning at 7:15 AM.  
                                 **SESSION B (10/Under & 11 – 12):** Warm-ups will begin at the conclusion of the AM Session  
                                 **FINALS** for both groups will begin no earlier than 4:30 PM – Order of Finals events listed under the schedule of Events.

**SUNDAY:**              **SESSION A (13/14 & SENIOR):** Meet begins at 8:30 AM, with warm-ups beginning at 7:15 AM.  
                                 **SESSION B (10/Under & 11 – 12):** Warm-ups will begin at the conclusion of the AM Session  
                                 **FINALS** for both groups will begin no earlier than 4:30 PM – Order of Finals events listed under the schedule of Events.

**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 will be swum as Trials and Finals, except for the 400 IM and the 500 Free, which will be swum as timed finals events. The top 2 seeded heats of the Senior 400 IM and 500 Free and the top seeded heat of the 13-14 400 IM and 500 Free will be swum during the finals session.  
• All Prelim events (except timed finals events) will be seeded fastest to slowest, circle seeding the first three (3) heats. All Finals events will be seeded fastest to slowest.  
• The 400 IM and 500 Free will be swum alternating women and men, fast to slow.

- Senior Events will have a Championship Final and a Consolation Final. 10/Under, 11/12, and 13/14 events will have a Championship Final only.
- For the Senior Final Events, the Championship heat will swim first, followed by the Consolation heat.
- The “A” Prelim sessions will be swum combined, but will be separated as Senior and 13/14 year olds for the finals session.
- Swimmers may compete in a **maximum of three (3)** events per day.
- **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 anywhere in Rinconada Park.
- 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.
- All animals are prohibited from the pool deck areas during swim meets.
- 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 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 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.
- Meet is open to all qualified swimmers registered with PASA, EBA, SMST, SCSC, BAC. Swimmers who are unattached, but participating with PASA, EBA, SMST, SCSC, BAC are eligible to compete.
- Entries with **“NO TIME” will be REJECTED.**
- 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 and special accommodations on entry times and seeding per Pacific Swimming policy.
- The swimmer’s age will be the age of the swimmer on the first day of the meet.
- The meet will adhere to the USA Swimming BB Motivational time standards for 10/Under and 11/12 year olds and the Pacific Swimming Senior-Open time standards for the 13/14 and Senior divisions. **Coach verified times WILL be accepted for this meet.**

**ENTRY FEES:** \$6.50 per individual event, \$8.00 participation fee per swimmer. Entry fees are due on Saturday, November 7<sup>th</sup>.

**ENTRIES:** Entries will only be accepted via Hytek Team Entry. Only ONE Hytek Team Entry File per club. Entered times must be submitted in yards. We will adhere to the PASA Invite time standards listed below. Coach Verified times will be accepted for this meet.

*Entries must be received by 11:59PM, Thursday, October 29<sup>th</sup>. Send all entries electronically to: [franz@fastlanetek.com](mailto:franz@fastlanetek.com).*

*Any request for changes AFTER the above cut-off date MUST be submitted to the Meet Referee for consideration (Mike Tramack – [mtramack@gmail.com](mailto:mtramack@gmail.com); cc Kathryn Hall – [klhall2006@gmail.com](mailto:klhall2006@gmail.com) ).*

**CHECK-IN:** This meet is pre-seeded. There is no check-in.

**SCRATCHES:** Pacific Swimming rules Sections 4.C.3.a. (1) & (2), 4.C.3. (d) & (e) and 5.C.4 will be enforced. Swimmers shall report promptly to the starting block when their event/heat is called. Any swimmer not reporting for or competing in an individual timed final event shall not be penalized. Swimmers qualifying for consolation finals or finals who do not wish to compete must scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that they may not intend to compete in consolation finals or finals. In this case they must declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event. Any swimmer qualifying for a consolation final or final race in an individual event who fails to show up in said consolation final or final race prior to the deck referee calling the alternate shall be barred from further competition for the remainder of the meet. If the No-Show occurs on the last day that the swimmer is entered in an individual event in the meet, and no other individual event penalty is applicable, the swimmer shall then be fined \$100.00. The fine will be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.

