



PALO ALTO STANFORD AQUATICS
Pacific Swimming / Zone 1 North Short Course PC-C/PC-B/PC-A+ Meet
Saturday and Sunday, February 21-22, 2009
USA/Pacific Swimming Sanction #0239

This is a Zone 1 North Dual Venue meet hosted by
Palo Alto Stanford Aquatics and South San Francisco Aquatics Club

Zone 1 North Teams assigned to this meet/venue: PASA, LO, PCA, OSC, SOLO, SUNN and LAMV

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

LOCATION: Rinconada Park Pool, Newell Rd. & Hopkins, Palo Alto. From US 101 take Embarcadero Road West one mile and turn right onto Newell and take the first left onto Hopkins. The pool is located across from the tennis courts. Parking is available in the adjacent neighborhood, however, do not block driveways or park in the Park grounds. There is no R.V. parking available in the neighborhood.

COURSE: 25 yard, outdoor heated pool. Up to 8 lanes will be used for competition. Warm-up, cool down area will be available during the meet

TIME: This is a split session meet.

Session A: Meet begins at 8:30am; warm-ups are from 7:15 – 8:15 AM.

Session B: Meet will begin one hour after Session A finishes, but not before 11:30. Warm-ups begin immediately after Session A finishes.

RULES: Current USA & Pacific Swimming rules will govern the meet. All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk of Course. All events are timed finals. **SWIMMERS MAY COMPETE IN A TOTAL OF FOUR (4) EVENTS PER DAY.** If conditions warrant it, the Meet Referee, with concurrence of the Meet Director may require a mandatory scratch down. In the event of a mandatory scratch down, refunds will be given at the Clerk of Course. All swimmers ages 12 and under should complete competition within four hours. The meet is limited to the first 325 Swimmers per session at this venue. **Entries submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.**

RESTRICTIONS: No glass containers are allowed on the pool deck or in the locker room areas. Smoking and the use of other tobacco products is prohibited in all areas of the meet venue. The sale & use of alcoholic beverages is prohibited in all areas of the meet venue. Propane heaters are not allowed.

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 "C" Division must have not met the listed "B" time standards. Swimmers in the "B" Division must have met the listed "B" time standards and have not met the listed "A" time standards. Swimmers in the "A" Division must have met the listed "A" time standards. Swimmers 19 years of age and older may participate in the 17/18 division, but will not receive awards. 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.

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk of the Course. The close of check in for all events shall be no more than **30 minutes before** the estimated start time of the first heat of the event. Swimmers who do not check in will not be allowed to compete in the event.

SCRATCHES: Failure to swim an event will result in being scratched from the meet unless the swimmers returns to the clerk of course and repeats the check-in process for all remaining events. Failure to swim an event after re-check-in will result in being barred from the next individual event in which a swimmers is entered. The penalty does not apply if the swimmer scratches before the event is seeded, or if the Referee accepts proof that the failure to show was caused by illness, injury, or other circumstances that were beyond the control of the swimmer.

ENTRIES: Each session is limited to the first 325 swimmers. Zone 1N swimmers entering online must do so by midnight Monday, January 26. Zone 1N swimmers surface mail entries must be postmarked by Monday, January 26 in order to receive priority acceptance to the meet. No swimmers other than those in Zone 1N may enter the meet until the preference period has concluded.

After the Zone 1N preference period has concluded, entries from other Pacific Swimming Zones or other LSCs will be accepted on a first come first served basis as long as the entry cap for the session has not been met. All other online entries must be received by midnight, Monday, February 9, 2009. All surface mail entries must be postmarked by Monday, February 9, 2009. Hand delivered entries must be received by 6:00 pm on Monday, February 9, 2009. Hand entries can be delivered to the meet entries chair's address, which is listed below. For confirmation of entries, a self-addressed stamped envelope or postcard must be provided. See below for specific instructions for online and surface entries.

Option 1: Online Meet Entries:

1. Using your browser go to: <http://www.swimconnection.com/pc/meet/pasacba>
2. Follow entry instructions:
 - a. Enter all swimmers
 - b. Make online credit card payment for meet entries at our secure site.
 - c. **You will receive confirmation of acceptance into the meet at time of payment.** This confirmation should be brought to the meet as proof of entry.

Note: Entering the meet online is completely voluntary and is in no way required or expected in order to enter the meet. Swim Connection LLC charges a processing fee for this service equal to \$1 per swimmer plus 5% of the 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.

