

West Coast Aquatics (WEST)
Zone 1S Short Course C/B/A+ Swim Meet
Saturday & Sunday, October 11-12, 2008

Enter online at: www.swimconnection.com/pc/meet/west

Sanction: Sanctioned by USA/Pacific Swimming. Sanction Number: 1088

Location: Frank Fiscalini International Swim Center, Independence High School, 627 N. Jackson Ave, San Jose. From Hwy 680 Take the McKee WEST exit. Right turn at first street (Jackson). Left turn into parking lot after football field. From Hwy 101 Take the McKee EAST exit. Left turn at Jackson. Left turn into parking lot after football field.

Course: 25 yard x 50-meter outdoor, heated pool. Up to 16 competition lanes available, to be allocated based on number of entries received. A separate 7 lane warm up/down pool is available.

Time: Meet begins at 9:00 am each day. Warm-ups from 7:30 to 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.

Swimmers may compete in 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 events are timed finals. All swim coaches and deck officials must wear their USA Swimming (USAS) membership cards in a visible manner. 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 in all areas of the meet venue, which encompass the entire Independence High School campus. Glass containers, sale and use of alcoholic beverages are prohibited in all areas of the meet venue, which encompass the entire Independence High School campus. Animals are prohibited in the pool deck area at all times, with the exception of disabled assistance animals. Only coaches EZ-Ups are allowed on competition deck.

Eligibility: Swimmers must be current members of USAS 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 not have met the "A" time standard but 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 time standards for the 17-18 age group. 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 with the Clerk-of-the-Course. Events will be closed no earlier than 30 minutes before the estimated start of each 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 is seeded or if the Referee accepts proof that the failure was caused by illness, injury, or other circumstances beyond the control of the swimmer.

Distance: The 400 IM and 500 Freestyle will be swum fastest to slowest alternating girls and boys. **Swimmers competing in the 500 freestyle must provide their own lap counters and timers. Swimmers competing in the 400 IM must provide their own timers.**

Entries: Swimmers may enter this meet online or by mail. Online meet entry is in no way required or expected in order to enter this meet. Entry forms must be completely filled out including best SHORT COURSE YARDS time for each event. (NT) entries "will be" accepted. NO REFUNDS will be made except for mandatory scratch downs. No late entries will be accepted. No faxes will be accepted. Entries will not be accepted without payment.

Online Meet Entries: Enter at <http://www.swimconnection.com/pc/meet/west> to receive immediate confirmation of acceptance via email. Families entering & coaches making team entries follow the same online entry method. No online entries after Wednesday October 1, 2008 will be accepted. The "billing information" email should be brought to the meet as proof of entry. Online entry requires payment by credit card using vendor's secure site. The cost of using Online Meet Entries is \$1 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 Meet Entry is in no way required or expected of a swimmer by Pacific Swimming.

Mailed or Hand Delivered Entries: Entries must be on the attached SAMMS consolidated entry form. Entry forms must be completely filled out including best SHORT COURSE YARDS time for each event. All entries must be postmarked Monday, September 29, 2008 or hand delivered by 6:00 PM Wednesday, October 1, 2008 to 839 Cape Town Place, San Jose, CA 95133. All entries will be considered in the order in which they were received. No late entries will be accepted.

Entry Fees: \$5.00 per swimmer participation fee AND \$2.25 per individual event MUST be included with entry. If mailing entries make check (Checks or Money Orders Only. No Cash.) Payable to: **West Coast Aquatics** and mail with entries to:

Sue McAllister, 839 Cape Town Place, San Jose, CA 95133 *

If sending via Express/Overnight Delivery WAIVE THE SIGNATURE

For questions regarding entries: (meetvenue@aol.com) (408-259-4522)

Hand Delivery Directions: (839 Cape Town Place, San Jose, CA 95133): Berryessa Road exit from 680 head WEST, left at Jackson, Right at Commodore. Left at Puget Sound. Right at Cape Hatteras. Left at Cape Town. 2nd house on right.

