

**PACIFICA SEA LIONS  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
NOVEMBER 15-17, 2019**

Enter Online: <https://www.fastswims.com>

**Z1N Teams Assigned: BSC, DCD, FOG, HDAC, OSC, PPSC, BCP, SSF, BGC, PASA, PSL**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **19-155**

*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 at <http://results.teamunify.com/psl/index.html>**

**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 design

**MEET PERSONNEL:**

<b>Meet Referee:</b> Kit Yan	<b>Head Starter:</b> Stephanie Kuang
<b>Meet Marshal:</b> Herb Repp	<b>Admin Official:</b> Darryl Woo
<b>Meet Director:</b> Jenson Wong - <a href="mailto:meetchief@pacificasealions.com">meetchief@pacificasealions.com</a> 415-823-4025	

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

**DIRECTIONS:** From San Francisco/I-280: Take HWY 1 SOUTH into Pacifica. Take exit 506 toward Paloma Ave/Francisco Blvd. Turn LEFT at the end of the off-ramp stop sign, and cross over the Highway 1 overpass. After the overpass is a stop sign. Continue STRAIGHT/EAST. After the next stop sign, continue EAST half a block. Jean E. Brink Pool is the first driveway on your left. From Half Moon Bay: Take HWY 1 NORTH into Pacifica. Take exit 505B for Clarendon Rd/Oceana Blvd. At the end of the off ramp is a stop sign. Continue STRAIGHT / NORTH for about 1/4 mile along Oceana until you reach the next stop sign. At the stop sign take a RIGHT to the next stop sign. Jean E. Brink Pool is the first driveway on your left.

**PARKING:** There is a traffic circle for drop-off but very little parking near the entrance to the pool. Please observe posted placards and no-parking (red) zones. Nearest parking is on the street and there are also TWO PARKING LOTS above the pool (entrances on Oceana, north of Paloma on the right; and on Paloma, past the pool on the left). Please be respectful of the neighbors when parking.

**COURSE:** Indoor 25 YARD pool with up to 7 lanes available for competition. An additional 2 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 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: Friday Afternoon Session:** Warm-up from 3:30 – 4:15 PM. Meet begins at 4:30 PM.

**Session A (All Athletes 13 Years Old and Over and 11-12 Girls):** Warm-ups from 7:00 – 8:15 a.m. Meet begins at 8:30AM each day.

**Session B (All Athletes 10 Years Old and Younger and 11-12 Boys):** Session will begin one hour after Session A finishes, but not before 12:00 noon each day. Session B warm-up will begin immediately after Session A finishes.

**RULES:**

- Current USA and Pacific Swimming rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), 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 may compete in maximum of two (2) events on Friday and three (3) events per day on Saturday and Sunday.
- All athletes ages 12 and under should complete competition within four (4) hours.
- The Friday Evening Session will be capped and closed when the session timeline meets 3.5 Hours.
- Entries on Saturday/Sunday will be accepted until the number of splashes exceeds the estimated timeline, per the “Four-Hour Rule,” based on the athlete’s 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 coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**
- Athletes in the Friday PM Session must provide their own Timers. Athletes in the 500 Freestyle must provide their own lap counters.
- All Athletes in the 500 Free and 400 IM must have achieved a USA-S motivational "B" time standard for their age group and gender. "NO TIME" entries will NOT be accepted in the 400 IM, 9-10 200 IM, and 500 Freestyle events. Athletes must provide a time for seeding purposes. Coach verified times will be accepted.

**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.
- Pets, with the exception of working service animals, are prohibited in the meet venue.
- Deck Changes are 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.

**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 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 – 9-10 200 IM, 400 IM & 500 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.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such athletes must have met standards for the 17-18 age group.
- 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 BSC, DCD, FOG, HDAC, OSC, PPSC, BCP, SSF, BGC, PASA, PSL entering online must do so by **11:59 PM on October 30<sup>th</sup>, 2019** in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by Monday, October 28<sup>th</sup>, 2019 in order to receive priority acceptance to the meet. No Athletes other than those from BSC, DCD, FOG, HDAC, OSC, PPSC, BCP, SSF, BGC, PASA, PSL may enter the meet until the priority period has closed.

**ENTRY FEES:** \$4.00 per event plus an \$8.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

**ONLINE ENTRIES:** You may enter this meet online at FastSwims or by U.S. mail. To enter online go to <http://www.fastswims.com> to receive an immediate entry confirmation. This method requires creation of a free account and payment by credit card. FastSwims charges a processing fee for this service, 6.5% of the total Entry Fees plus \$0.75 per transaction, regardless of number of athletes. 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, November 6<sup>th</sup> at 11:59 PM. LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.**

**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, **November 4<sup>th</sup>, 2019** or hand delivered by 6:30 p.m. Wednesday, **November 6<sup>th</sup>, 2019**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Pacifica Sea Lions Aquatic Club**

**Mail entries to: Pacifica Sea Lions – Meet Entries  
P.O. Box 405  
Pacifica, CA 94404**

**Hand deliver entries to: Pacifica Sea Lions – Meet Entries  
1810 Francisco Blvd  
Pacifica, CA 94404**

**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 remaining 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 athlete not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized.