Option 2: Surface Mailed Entries:

1. Entries must be on the attached Consolidated Entry Form. Complete a separate form for each swimmer using the best short course yards time for each event.
2. Make your check payable to **PASC**, and mail with entries to:

**Melissa Stoppler
922 Aruba Lane
Foster City, CA 94404**

Each session is limited to the first 325 swimmers. No late entries, fax entries, or entries without payment will be accepted. No refunds will be made.

ENTRY FEES: \$2.25 per Individual event, plus a \$5.00 participation fee per swimmer to help defray meet expenses.

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 & Under, 9/10, 11-12, 13-14, 15-16, 17-18. Swimmers 19 years of age and older will not receive awards. "A" time medals will be given to swimmers achieving a new "A" times, regardless of place achieved in the event. All awards must be picked up at the meet by coaches at the end of each session. Awards will not be mailed.

ADMISSION: Free. A two day program will be available for a reasonable fee.

SNACK BAR: A Snack Bar will be open each day.

HOSPITALITY: Generous and friendly hospitality provided for all timers, officials and coaches. Thank you for your help!

OFFICIALS:

Head Referee: Joyce Lanphere
Head Meet Marshal: Tsvika Tal

Head Starter: Conny Barton (revised 2/04/09)
Co-Meet Directors: Tamara Thomas tamt4@gmail.com
Pamela Kell pamelakell52@yahoo.com

MINIMUM OFFICIALS: Teams must follow Zone 1 North rules for providing officials. Each team must provide officials for each session according to the number of swimmers entered in that session, following the table below. Teams that do not provide sufficient officials must provide coaches to act in the place of officials.

Number of swimmers per team entered in session	# of trained and carded officials required
0 – 24	0
25 – 50	1
51 – 75	2
76 – 100	3
101 and up	4

Session A - Girls			Saturday February 21	Session A - Boys		
Girls	"PC-B" Time Standard	"PC-A" Time Standard	Event	"PC-B" Time Standard	"PC-A" Time Standard	Boys
1	40.29	36.49	9-10 50 Free	40.39	36.59	2
3	51.99	42.99	8/under 50 Free	51.99	40.89	4
5	1:57.29	1:46.49	9-10 100 Breast	1:58.59	1:47.69	6
7	29.99	24.79	8/under 25 Breast	29.99	24.29	8
9	1:42.59	1:33.19	9-10 100 IM	1:42.59	1:33.19	10
11	2:09.99	1:49.29	8/un 100 IM	2:09.99	1:45.09	12
13	8:27.69	7:40.99	9-10 500 Free	8:14.39	7:28.79	14

Session B - Girls			Saturday February 21	Session B - Boys		
Girls	"PC-B" Time Standard	"PC-A" Time Standard	Event	"PC-B" Time Standard	"PC-A" Time Standard	Boys
15	36.29	32.89	11/12 50 Free	35.99	32.69	16
17	1:15.89	1:08.79	13/14 100 Free	1:10.79	1:04.29	18
	1:15.29	1:08.39	15/16 100 Free	1:07.89	1:01.59	
	1:16.29	1:09.19	17/18 100 Free	1:07.09	1:00.79	
19	1:43.39	1:33.89	11/12 100 Breast	1:42.59	1:33.19	20
21	3:33.19	3:13.49	13/14 200 Breast	3:22.79	3:04.09	22
	3:31.99	3:12.39	15/16 200 Breast	3:15.99	2:57.89	
	3:42.59	3:22.09	17/18 200 Breast	3:19.99	3:01.49	
23	1:31.29	1:22.89	11/12 100 IM	1:29.49	1:21.19	24
25	1:25.69	1:17.79	13/14 100 Fly	1:20.69	1:13.19	26
	1:23.59	1:15.89	15/16 100 Fly	1:15.19	1:08.19	
	1:25.29	1:17.39	17/18 100 Fly	1:15.99	1:08.89	
27	3:18.59	3:00.29	11/12 200 Back	3:11.99	2:54.19	28
29	7:14.59	6:34.49	13/14 500 Free	6:55.89	6:17.49	30
	7:09.19	6:29.59	15/16 500 Free	6:48.19	6:10.49	
	7:26.59	6:45.39	17/18 500 Free	6:48.19	6:10.49	

