

Lynbrook Aquatics (LA)

Zone 1S-Long Course C/B/A+ Swim Meet

Saturday & Sunday, June 7 & 8, 2008

Enter online at: <http://swimconnection.com/pc/meet/la>

- Sanction:** Held under USA/ Pacific Swimming Sanction No.: 0498
- Location:** Lynbrook High School, 1280 Johnson Ave., San Jose, CA.
From Highway 280, take Lawrence Express. South exit, turn right on Bollinger Ave., turn left on Johnson Ave.
From North on Highway 85, exit Saratoga Ave. and left turn, left turn on Lawrence Expressway, left turn on Prospect Ave., right turn on Johnson Ave., Lynbrook High School will be on your right.
From South on Highway 85, exit Saratoga Ave. and right turn, left turn on Lawrence Expressway, left turn on Prospect Ave., right turn on Johnson Ave., Lynbrook High School will be on your right.
- Course:** Olympic, 50-meter, ten-lane, outdoor, heated pool. Up to eight competitive lanes with one warm-up/cool down lane.
- Time:** Meet begins at 9:00 A.M. each day. Warm ups begin at 7:30 A.M. and end at 8:45 A.M. each day.
- Rules:** Current USA and Pacific Swimming rules will govern the swim meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk-of-Course. **All swimmers age 12 and under should complete competition within four (4) hours. All events are timed-finals.** Swimmers may compete in up to **four (4) events per day. Entries will be accepted until the number of splashes exceeds the estimated time line, per the Four Hour Rule, based on swimmer's age and gender.** *All swim coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner.* Animals are prohibited in the pool deck area at all times, with the exception of disabled assistance animals. If local conditions warrant it, the Head Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be made for mandatory scratches.
- Restrictions:** Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in the spectator seating or standing areas, and in all areas used by swimmers, during the warm-up periods and during the meet. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue, which encompass the entire Lynbrook High School campus. Glass bottles are not allowed on the pool deck. Swim team canopies will be allowed on the pool deck; however, swim coaches' EZ-ups are given priority on the competition pool deck. Tents can be put up outside the pool area.
- 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 "A" time standard. Swimmers in the "B" Division must have met at least the listed "B" time standard. All the entry times slower than the listed "B" time standard will be in the "C" Division.** 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 of age and older may participate in the 13/over events, but may not receive awards. Such swimmers must have met the 17-18 age group time standards. Disabled swimmers are welcomed to attend this meet and should contact the Meet Director or Head Referee regarding special accommodations on the entry times and seeding per Pacific Swimming policy.
- 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 30 minutes before the estimated time of the start of the first heat of the event. Swimmers who do not check in will not be allowed to compete in the event.
- Scratches:** Any swimmer, who has checked in for an individual event and fails to swim that event, will be barred from competing in the next individual event in which the swimmer is entered in this meet. The penalty will not apply, if the swimmer scratches before the event are seeded or if the Referee accepts proof that the failure was caused by illness, injury, or other circumstances beyond the control of the swimmer.
- Officials:** Head Referee: *Jim Nachtigal jimnachtigal@Comcast.net
Head Starter: *Mike Piccardo
Meet Director: *Morgan Wang (408) 725-8038 morjoy@Pacbell.net
Head Meet Marshall: *Henry Kim

Entry Priority: Zone 1 South (Z1S) entries postmarked Monday, May 19, 2008 or entered online by 11:59 P.M. Monday, May 19, 2008 will be given priority acceptance. All entries from Zone 1 South (Z1S), all other Pacific LSC Zones and other LSC's either postmarked by Monday, May 26, 2008, entered online by Thursday, May 29, 2008 or hand delivered by 6:30 P.M. Thursday, May 29, 2008 will be considered in the order that they were received.

