

PALO ALTO STANFORD AQUATICS
Intrasquad Meet
January 16, 2016



SANCTION: Held under USA/Pacific Swimming Sanction No. **16-019**

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:

Meet Referee: Jimmy Hong	Head Starter: Nan McKenna
Meet Marshal: Danielle Makler	Admin Official: Robin Stewart
Meet Director: Joe Brinkman – scrameetdirector@gmail.com	

LOCATION: Gunn High School, 780 Arastradero Rd, Palo Alto, CA, 94306.

DIRECTIONS: **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 Morning. 7:00-8:50 warm up. 9 am start.

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 **maximum of five (5)** events per day.
- All events will run fastest to slowest.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down.
- Swimmers competing in the 1000, and/or 1650 Freestyle must provide their own timers and lap counters. Swimmers competing in the 500 Freestyle must provide their own lap counters.
- **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 on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by swimmers, 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 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.

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.
- Entries with **"NO TIME" will be ACCEPTED.**
- 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 swimmers 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 swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY FEES: There is no entry fee for this meet.

ENTRIES: Entries will only be accepted via Hytek team entry. Entry times must be submitted in yards using Hytek. Entries should be submitted to Joey Sementelli at Sementelli@stanford.edu by January 4, 2016.

CHECK-IN: This meet will be pre-seeded.

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

AWARDS: None.

ADMISSION: Free. A program will be emailed a few days prior to the meet.

REFRESHMENTS: Coaches and working deck officials will be provided refreshments.

EVENTS

Mixed

- 1 Open 50 fly
- 2 Open 100 fly
- 3 Open 200 fly
- 4 Open 50 back
- 5 Open 100 back
- 6 Open 200 back
- 7 Open 50 breast
- 8 Open 100 breast
- 9 Open 200 breast
- 10 Open 50 free
- 11 Open 100 free
- 12 Open 200 free
- 13 Open 100 IM
- 14 Open 200 IM
- 15 Open 400 IM
- 16 Open 500 free*
- 17 Open 1000 free*
- 18 Open 1650 free*

*Swimmers competing in the 500, 1000, and 1650 free must provide their own counters. Swimmers competing in the 1000 & 1650 freestyle events must provide their own timers.