Session A - Girls			Sunday February 22	Session A - Boys		
Girls	"PC-B" Time Standard	"PC-A" Time Standard	Event	"PC-B" Time Standard	"PC-A" Time Standard	Boys
31	45.99	41.69	9-10 50 Fly	45.49	41.19	32
33	59.99	52.59	8/under 50 Fly	59.99	52.09	34
35	1:42.59	1:33.19	9-10 100 Back	1:45.29	1:35.59	36
37	27.99	23.19	8/under 25 Back	27.99	22.69	38
39	3:42.59	3:22.09	9/10 200 IM	3:44.39	3:23.59	40
41	23.49	19.49	8/under 25 Free	23.49	18.39	42
43	1:29.29	1:21.09	9-10 100 Free	1:29.29	1:21.09	44
45	1:54.59	1:35.29	8/under 100 free	1:51.59	1:28.99	46

Session B - Girls			Sunday February 22	Session B - Boys		
Girls	"PC-B" Time Standard	"PC-A" Time Standard	Event	"PC-B" Time Standard	"PC-A" Time Standard	Boys
47	2:52.39	2:36.49	11/12 200 Free	2:53.59	2:37.49	48
49	2:42.59	2:27.59	13/14 200 Free	2:34.59	2:20.39	50
	2:42.59	2:27.59	15/16 200 Free	2:27.99	2:14.29	
	2:47.59	2:32.09	17/18 200 Free	2:27.99	2:14.29	
51	42.69	38.69	11/12 50 Back	42.69	38.69	52
53	1:26.69	1:18.59	13/14 100 Back	1:22.69	1:14.99	54
	1:27.99	1:19.79	15/16 100 Back	1:19.99	1:12.59	
	1:32.09	1:23.59	17/18 100 Back	1:20.49	1:13.09	
55	3:21.29	3:02.69	11/12 200 Fly	3:19.99	3:01.49	56
57	3:11.29	2:53.59	13/14 200 Fly	3:03.99	2:46.99	58
	3:08.59	2:51.19	15/16 200 Fly	2:54.59	2:38.49	
	3:18.59	3:00.29	17/18 200 Fly	2:58.59	2:42.19	
59	1:18.89	1:11.59	11/12 100 Free	1:17.99	1:10.79	60
61	3:05.39	2:48.29	13/14 200 IM	2:55.99	2:39.69	62
	3:03.99	2:46.99	15/16 200 IM	2:48.79	2:33.19	
	3:11.29	2:53.59	17/18 200 IM	2:49.29	2:33.69	

EVENT RECAP

SATURDAY, FEBRUARY 21, 2009

<u>8/Under</u>	<u>9/10</u>	<u>11/12</u>	<u>13 & Up</u>
50 Free	50 Free	50 Free	100 Free
25 Breast	100 Breast	100 Breast	200 Breast
100 IM	100 IM	100 IM	100 Fly
	500 Free	200 Back	500 Free

SUNDAY, FEBRUARY 22, 2009

<u>8/Under</u>	<u>9/10</u>	<u>11/12</u>	<u>13 & Up</u>
50 Fly	50 Fly	200 Free	200 Free
25 Back	100 Back	50 Back	100 Back
25 Free	200 IM	200 Fly	200 Fly
100 Free	100 Free	100 Free	200 IM

Enter this meet online at: <http://www.swimconnection.com/pc/meet/pasacba>

If you enter online you will:

- *Receive information of space available before beginning the entry process*
- *After entering, receive an immediate acceptance confirmation*

For surface mailed entries, please complete the attached Consolidated Entry Card and use the table below to calculate entry fees.

- *For confirmation of entries, a self-addressed stamped envelope or postcard must be provided.*

Events Entered	Total Entry Fees including \$5.00 Participation Fee
1	\$7.25
2	\$9.50
3	\$11.75
4	\$14.00
5	\$16.25
6	\$18.50
7	\$20.75
8	\$23.00

**PASA C/B/A+ Meet
Rinconada Pool
February 21-22, 2009
Consolidated Entry
Card**

Name: Last First M.I.

Club Abbr. Club Name:

Age: Date of Birth: Age Group:

USA-S Reg. # Amt. Paid \$

Sex (Circle) Boy Girl

Event #	Distance/Stroke	Entry Time
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .

Entries # ____ X \$2.25 =	\$ _____
Participation Fee	\$5.00
ENTRY FEE TOTAL:	\$ _____

Coach:

Swimmer's Address:

Phone #:

Email: