

Morgan Hill Makos Presents Race the Distance Long Course
PACIFIC SWIMMING C/B/A+ MEET
April 19-21, 2013
Enter Online: <http://ome.swimconnection.com/pc/mako20130419>



PACIFIC
SWIMMING

SANCTION: Held under USA Pacific Swimming Sanction No. **13-083**

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 Video: Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, restrooms, or locker rooms. Photography and video recording from behind the starting block and starting areas are prohibited unless prior permission to do so is granted by the Meet Referee.

OFFICIALS: Meet Referee: Michael Davis Head Starter: Carole Keighley Meet Marshal: Sachi Itow
Meet Director: Michael Greymont – (408) 891-2948 mgreymont@mhgcg.com

LOCATION: Morgan Hill Aquatics Center: 16200 Condit Rd Morgan Hill, CA.

From North: Hwy 101 South to Morgan Hill take Dunne Exit. Go over Highway Overpass; take 1st Right Conduit Road, Aquatics Center on Right. **From South:** Hwy 101 North to Morgan Hill Exit at Tennant Avenue take right onto Tennant (East) Take 1st left on Conduit Road, Aquatics Center on Right.

Parking in front of West Entrance is for Officials ONLY (CONED AREA). General Parking is lots North and South of Facility. Do NOT park at surrounding commercial/retail buildings as vehicles will be immediately towed at your expense. The City of Morgan Hill, Aquatics Center, nor the Morgan Hill Makos assume any responsibility for any damage/loss to any vehicle parked during the events. Park at your own risk.

COURSE: 50 Meter Outdoor, heated pool with up to 8 competition lanes. Separate warm up and warm-down area available throughout the meet. The minimum water depth in accordance with Article 103.2.3, is 4 ft. at the start and 13 ft. at the turn end. The competition course has been certified in accordance with 104.2.2C (4). A copy of the certification is on file with USA Swimming.

TIME: FRIDAY: Warm-ups shall be from 3:30 PM to 4:45 PM, with the meet beginning at 5:00 PM.
SATURDAY & SUNDAY: Warm-ups from 7:30 to 8:45 AM each day, with the meet beginning at 9:00 AM. A special warm-up time for 8 and under swimmers only will be held in the instructional pool beginning at 8:00 AM.

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 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 Rule,” based on the swimmers age and gender. Per Zone 1 South, the meet shall be capped at 525 swimmers per day.
- 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.
- OPEN EVENTS: In order to enter Open Events in an age-group meet, a swimmer must have met the listed qualifying time or have coach verification for the following events: 200 back, 200 breast, 200 fly, 400 IM, 400/800/1500 free (PC R&R Section 1B1a(5)). 11-12 “PC-B standards will be used as the qualifying standard for the Open events in this meet. Use the following URL for time standards http://www.pacswim.org/2013_AB_LC.pdf
- All coaches and deck officials must wear their USA Swimming membership cards 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.

ATTENTION HIGH SCHOOL SWIMMERS: If you are a high school swimmer in season, you need to be Unattached from this meet. It is the swimmers responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

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.

RACING STARTS: 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 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. In addition, due to City of Morgan Hill Regulations, no smoking is allowed in any areas of the Morgan Hill Aquatics Center and is not limited to swimming areas, parking areas, and sidewalk areas.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- All shelters must be properly secured.
- No glass containers are allowed in the meet venue.
- No propane heaters are permitted except for snack bar/meet operations.
- No outside commercial food is allowed within the facility.

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 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.
- Swimmers in the "A" Division must have met at least the listed "PC-A" time standard. Swimmers in the "B" Division must have met at least the listed "PC-B" time 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, with the exception of the Open events (Events, 5, 6, 7, 8 35, 36, 63, 64), which will require a minimum 11-12 PC-B time standard. Use the following link to find the time standards: http://www.pacswim.org/2013_AB_LC.pdf
- 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 special accommodations on entry times and seeding per Pacific Swimming policy.
- Swimmers 19 years of age and over may compete in the meet for time only, no awards. Such swimmers must have met the time standards for the 17-18 age group.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY FEES: \$2.75 per event, \$10.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

Make check payable to: Morgan Hill Swim Club
Mail with entries to: Morgan Hill Swim Club
Attn: Michael Greymont
1921 W Edmundson Ave
Morgan Hill, CA 95037

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be entered using the current Pacific Swimming procedures. Entries must be postmarked by midnight, Monday, April 8th, 2013 or hand delivered to the Morgan Hill Aquatics Center by 6:30 p.m. Wednesday, April 10th, 2013. No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

ONLINE ENTRIES: To enter on-line go to <http://ome.swimconnection.com/pc/makos20130419> 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 swimmer 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 a swimmer by Pacific Swimming. Online entries will be accepted through Wednesday, April 10th, 2013.

