

**PACIFICA SEA LIONS AQUATIC CLUB**  
**Pacific Swimming / Zone 1 North Short Course PC-C/PC-B/PC-A+ Meet**  
**Saturday and Sunday, January 12 – 13, 2013**

Enter online at: <http://ome.swimconnection.com/pc/psl20130112>

**Zone 1 North Teams Assigned to this venue: PSL, PASA, BAC, SSF, DCD, MAV, HDAC, BSC, PPSC**

**SANCTION:** Held under USA/Pacific Swimming Sanction No.: **13-009**

In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims of 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 VISUAL:** 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:*

Karl Nakamura

*Head Starter:*

Joanna Dunn

*Head Meet Marshal:*

Jeannie Peil

*Meet Directors:*

Karen Ablard [kablard13@gmail.com](mailto:kablard13@gmail.com)

Lilly Paulsen

Jenni Guibadouline – 650-922-2815 or email: [jegu17@aol.com](mailto:jegu17@aol.com)

**LOCATION:** Jean E. Brink Swimming Pool, Oceana High School, 401 Paloma Avenue, Pacifica CA 94044-2436

**From San Francisco:** I-280 Take HWY 1 South into Pacifica. EXIT the POLOMA/FRANCISCO exit. Turn LEFT at the end of the off-ramp stop sign and cross the Highway 1 overpass. After the overpass is a stop sign. Continue STRAIGHT/EAST. After the next stop sign, continue EAST half block. Oceana Pool is the first driveway on your left. **From Half Moon Bay:** Take HWY 1 NORTH into Pacifica EXIT the OCEANA/CLARENDON exit. At the end of the off ramp is a stop sign. Continue STRAIGHT/NORTH for about ¼ mile along Oceana until you reach the next stop sign. At the stop sign take a right to the next stop sign. Oceana Pool is the first driveway on your left. There are three parking lots available on school campus, two on Paloma Ave and one on Oceana Blvd. **PLEASE BE COURTEOUS TO THE SURROUNDING NEIGHBORS**

**COURSE:** 25 yard, indoor heated pool. Up to 7 lanes will be used for competition. Warm-up/cool down lanes will be available during the meet. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 5'0" at the start end and 5'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

**TIME:** **Session A (All 10 & Under Swimmers):** Meet Begins at 8:30 AM; Warm-up is from 7:00 – 8:15 AM

**Session B (All 11 & Over Swimmers):** Session B will begin one hour after Session A finishes, but not before 12:00 PM. Session B warm-ups will begin immediately after Session A finishes.

**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. **SWIMMERS MAY COMPETE IN A TOTAL OF FOUR (4) EVENTS PER DAY. All swimmers ages 12 and under should complete competition within four (4) hours. Entries will be accepted until the number of splashes exceeds the estimated time line per the "Four-Hour Rules", based on the swimmers age and gender. Therefore, meet entries may close prior to the entry deadline stated.** All swimmers competing in the 11-12 500 Freestyles must provide their own timers and lap counters. If conditions warrant it, the Meet Referee, with concurrence of the Meet Director may require a mandatory scratch down; refunds will be given at the Clerk of Course. No late entries. Fax entries, or entries without payment will not be accepted. No refunds will be made.

**All Coaches and Deck Officials must wear their USA Swimming (USA-S) Registration Card in a visible manner.**

**DECK CHANGING:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

**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 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 and alcohol products is prohibited on the pool deck, in the locker rooms, in the spectator seating area and in all areas used by swimmers during the meet and warm-up periods. Glass bottles are not allowed in all areas of the meet venue. Pets, not including guide dogs, are strictly prohibited in all areas of the meet venue.

**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 the 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 meet registration fee). Duplicate Registrations will be refunded by mail. Swimmers in the "A" Division must have at least the listed "PC-A" time standard. Swimmers in the "B" Division must have met at least the listed "PC-B" time standard and have not met the listed "PC-A" standard. All entry times slower than the listed "PC-B" time standard will be in the "C" Division. **Entries with "NO TIME" will be accepted.** Entry times submitted for this meet will be checked against a computer database and may change 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 special accommodations on the entry times and seeding per Pacific Swimming Policy. Swimmers 19 years and over may compete in 13 & Over events but may not receive awards. The Swimmers age will be the age of the swimmer on the first day of the meet.

**ENTRY PRIORITY:** **Zone 1N swimmers from PSL, PASA, BAC, SSF, DCD, MAV, HDAC, BSC, and PPSC entering online must do so by midnight Wednesday, December 26<sup>th</sup> in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by Monday, December 24<sup>th</sup> in order to receive priority acceptance to the meet.** No swimmers other than those from PSL, PASA, BAC, SSF, DCD, MAV, HDAC, BSC, and PPSC may enter the meet until the preference period has concluded.

After the Zone 1N preference period has concluded, entries from other Pacific Swimming Zones or other LSCs will be accepted on a first come first served basis until the number of splashes exceeds the estimated time line, per the "Four Hour Rule," based on the swimmers age and gender. All other online entries must be received by 11:59PM, Wednesday, January 2<sup>nd</sup>, 2013. All surface mail entries must be postmarked by Monday, December 31<sup>st</sup>, 2012. Hand delivered entries must be received by 6:00 pm on Wednesday, January 2<sup>nd</sup>, 2013. Hand entries can be delivered to the meet entries chair's address, which is listed below. **For confirmation of entries, a self-addressed stamped envelope or postcard must be provided.** See below for specific instructions for online and surface entries.