Online Entries: You may enter this meet online or by mail. Enter at <http://swimconnection.com/pc/meet/la> to receive immediate entry confirmation of acceptance via email. The "billing information" email should be brought to the meet as proof of entry. Online entry requires payment by credit card using our secure site. The cost of using Online Meet Entries is \$1.00 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Fees collected by the use of this system are completely voluntary. Online entries will be accepted through May 29th or until the number of splashes exceeds the estimated time line, per the four hour rule. **Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming.**

Check <http://swimconnection.com/pc/meet/la> for session open or closed status.

Mailed Entries: Entries must be on the attached consolidated entry form. Entry forms must be completely filled out, including the **fastest** long course time for each event. Short course times must be converted to long course times using the conversion formulas in the current swim guide or by converting the times at SwimConnection.com. Swimmers with a short course "A" time must enter with a minimum long course "A" time or better. **No time (NT) entries "will be" accepted.**

All entries must be postmarked by midnight, Monday, May 26, 2008 or hand-delivered by 6:30PM Thursday, May 29, 2008 to 18747 Devon Avenue, Saratoga, CA 95070. All entries will be considered in the order in which they were received. No late entries will be accepted. **No refunds will be made, except for mandatory scratches and entries returned for closed status.**

Entry Fees: \$2.25 per individual event, with an additional \$5.00 participation fee per swimmer to help cover meet expenses. Make checks payable to: "LA" and mail with entries to:

Ellen Reynolds
18747 Devon Avenue
Saratoga, CA 95070

*Please include a **self-addressed stamped envelop** (SASE) for entry confirmation

Awards: Ribbons will be awarded for 1st through 8th for each age group and division. Age groups 13-14, 15-16 and 17-18 will swim as combined events, but will be awarded separately. Swimmers 19 years of age and older will not receive awards. A team representative must pick up their swim team awards at the conclusion of the meet at the awards desk; awards will not be mailed.

Admission: Free. A two-day program will be available for \$3.00.

Hospitality: A complete snack bar will be available throughout the meet. Refreshments and lunch will be provided to working officials and swim coaches.

Note: There is ample parking for vehicles. There is no parking fees required for regular parking during the meet.

Event Summary
Saturday, June 7th

<u>8 & Un.</u>	<u>9-10</u>	<u>11-12</u>	<u>13-14</u>	<u>15-18</u>
100 Free	100 Free	100 Free	100 Free	100 Free
50 Back	50 Back	50 Back	100 Back	100 Back
50 Free	50 Fly	50 Fly	100 Fly	100 Fly
	100 Breast	100 Breast	200 Breast	200 Breast
	400 Free	200 Free	400 Free	200 Free

Sunday, June 8th

<u>8 & Un.</u>	<u>9-10</u>	<u>11-12</u>	<u>13-14</u>	<u>15-18</u>
50 Fly	100 Fly	100 Fly	200 Fly	200 Fly
50 Breast	50 Breast	50 Breast	100 Breast	100 Breast
	100 Back	200 Back	200 Back	200 Back
	50 Free	50 Free	50 Free	50 Free
	200 I.M.	400 I.M.	200 I.M.	400 I.M.