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 that have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun. Swimmers who miss an event they have checked in for will no longer be penalized by the loss of the next event they have entered.

AWARDS: Ribbons will be awarded to 1st through 8th place finishers in the A+, B and C divisions for each event and age group. 10-Under events will be awarded as 8-U and 9-10. 13 & OV events will be awarded as 13-14, 15-16, and 17-18 Age Groups. Swimmers aged 19 and over will not be awarded. "A" medals will be awarded to swimmers achieving new "A" times swum during this meet only. Open events will not be awarded.

ADMISSION: Free. A three day program will be available for a fee. Online results and seeding will be available through [Http://results.teamunify.com/pcmhsc/index.html](http://results.teamunify.com/pcmhsc/index.html)

REFRESHMENTS: A snack bar will be available. Coaches and working deck officials will be provided lunch and snacks. Hospitality will serve refreshments to timers and volunteers.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. Parking in front of West Entrance is for Officials ONLY (CONED AREA) General Parking is lots North and South of Facility. Do NOT park at surrounding commercial/retail buildings as vehicles will be immediately towed at your expense. The City of Morgan Hill, Aquatics Center, nor the Morgan Hill Makos assume any responsibility for any damage/loss to any vehicle parked during the events. Park at your own risk.

EVENT SUMMARY:

Friday			Saturday				Sunday			
9-10	11-12	Open	10-Under	11-12	13-Over	Open	10-Under	11-12	13-Over	OPEN
200 IM	200 IM	1500 FR	50 BR	200 BR	200 BR	400 IM	50 FL	200 BK	200 BK	400 FR
			100 BK	50 BR	200 FR	800 Free	100 Free	50 Fly	200 IM	
			50 FR	100 BK	100 BK		100 BR	100 FR	100 FR	
			100 FL	50 FR	50 FR		50 BK	100 BR	100 BR	
				100 FL	100 FL			50 BK	200 FL	

ORDER OF EVENTS:

WOMEN'S EVENT #	DESCRIPTION		MEN'S EVENT #
	AGE GROUP	EVENT	
FRIDAY, APRIL 19			
1	9-10	200 IM	2
3	11-12	200 IM	4
5*	OPEN	1500 Free	6*
SATURDAY, APRIL 20			
7*	Open	400 IM	8*
9	11 – Over	200 Breast	10
11	13 – Over	200 Free	12
13	10 & Under	50 Breast	14
15	11-12	50 Breast	16
17	9-10	100 Back	18
19	11-12	100 Back	20
21	13 – Over	100 Back	22
23	10-Under	50 Free	24
25	11-12	50 Free	26
27	13 - Over	50 Free	28
29	9-10	100 Fly	30
31	11-12	100 Fly	32
33	13 – Over	100 Fly	34
35*	OPEN	800 Free	36*
SUNDAY, APRIL 21			
37	11 - Over	200 Back	38
39	10 – Under	50 Fly	40
41	11-12	50 Fly	42
43	13 – Over	200 IM	44
45	10 Under	100 Free	46
47	11-12	100 Free	48
49	13 – Over	100 Free	50
51	9-10	100 Breast	52
53	11-12	100 Breast	54
55	13 – Over	100 Breast	56
57	10 – Under	50 Back	58
59	11-12	50 Back	60
61	13 – Over	200 Fly	62
63*	OPEN	400 Free	64*

*Open events must have their own timers and/or counters (Counters for Events 5, 6, 35, 36, 63, 64)

*Swimmers entering any of the Open Events, must have the 11-12 "PC-B" time standard. Use the following URL to find the time standards: http://www.pacswim.org/2013_AB_LC.pdf

Events 7 and 8 will use the assigned timers from teams for timing

The 400 Freestyle, 800 Freestyle, and 1500 Freestyle events will be swum fastest to slowest, alternating girls and boys.

Swimmers will not need to provide their own timers for the 400 IM Open event.

Use the following URL to find the time standards: http://www.pacswim.org/page/times_standards.shtml

Pacific Swimming – Hosted by Morgan Hill Makos Long Course Meet April 19th – April 21st, 2013 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				
# of entries _____ x \$2.75 = \$ _____ Participation Fee \$10.00 Total \$ _____													
Coach													
Swimmer's Address													
Phone							Email:						