

Pac Swimming LONG COURSE Age Group Open
Quicksilver Swimming's "Summer Sensational"

June 28-30, 2013

Enter Online: <http://ome.swimconnection.com/pc/qss20130628>

SANCTION: Held under USA Pacific Swimming Sanction No. 13-114

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: 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:* Karyn Kikuta *Head Starter:* Ardsher Ahmed *Meet Marshal:* Dolores Akin
Meet Director: Janet Gutierrez - 408-206-0504 / coachjanetqss@gmail.com

LOCATION: Gunderson High School, Chynoweth Avenue at 622 Gaundabert Lane, San Jose, CA. From Highway 85 exit Santa Teresa, turn right onto Thornwood, turn right onto Winfield, and turn right onto Chynoweth. Gunderson High School is on the right: pool is located at the back of the school.

COURSE: 50-meter outdoor, heated pool. Up to 9 competition lanes are available. A separate warm up/down pool is available. The minimum water depth, measured in accordance with Article 103.2.3, is 4' or more throughout the racing course. The competition course has been certified in accordance with Article 104.2.2C (4). A copy of the certification is on file with USA Swimming.

TIME: Friday, Saturday, and Sunday the meet will begin at 9:00 AM with warm-ups 7:30-8:45 AM each day.

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 5 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.**
- 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.
- Distance events (800/1500 Freestyles) will be swum fastest to slowest; alternating girls and boys heats. Swimmers competing in these events must provide their own lap counters and timers.
- 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 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 USA-S 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 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.
- All shelters must be properly secured. No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.

- 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.

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.

•Entries with "**NO TIME**" will be accepted.

•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.

•Swimmers 19 years and over may compete in 11 & Over events but may not receive awards.

•The swimmer's age will be the age of the swimmer on the first day of the meet.

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

Make check payable to: "QSS"

Mail with entries to: Janet Gutierrez, Swim Meet Entries, PO Box 36205, San Jose, CA 95158

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. Entered times should be submitted in long course meters (LCM), non-conforming short course yards (SCY), or NO TIME (NT) entries. Entries must be postmarked by midnight, Monday, **June 17, 2013** or hand delivered to the Gunderson High School Aquatic Center Pool Office by 6:30 p.m. Wednesday, June 19, 2013. Entries mailed or delivered to the Gunderson High School Office WILL BE REJECTED. 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/qss20130628> 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, June 19, 2013

CHECK-IN: Swimmers must check-in at the Clerk-of-Course. Close of check-in for all individual 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 seeded and will not be allowed to compete in that event.

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

AWARDS: 1st-8th place commemorative pins will be awarded for each event within each of the following age groups: 8-Un, 9-10, 11-12, 13-14, & 15-18. "A" medals will be awarded for new "A" times.

ADMISSION: Free.

PROGRAMS: Programs will be sold for a minimal fee.

REFRESHMENTS: A snack bar will be available serving hot breakfast, hot lunches, salads and other nutritious items and beverages. Coaches and working Deck Officials will be provided lunch. Hospitality will serve refreshments to timers and Stroke/Turn Officials working the meet.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. Parking illegally will result in being ticketed and/or towed at the owner's expense.

SCHEDULE OF EVENTS

Friday, June 28, 2013			
Girl's Events	Age-Group	Event	Boy's Events
1	11-Up	100 Butterfly	2
3	10-Under	100 Butterfly	4
5	11-Up	100 Breaststroke	6
7	10-Under	100 Breaststroke	8
9	11-Up	200 Backstroke	10
11	12-Under	50 Backstroke	12
13	10-Under	400 Freestyle	14
15	12-Up	*800 Freestyle	16
Saturday, June 29, 2013			
Girl's Events	Age-Group	Event	Boy's Events
17	11-Up	400 Freestyle	18
19	10-Under	200 IM	20
21	11-Up	200 IM	22
23	10-Under	100 Backstroke	24
25	11-Up	100 Backstroke	26
27	10-Under	100 Freestyle	28
29	11-Up	100 Freestyle	30
31	11-Up	400 IM	32
Sunday, June 30, 2013			
Girl's Events	Age-Group	Event	Boy's Events
33	11-Up	200 Freestyle	34
35	10-Under	200 Freestyle	36
37	11-Up	200 Butterfly	38
39	12-Under	50 Butterfly	40
41	11-Up	200 Breaststroke	42
43	12-Under	50 Breaststroke	44
45	11-Up	50 Freestyle	46
47	10-Under	50 Freestyle	48
49	11-Up	*1500 Freestyle	50

*Swimmers must provide Timers and Lap Counters.

Pacific Swimming – QSS Open Long Course 6/28/2013 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				
					: .			SCY / LCM				
# of entries _____ x \$2.75= \$ _____ Participation Fee \$10.00 Total \$ _____												
Coach												
Swimmer's Address												
Home Phone						Cell Phone						