Saturday, June 7, 2008

Girls	"A" Time	"B" Time	Age Group	Event	"A" Time	"B" Time	Boys
1	1:46.59	2:07.79	8 & Un	100 Free	1:40.09	2:04.79	2
3	1:21.89	1:43.99	9-10	100 Free	1:20.59	1:41.59	4
5	1:14.09	1:26.39	11-12	100 Free	1:11.59	1:23.49	6
7	1:11.09	1:22.89	13-14	100 Free	1:06.59	1:17.69	8
	1:09.59	1:21.09	15-16	100 Free	1:04.09	1:14.79	
	1:09.19	1:20.69	17-18	100 Free	1:02.69	1:13.19	
9	57.89	1:06.99	8 & Un	50 Back	56.69	1:06.99	10
11	43.69	55.99	9-10	50 Back	44.19	56.79	12
13	39.19	45.69	11-12	50 Back	38.79	45.79	14
15	1:20.09	1:33.49	13-14	100 Back	1:15.09	1:27.59	16
	1:18.29	1:31.29	15-16	100 Back	1:11.69	1:23.59	
	1:17.79	1:30.79	17-18	100 Back	1:10.29	1:21.99	
17	48.19	58.19	8 & Un	50 Free	46.09	58.19	18
19	42.09	55.09	9-10	50 Fly	40.99	52.89	20
21	36.59	42.69	11-12	50 Fly	36.59	43.49	22
23	1:17.29	1:30.19	13-14	100 Fly	1:11.99	1:23.99	24
	1:15.89	1:28.49	15-16	100 Fly	1:09.09	1:20.59	
	1:15.19	1:27.79	17-18	100 Fly	1:07.29	1:18.49	
25	1:47.09	2:17.69	9-10	100 Breast	1:45.99	2:13.59	26
27	1:33.79	1:49.99	11-12	100 Breast	1:33.59	1:50.49	28
29	3:11.99	3:43.99	13-14	200 Breast	3:02.39	3:32.79	30
	3:08.49	3:39.89	15-16	200 Breast	2:54.29	3:23.29	
	3:08.59	3:39.99	17-18	200 Breast	2:50.39	3:18.79	
31	6:09.69	7:42.09	9-10	400 Free	6:06.79	7:38.49	32
33	2:39.19	3:05.69	11-12	200 Free	2:35.69	3:01.69	34
35	5:16.59	6:09.39	13-14	400 Free	5:05.59	5:56.49	36
37	2:29.39	2:54.29	15-16	200 Free	2:18.99	2:42.09	38
	2:28.09	2:52.79	17-18	200 Free	2:16.29	2:38.99	

Sunday, June 8, 2008

Girls	"A" Time	"B" Time	Age Group	Event	"A" Time	"B" Time	Boys
39	58.99	1:06.99	8 & Un	50 Fly	58.39	1:06.99	40
41	1:38.69	2:13.69	9-10	100 Fly	1:37.19	2:10.79	42
43	1:22.89	1:38.69	11-12	100 Fly	1:22.09	1:38.19	44
45	2:49.49	3:17.69	13-14	200 Fly	2:39.89	3:06.59	46
	2:44.69	3:12.09	15-16	200 Fly	2:32.19	2:57.59	
	2:42.39	3:09.49	17-18	200 Fly	2:29.49	2:54.49	
47	1:01.89	1:12.49	8 & Un	50 Breast	1:01.39	1:12.49	48
49	48.29	1:01.59	9-10	50 Breast	48.49	1:01.59	50
51	42.09	49.09	11-12	50 Breast	43.09	51.09	52
53	1:29.09	1:43.99	13-14	100 Breast	1:23.59	1:37.49	54
	1:27.69	1:42.29	15-16	100 Breast	1:20.59	1:33.99	
	1:27.59	1:42.19	17-18	100 Breast	1:18.39	1:31.49	
55	1:35.29	2:02.49	9-10	100 Back	1:33.69	1:58.49	56
57	3:00.69	3:30.79	11-12	200 Back	3:00.29	3:30.29	58
59	2:51.39	3:19.99	13-14	200 Back	2:41.59	3:08.59	60
	2:47.29	3:15.19	15-16	200 Back	2:34.29	2:59.99	
	2:46.29	3:13.99	17-18	200 Back	2:31.09	2:56.29	
61	36.49	45.29	9-10	50 Free	36.19	44.49	62
63	33.69	39.19	11-12	50 Free	32.99	38.39	64
65	32.79	38.19	13-14	50 Free	30.59	35.69	66
	32.29	37.69	15-16	50 Free	29.39	34.19	
	32.19	37.49	17-18	50 Free	28.69	33.49	
67	3:20.59	4:13.89	9-10	200 I.M.	3:18.89	4:10.69	68
69	6:27.59	7:32.09	11-12	400 I.M.	6:24.29	7:28.29	70
71	2:52.39	3:21.09	13-14	200 I.M.	2:42.79	3:09.89	72
73	5:56.59	6:55.99	15-16	400 I.M.	5:29.99	6:24.99	74
	5:55.19	6:54.39	17-18	400 I.M.	5:25.49	6:19.79	