**AWARDS:** Events will not be rewarded for this meet.

**ADMISSION:** Free. Programs will be emailed out to participating teams. Printed programs will not be sold at the meet.

**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.

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

**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.

Club swimmers 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 swimmers)

**PRELIMS**

**Events for Saturday, November 7, 2015 – Session A**

Minimum Entry Time	Girl	Event	Age Group	Boy	Minimum Entry Time
2:19.99	1	200 Free	13/14	2	2:08.39
2:19.99		200 Free	Senior		2:08.39
2:56.39	3	200 Breast	13/14	4	2:40.49
2:56.39		200 Breast	Senior		2:40.49
1:10.79	5	100 Back	13/14	6	1:04.69
1:10.79		100 Back	Senior		1:04.69
2:34.89	7	200 Fly	13/14	8	2:22.29
2:34.89		200 Fly	Senior		2:22.29
1:04.99	9	100 Free	13/14	10	58.69
1:04.99		100 Free	Senior		58.69
5:32.89	11*	400 IM*	13/14	12*	5:07.69
5:32.89	13*	400 IM*	Senior	14*	5:07.69

**Events for Saturday, November 7, 2015 – Session B**

Minimum Entry Time	Girl	Event	Age Group	Boy	Minimum Entry Time
3:00.19	15	200 Breast	11/12	16	3:03.49
1:45.59	17	100 Breast	10 & Un	18	1:41.99
2:29.69	19	200 Free	11/12	20	2:25.99
2:58.29	21	200 Free	10 & Un	22	2:50.19
1:19.39	23	100 Fly	11/12	24	1:17.59
1:40.39	25	100 Fly	10 & Un	26	1:39.39
1:19.49	27	100 Back	11/12	28	1:17.49

\*Events 11, 12, 13, and 14 are timed finals events. The 400 IM is a timed finals event and will be swum as separate Senior and 13/14 events. The top 2 seeded heats of senior finals and the top heat of 13-14 year olds will be swum during finals. **Swimmers must provide their own timers for the 400 IM.**

**Finals will be swum in the following order:**

13/14 200 free  
 Senior 200 free  
 11/12 200 breast  
 10 and under 100 breast  
 13/14 200 breast  
 Senior 200 breast  
 11/12 200 free  
 10 and under 200 free  
 13/14 100 Back  
 Senior 100 Back  
 11/12 100 fly  
 10 and under 100 fly  
 13/14 200 fly  
 Senior 200 fly  
 11/12 100 back  
 13/14 100 free  
 Senior 100 free  
 13/14 400 IM\*  
 Senior 400 IM\*

**Event order for finals will be posted at the pool.**

### Events for Sunday, November 8, 2015 – Session A

Minimum Entry Time	Girl	Event	Age Group	Boys	Minimum Entry Time
1:10.69	29	100 Fly	13/14	30	1:03.89
1:10.69		100 Fly	Senior		1:03.89
2:36.79	31	200 IM	13/14	32	2:23.29
2:36.79		200 IM	Senior		2:23.29
29.99	33	50 Free	13/14	34	26.89
29.99		50 Free	Senior		26.89
2:32.99	35	200 Back	13/14	36	2:20.69
2:32.99		200 Back	Senior		2:20.69
6:12.69	37*	500 Free*	13/14	38*	5:47.89
6:12.69	39*	500 Free*	Senior	40*	5:47.89

### Events for Sunday, November 8, 2015 – Session B

Minimum Entry Time	Girl	Event	Age Group	Boys	Minimum Entry Time
1:28.69	41	100 Breast	11/12	42	1:26.49
1:21.09	43	100 Free	10 & Un	44	1:19.39
2:46.69	45	200 Back	11/12	46	2:42.79
1:33.49	47	100 Back	10 & Un	48	1:30.79
2:49.49	49	200 IM	11/12	50	2:47.39
3:17.29	51	200 IM	10 & Un	52	3:16.29
2:49.39	53	200 Fly	11/12	54	2:45.39

\*Events 37, 38, 39, and 40 are timed finals events. The 500 free is a timed finals event and will be swum as separate Senior and 13/14 events. The top 2 seeded heats of senior finals and the top heat of 13-14 year olds will swim during finals. **Swimmers must provide their own timers and lap counters for the 500 Free.**

#### Finals will be swum in the following order:

13/14 100 Fly  
 Senior 100 Fly  
 11/12 100 breast  
 10 and under 100 free  
 13/14 200 IM  
 Senior 200 IM  
 11/12 200 back  
 10 and under 100 back  
 13/14 50 free  
 Senior 50 free  
 11/12 200 IM  
 10 and under 200 IM  
 13/14 200 back  
 Senior 200 back  
 11/12 200 fly  
 13/14 500 free\*  
 Senior 500 free\*

**Event order for finals will be posted at the pool.**