

SOLO Swim Club

Pacific Swimming / Zone 1 North PC-CBA+ Short Course Swim Meet

Saturday and Sunday, March 28th and 29th, 2009

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

SANCTION: Held under USA/Pacific Swimming Sanction No. : **0369**

LOCATION: Menlo-Atherton High School is located at 555 Middlefield Road, Atherton, CA 94027. From Highway 101 exit at Willow Road toward Menlo Park. Travel west to Middlefield Road. Turn right on Middlefield Road to Ringwood Avenue. Turn right on Ringwood and turn left in the second school driveway and park in the student lots beside the tennis courts. The pool is located behind the tennis courts. Parking is prohibited on Ringwood. Due to construction parking is limited. Additional parking is available in the front of the school on the north side.

COURSE: Outdoor 15 lane by 25 yard heated pool. Up to ten 25-yard lanes will be used for competition. Warm-up/cool-down area will be available during the meet.

TIME: Session A (11-12 Boys & All 10/unders):

Meet begins at 8:30 AM; Warm-up is from 7:00-8:15 AM.

Session B (11-12 Girls and All 13/0ver swimmers). **Session B will begin one hour after Session A finishes but not before 12:00 pm.** Session B warm-ups will begin immediately after Session A finishes.

RULES: Current USA and Pacific Swimming rules will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk-of-Course. All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. All events are timed finals. Swimmers may compete in up to **three (3)** events per day. The Meet will be LIMITED to the first 400 swimmers in each session, or when the meet estimated time line exceeds the Four Hour Rule per Age Group 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.

IMPORTANT NOTE: ATTENTION HIGH SCHOOL SWIMMERS: IF YOU ARE A HIGH SCHOOL SWIMMER IN SEASON, YOU NEED TO BE UNATTACHED FOR THIS MEET. IT IS YOUR RESPONSIBILITY TO BE UNATTACHED FOR THIS MEET.

RESTRICTIONS: Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectators seating or 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. No glass containers and propane heaters are permitted on the pool deck and facilities. **No tents will be allowed on the pool deck or any other area within the pool's fenced complex and no unauthorized cars may park on the lawn areas.**

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. The meet is open to all qualified swimmers. Swimmers in the "C" Division must have not met the listed "PC-B" time standards. Swimmers in the "B" Division must have met the listed "PC-B" time standards and have not met the listed "PC-A" time standards. Swimmers in the "A" Division must have met the listed the "PC-A" time standards. Swimmers aged 19 years and over may participate in the 17-18 division, but may not receive awards. Such swimmers must have met the 17-18 age group time standards. **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 policy.**

CHECK-IN: The meet will be deck seeded. Swimmers must check in at the Clerk-of-Course. The 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: 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 swimmer 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:

Option 1: Surface Mail Entries:

Entries must be on the attached consolidated entry card with this meet sheet. Entry blanks must contain all information requested, including best short course time for each event. Entered times must be submitted in yards. Zone I North Team entries **that are postmarked by midnight, Monday, March 9th, 2009** will be given priority acceptance. The entries of other Pacific Swimming Zones or other LSC's **must** be postmarked by Monday, March 16th, 2009. Entries from other Pacific Zones or LSC's

will not be considered until Monday, March 16th, 2009. All entries will be considered in the order that they were received. Entries may be hand delivered to the address below by 8:00 PM on Wednesday, March 18th, 2009. For confirmation of entries, a self-addressed stamped envelope or postcard must be included with the entries. Except for mandatory scratches, no refunds will be made. No late entries will be accepted.

Option 2: Online Meet Entries:

Enter at: <http://swimconnection.com/pc/meet/solo> to receive immediate 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 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 Wednesday, March 18th, 2009** or when entries exceed the 400 swimmers per session limit/or a timeline in excess of the "4 Hour Rule." Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. Except for mandatory scratches, no refunds will be made. No late entries will be accepted.

OFFICIALS:

Head Referee: Dieter Giessler
Meet Director: Jill Rissi (650) 340-1523

Head Starter: Derek Phipps
Head Meet Marshal: Rob Caine

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

ENTRY FEE: \$2.25 per event, plus \$5.00 participation fee per swimmer to help cover meet expenses. Make check payable to the **SOLO Swim Club** and mail the entry form to:

Randall Lane
827 14th Ave.
Menlo Park, Ca 94025

AWARDS: Individual events will be awarded in the A, B, and C Division. Ribbons for 1st - 8th place are given to the following age groups: 6/un, 7-8, 9-10, 11-12, 13-14, 15-16, & 17-18. Swimmers aged 19 years and over will not be awarded. New "A" time medals will be awarded, regardless of place achieved in the event. All awards must be picked up at the meet by coaches at end of each session. Awards will not be mailed.

ADMISSION: Free. A two-day program will be available for \$ 3.00. Snack bar will be available both Saturday and Sunday.

Girls	SESSION A		Saturday	March 28, 2009	SESSION A		
	"B"	"A"			Age	Event	"B"
1	47.99	43.49	9/10	50 Back	47.99	43.49	2
			11/12	50 Breast	46.69	42.29	4
5	26.99	21.59*	8/un	25 Fly	26.99	20.49*	6
7	54.09	49.09	9/10	50 Breast	54.09	49.09	8
			11/12	100 Back	1:31.99	1:23.49	10
11	23.49	19.49*	8/un	25 Free	23.49	18.39*	12
13	1:29.29	1:21.09	9/10	100 Free	1:29.29	1:21.09	14
			11/12	50 Fly	39.99	36.29	16
17	1:54.59	1:35.29*	8/un	100 Free	1:51.59	1:28.99*	18
19	1:42.59	1:33.19	9/10	100 IM	1:42.59	1:33.19	20
			11/12	100 Free	1:17.99	1:10.79	22

	SESSION B		Saturday	March 28, 2009	SESSION B		
	"B"	"A"			Age	Event	"B"
23	1:25.69	1:17.79	13/14	100 Fly	1:20.69	1:13.19	24
	1:23.59	1:15.89	15/16		1:15.19	1:08.19	
	1:25.29	1:17.39	17/18		1:15.99	1:08.89	
25	47.99	43.59	11/12	50 Breast			
27	35.09	31.79	13/14	50 Free	32.79	29.79	28
	34.69	31.39	15/16		30.99	28.09	
	35.59	32.29	17/18		30.99	28.09	
29	1:31.99	1:23.49	11/12	100 Back			
31	2:42.59	2:27.59	13/14	200 Free	2:34.59	2:20.39	32
	2:42.59	2:27.59	15/16		2:27.99	2:14.29	
	2:47.59	2:32.09	17/18		2:27.99	2:14.29	
33	40.39	36.69	11/12	50 Fly			
35	1:26.69	1:18.59	13/14	100 Back	1:22.69	1:14.99	36
	1:27.99	1:19.79	15/16		1:19.99	1:12.59	
	1:32.09	1:23.59	17/18		1:20.49	1:13.09	
37	1:18.89	1:11.59	11/12	100 Free			

Girls	SESSION A		Sunday	March 29, 2009		SESSION A	
	"B"	"A"	Age	Event	"B"	"A"	Boys
39	40.29	36.49	9/10	50 Free	40.39	36.59	40
			11/12	100 Breast	1:42.59	1:33.19	42
43	27.99	23.19*	8/un	25 Back	27.99	22.69*	44
45	45.99	41.69	9/10	50 Fly	45.49	41.19	46
			11/12	100 Fly	1:31.29	1:22.89	48
49	29.99	24.79*	8/un	25 Breast	29.99	24.29*	50
51	1:57.29	1:46.49	9/10	100 Breast	1:58.59	1:47.69	52
			11/12	100 IM	1:29.49	1:21.19	54
55	51.99	42.99*	8/un	50 Free	51.99	40.89*	56
57	1:42.59	1:33.19	9/10	100 Back	1:45.29	1:35.59	58
			11/12	50 Free	35.99	32.69	60

	SESSION B		Sunday	March 29, 2009		SESSION B	
	"B"	"A"	Age	Event	"B"	"A"	Boys
61	1:43.39	1:33.89	11/12	100 Breast			
63	1:37.19	1:28.19	13/14	100 Breast	1:31.99	1:23.49	64
	1:38.69	1:29.49	15/16		1:27.99	1:19.79	
	1:43.99	1:34.39	17/18		1:29.29	1:21.09	
65	1:31.19	1:22.69	11/12	100 Fly			
67	3:06.39	2:49.09	13/14	200 Back	2:59.99	2:43.39	68
	3:07.99	2:50.59	15/16		2:53.29	2:37.29	
	3:22.59	3:03.89	17/18		3:03.39	2:46.49	
69	1:31.29	1:22.89	11/12	100 IM			
71	1:15.89	1:08.79	13/14	100 Free	1:10.79	1:04.29	72
	1:15.29	1:08.39	15/16		1:07.89	1:01.59	
	1:16.29	1:09.19	17/18		1:07.09	1:00.79	
73	36.29	32.89	11/12	50 Free			
75	3:05.39	2:48.29	13/14	200 IM	2:55.99	2:39.69	76
	3:03.99	2:46.99	15/16		2:48.79	2:33.19	
	3:11.29	2:53.59	17/18		2:49.29	2:33.69	

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8/under	9/10	11/12	13/18	8/under	9/10	11/12	13/18
25 Fly	50 Back	50 Breast	100 Fly	25 Back	50 Free	100 Breast	100 Breast
25 Free	50 Breast	100 Back	50 Free	25 Breast	50 Fly	100 Fly	200 Back
100 Free	100 Free	50 Fly	200 Free	50 Free	100 Breast	100 IM	100 Free
	100 IM	100 Free	100 Back		100 Back	50 Free	200 IM