**ENTRY FEES:** \$2.75 per Individual event, plus an \$8.00 participation fee per swimmer to help defray meet expenses.

**Option 1: Online Meet Entries:**

1. Using your browser go to: <http://ome.swimconnection.com/pc/psl20130112>
2. Follow entry instructions:
  - a. Enter all swimmers
  - b. Make online credit card payment for meet entries at our 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 or expected 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: Surface Mailed Entries:**

1. Entries must be on the attached Consolidated Entry Form. Complete a separate form for each swimmer using the best short course yards time for each event.
2. Make your check payable to **Pacifica Sea Lions Aquatic Club**, and mail with entries to:  
Jenni Guibadouline  
Swim Meet Entries  
PO Box 405  
Pacifica, CA 94044

**CHECK-IN:** The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. 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. 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 the event.

**SCRATCHES:** Swimmers entered in an individual event who have checked in for that event, must swim in the event unless they notify the clerk of course before seeding for that event has begun. Failure to swim an event will result in being barred from their next individual event on that day or the next meet day, whichever is first. Exception: No penalty shall apply for failure to withdraw or compete in an individual event if the referee is notified in the event of illness or injury and accepts the proof thereof, or it is determined by the referee that the No-Show is caused by circumstances beyond the control of the swimmer.

**AWARDS:** Individual events 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, 13-14, 15 & O. Swimmers 19 years of age and older will not receive awards. "A" time medals will be given to swimmers achieving a new "PC-A" times, regardless of place achieved in the event. All awards must be picked up at the meet by coaches at the end of each session. Awards will not be mailed.

**ADMISSION:** Free. A two day program will be available for a reasonable fee.

**SNACK BAR:** A Snack Bar will be open each day.

**HOSPITALITY:** Generous and friendly hospitality provided for officials, coaches, and volunteers. Lunches will be available for officials and coaches.

**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.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. Access ways, passage ways and doorways must remain clear of chairs, seats, bulky items and bags per compliance with Fire Marshall's orders. Items may be removed. No flash photography. Swimmers, Coaches and Parents/Timers are NOT ALLOWED to cross/walk in front of the meet officials Timing Station. Restricted access area the East and South ends of the swimming pool deck. Access only for Competitors, Coaches, Officials, and meet Staff/Volunteers and Timers.

**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.

Number of swimmers per team per session	# of trained and certified officials required
0-24	0
25-50	1
51-75	2
76 -100	3
101 and up	4 and up (1 for every 25 swimmers)

### EVENT SUMMARY

SATURDAY, JANUARY 12, 2013				SUNDAY, JANUARY 13, 2013			
8-UN	9-10	11-12	13-O	8-UN	9-10	11-12	13-O
50 BK	100 BK	100 BK	200 BK	50 FR	100 FR	100 FR	200 FR
25 BR	50 BR	50 BR	100 BR	25 FL	50 FL	50 BK	100 BK
100 IM	100 IM	50 FR	100 FR	50 BR	100 BR	100 BR	200 BR
25 FR	50 FR	200 IM	200 IM	25 BK	50 BK	50 FL	100 FL
	500 FR(G)	500 FR(G)	500 FR(G)		500 FR(B)	500 FR(B)	500 FR(B)

**\*NOTE – THE GIRLS 500 FREESTYLES WILL SWIM ON SATURDAY, THE BOYS 500 FREESTYLES WILL SWIM ON SUNDAY\***

### EVENTS

Girls #	Saturday Session A	Boys #
1	9 – 10 100 Back	2
3	8 & U 50 Back	4
5	9 – 10 50 Breast	6
7	8 & U 25 Breast	8
9	9 – 10 100 IM	10
11	8 & U 100 IM	12
13	9 – 10 50 Free	14
15	8 & U 25 Free	16
17	9 – 10 500 Free	
Girls #	Saturday Session B	Boys #
19	11 – 12 100 Back	20
21	13 & O 200 Back	22
23	11 – 12 50 Breast	24
25	13 & O 100 Breast	26
27	11 – 12 50 Free	28
29	13 & O 100 Free	30
31	11 – 12 200 IM	32
33	13 & O 200 IM	34
35	11 – 12 500 Free	
37	13 & O 500 Free	

Girls #	Sunday Session A	Boys #
39	9 – 10 100 Free	40
41	8 & U 50 Free	42
43	9 – 10 50 Fly	44
45	8 & U 25 Fly	46
47	9 – 10 100 Breast	48
49	8 & U 50 Breast	50
51	9 – 10 50 Back	52
53	8 & U 25 Back	54
	9 – 10 500 Free	56
Girls #	Sunday Session B	Boys #
57	11 – 12 100 Free	58
59	13 & O 200 Free	60
61	11 – 12 50 Back	62
63	13 & O 100 Back	64
65	11 – 12 100 Breast	66
67	13 & O 200 Breast	68
69	11 – 12 50 Fly	70
71	13 & O 100 Fly	72
	11 – 12 500 Free	74
	13 & O 500 Free	76

**PSL Short Course PC-  
C/PC-B/PC-A+**

**Oceana High School**

**January 12-13, 2013**

**Consolidated  
Entry Card**

Name:		
Last:	First:	MI:
Club Abbr.:	Club Name:	
Age:	Date of Birth:	Age Group:
USA-S Reg #:		Amt Paid:
Sex (Circle):	Boy	Girl
<b>Event #</b>	<b>Distance/Stroke</b>	<b>Entry Time</b>
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
Entries # _____ X \$2.75 =    \$_____		
Swimmer Participation Fee:    + \$ 8.00		
<b>ENTRY FEE TOTAL:</b> = \$_____		
Coach:		
Swimmer's Address:		
Phone #:		
E-Mail:		