Officials: Head Referee: Jim Nachtigal Head Starter: Darwin Takaki Head Meet Marshal: John Rasmussen Meet Director: Sue McAllister 408-259-4522 meetvenue@aol.com

Awards: Awards for Age Group events will be given for 1st through 8th place for each age group in each of the three Divisions ("C", "B", & "A+"). Age groups 6/UN, 8/UN, and 9-10 will swim as combined events, but will be awarded separately **EXCEPT** for the 200 IM, 100 Fly, 100 Back, 100 Breast and 200 Free. These events will be awarded as a single age group (10/UN). Age groups 11/12, 13/14, 15/16 and 17/18 will swim as combined events, but will be awarded separately. *All swimmers achieving new "BB" or "A" times will be awarded "BB" or "A" medals, regardless of place achieved in the event.* Swimmers 19 years of age and older will not receive awards. **Awards must be picked up during the meet at the "Awards Desk". Awards will not be mailed.**

Admission: Free. A two day program will be available for \$4.00.

Hospitality: Meals and refreshments will be provided for working officials and coaches. Refreshments will be provided for timers.

SATURDAY OCTOBER 11, 2008

Girls Event #	Boys Event #	Description	Age Group	Girls "B"	Girls "A"	Boys "B"	Boys "A"
1	2	100 Breast	11-12	1:36.39	1:22.19	1:35.69	1:21.09
			13-14	1:30.99	1:17.99	1:24.39	1:12.29
			15-16	1:29.09	1:16.39	1:20.69	1:09.19
			17-18	1:29.09	1:16.39	1:18.79	1:07.59
3	4	100 Free	9-10	1:31.89	1:12.29	1:29.19	1:10.79
			8/UN	1:54.59	1:35.29	1:51.59	1:28.99
5	6	25 Free	8/UN	23.49	19.49	23.49	18.39
7	8	100 Fly	11-12	1:27.59	1:13.59	1:26.39	1:12.19
			13-14	1:19.39	1:08.09	1:13.99	1:03.39
			15-16	1:17.99	1:06.89	1:10.59	1:00.49
			17-18	1:16.99	1:05.99	1:08.99	59.09
9	10	50 Fly	9-10	48.79	37.29	47.29	36.69
			8/UN	59.99	52.59	59.99	52.09
11	12	50 Fly	11-12	38.09	32.69	38.59	32.39
13	14	25 Fly	8/UN	26.99	21.59	26.99	20.49
15	16	100 Back	11-12	1:28.89	1:14.89	1:25.79	1:12.29
			13-14	1:20.19	1:08.69	1:15.69	1:04.89
			15-16	1:18.99	1:07.69	1:11.49	1:01.29
			17-18	1:18.19	1:06.99	1:09.99	59.99
17	18	50 Back	9-10	48.89	38.19	49.29	38.39
			8/UN	59.99	51.59	59.99	50.49
19	20	200 IM	11-12	3:04.99	2:38.59	3:03.49	2:35.89
			13-14	2:56.49	2:31.29	2:45.49	2:21.89
			15-16	2:53.09	2:28.39	2:38.29	2:15.69
			17-18	2:51.49	2:26.99	2:34.59	2:12.49
21	22	100 IM	9-10	1:45.69	1:23.19	1:41.59	1:21.29
			8/UN	2:09.99	1:49.29	2:09.99	1:45.09
23	24	100 IM	11-12	1:26.49	1:14.09	1:24.39	1:12.19
25	26	200 IM	10/UN	3:42.69	2:55.99	3:40.89	2:55.29
27	28	50 Free	11-12	34.59	29.79	33.39	28.59
			13-14	33.39	28.69	31.09	26.59
			15-16	32.89	28.19	29.59	25.39
			17-18	32.79	28.19	28.99	24.89
29	30	50 Free	9-10	40.09	32.39	39.19	31.89
			8/UN	51.99	42.99	51.99	40.89
31	32	500 Free	9-10	8:30.49	6:48.39	8:25.79	6:44.59
			11-12	7:10.79	6:09.29	7:05.49	6:04.69
			13-14	6:51.79	5:52.99	6:35.99	5:39.39
			15-16	6:46.39	5:48.39	6:19.39	5:25.29
			17-18	6:43.89	5:46.19	6:10.59	5:17.69