**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 & U, 9-10, 11-12, 13 & Over. "A" time medals will be given to athletes achieving a new "A" time ("PC-A" for 8 & Under Athletes, USA-S "A" for 9 & Over Athletes), regardless of place achieved in the event. All awards must be picked up at the meet by coaches at the end of the meet. Awards will not be mailed.

**ADMISSION:** Free. Meet programs will not be available for purchase but will be posted online prior to the meet and will be e-mailed to participating clubs.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Generous and friendly hospitality provided for officials, and coaches.

**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 for Saturday and Sunday 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 athlete 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**

FRIDAY			SATURDAY				SUNDAY			
9 – 10	11-12	13-18	8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
200 IM	400 IM	400 IM	100 FR	200 FR	200 FR	100 FR	25 FR	100 FR	100 FR	200 FR
500 FR	500 FR	500 FR	25 BK	50 BK	50 BK	200 BK	50 BK	100 BK	100 BK	100 BK
			50 BR	100 BR	100 BR	100 BR	25 BR	50 BR	50 BR	200 BR
			25 FL	100 FL	100 FL	200 FL	50 FL	50 FL	50 FL	100 FL
			50 FR	50 FR	50 FR	200 IM	100 IM	100 IM	200 IM	50 FR
					100 IM				200 BR	
					200 BK				200 FL	

FRIDAY, NOVEMBER 15 <sup>th</sup>		
GIRLS #	EVENT	BOYS #
1	11 & O 400 IM	2
3	9 – 10 200 IM	4
5	9 & O 500 FREE	6

SATURDAY, November 16 <sup>th</sup>		
SESSION A		
GIRLS #	EVENT	BOYS #
7	11 – 12 200 FREE	
9	13 & O 100 FREE	10
11	11 – 12 50 BACK	
13	13 & O 200 BACK	14
15	11 – 12 100 BREAST	
17	13 & O 100 BREAST	18
19	11 – 12 100 FLY	
21	13 & O 200 FLY	22
23	11 – 12 50 FREE	
25	13 & O 200 IM	26
27	11 – 12 100 IM	
29	11 – 12 200 BACK	

SUNDAY, November 17 <sup>th</sup>		
SESSION A		
GIRLS #	EVENT	BOYS #
63	11 – 12 100 FREE	
65	13 & O 200 FREE	66
67	11 – 12 100 BACK	
69	13 & O 100 BACK	70
71	11 – 12 50 BREAST	
73	13 & O 200 BREAST	74
75	11 – 12 50 FLY	
77	13 & O 100 FLY	78
79	11 – 12 200 IM	
81	13 & O 50 FREE	82
83	11 – 12 200 BREAST	
85	11 – 12 200 FLY	

SESSION B		
	11 – 12 200 FREE	32
33	9 – 10 200 FREE	34
35	8 & U 100 FREE	36
	11 – 12 50 BACK	38
39	9 – 10 50 BACK	40
41	8 & U 25 BACK	42
	11 – 12 100 BREAST	44
45	9 – 10 100 BREAST	46
47	8 & U 50 BREAST	48
	11 – 12 100 FLY	50
51	9 – 10 100 FLY	52
53	8 & U 25 FLY	54
	11 – 12 50 FREE	56
57	10 & U 50 FREE	58
	11 – 12 100 IM	60
	11 – 12 200 BACK	62

SESSION B		
	11 – 12 100 FREE	88
89	9 – 10 100 FREE	90
91	8 & U 25 FREE	92
	11 – 12 100 BACK	94
95	9 – 10 100 BACK	96
97	8 & U 50 BACK	98
	11 – 12 50 BREAST	100
101	9 – 10 50 BREAST	102
103	8 & U 25 BREAST	104
	11 – 12 50 FLY	106
107	10 & U 50 FLY	108
	11 – 12 200 IM	110
111	9 – 10 100 IM	112
	11 – 12 200 BREAST	114
115	8 & U 100 IM	116
	11-12 200 FLY	118

\*Athletes in the 9-10 200 IM, 400 IM and 500 Free must provide an entry time for seeding. Coach-verified times will be accepted.”

Athletes in the 400 IM and 9-10 200 IM must provide their own timers.

Athletes in the 500 Free must provide their own timers and lap counters.

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

Pacific Swimming – Hosted by Pacifica Sea Lions Aquatic Club C/B/A+ November 15–17, 2019 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				
						: .			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						
Email													