SATURDAY EVENT SUMMARY

8-Un	10-Un	9-10	11-12	13-14	15-16	17-18
25 Free	100 Free	500 Free	100 Breast	100 Breast	100 Breast	100 Breast
25 Fly	50 Fly		100 Fly	100 Fly	100 Fly	100 Fly
	50 Back		50 Fly	100 Back	100 Back	100 Back
	100 IM		100 Back	200 IM	200 IM	200 IM

200 IM
50 Free

200 IM
100 IM
50 Free
500 Free

50 Free
500 Free

50 Free
500 Free

50 Free
500 Free

SUNDAY OCTOBER 12, 2008

Girls Event #	Boys Event #	Description	Age Group	Girls "B"	Girls "A"	Boys "B"	Boys "A"
33	34	200 Free	11-12	2:43.49	2:20.19	2:39.39	2:16.59
		11 & UP	13-14	2:36.59	2:14.19	2:26.79	2:05.79
			15-16	2:33.39	2:11.49	2:20.89	2:00.79
			17-18	2:32.29	2:10.59	2:17.99	1:58.29
35	36	50 Breast	10/UN				
			9-10	53.59	41.99	53.89	42.49
			8/UN	1:04.99	55.29	1:04.99	54.79
37	38	50 Breast	11-12	44.29	37.99	44.59	37.59
39	40	25 Breast	8/UN	29.99	24.79	29.99	24.29
41	42	200 Breast	11 & UP				
			11-12	3:27.29	2:57.69	3:21.79	2:52.99
			13-14	3:15.99	2:47.99	3:02.39	2:36.29
			15-16	3:12.09	2:44.69	2:55.09	2:30.09
			17-18	3:12.29	2:44.79	2:52.19	2:27.59
43	44	100 Breast	10/UN	1:59.99	1:33.39	1:56.79	1:32.69
45	46	200 Fly	11 & UP				
			11-12	3:06.29	2:39.69	3:04.69	2:38.29
			13-14	2:53.39	2:28.59	2:44.29	2:20.79
			15-16	2:50.99	2:26.59	2:36.79	2:14.39
			17-18	2:48.19	2:24.19	2:31.19	2:09.59
47	48	100 Fly	10/UN	1:57.49	1:26.69	1:55.39	1:25.69
49	50	200 Back	11 & UP				
			11-12	3:03.29	2:37.09	2:59.39	2:33.79
			13-14	2:51.79	2:27.29	2:42.79	2:19.49
			15-16	2:50.19	2:25.89	2:34.79	2:12.69
			17-18	2:47.89	2:23.89	2:30.59	2:09.09
51	52	100 Back	10/UN	1:45.69	1:22.19	1:43.29	1:21.69
53	54	50 Back	11-12	39.99	34.29	39.79	33.69
55	56	25 Back	8/UN	27.99	23.19	27.99	22.69
57	58	100 Free	11 & UP				
			11-12	1:13.59	1:03.09	1:13.29	1:02.89
			13-14	1:12.59	1:02.19	1:07.69	57.99
			15-16	1:11.29	1:01.09	1:04.59	55.39
			17-18	1:10.89	1:00.79	1:03.39	54.29
59	60	200 Free	10/UN	3:20.19	2:36.39	3:09.89	2:31.89
61	62	400 IM	11&UP				
			11-12	6:34.39	5:38.09	6:27.29	5:31.99
			13-14	6:12.89	5:19.59	5:52.79	5:02.39
			15-16	6:06.49	5:14.09	5:37.29	4:49.09
			17-18	6:04.39	5:12.29	5:30.29	4:43.09

SUNDAY EVENT SUMMARY

8-Un	10-Un	11-12	13-14	15-16	17-18
25 Breast	50 Breast	200 Free	200 Free	200 Free	200 Free
25 Back	100 Breast	50 Breast	200 Breast	200 Breast	200 Breast
	100 Fly	200 Breast	200 Fly	200 Fly	200 Fly
	100 Back	200 Fly	200 Back	200 Back	200 Back

200 Free

200 Back
50 Back
100 Free
400 IM

100 Free
400 IM

100 Free
400 IM

100 Free
400 IM

