



**ZONE 1 NORTH LONG COURSE PC-C/B/A+ MEET  
Dual Venue Meet by LAMV and DACA**

**Zone 1 North Teams assigned to LAMV Meet Venue: LAMV, LO, OSC, PASA, PCA, SUNN, SOLO & SSF  
Friday May 1<sup>st</sup>, Saturday May 2<sup>nd</sup> and Sunday May 3<sup>rd</sup>, 2009  
Enter online at: <http://swimconnection.com/pc/meet/lamy>**

**SANCTION:** Held Under USA/Pacific Sanction No.: **0459**

**LOCATION:** Foothill College Pool, 12345 El Monte Road, Los Altos Hills. The College is west of Highway 280 on El Monte Road. Drop off point for swimmers is on the Bus Stop/Handicapped Parking Lot at the bottom of the walk bridge. **Please do not drop off your swimmers on the roadside, use the parking lot/bus stop.** Swimmers may use the stairs to go over the walk bridge to the pool. Designated parking is on Lot 2 (\$2.00). See attached Foothill College Campus Map. Lot 2A is reserved for Meet officials and coaches only.

**COURSE:** Outdoor, up to 8 x 50M competition lanes and two short warm up lanes.

**TIME:** Meet **begins on Friday at 4:45pm** with warm-up from 3:30-4:30pm. On Saturday and Sunday, **Session A will begin at 8:30am** with warm-up from 7:00am to 8:15am. **Session B will begin one hour after Session A finishes but not before 1:00pm.** Session B warm-up will begin immediately after Session A finishes.

**RULES:** Current USA Swimming 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 swimmers age 12 and under should complete competition within four (4) hours.** All events are timed finals. All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. The meet will be limited to the first 225 swimmers Friday and 350 swimmers in each Session A and B or when the 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 refund will be made for any mandatory scratches. If a meet entry contains entries for both open and closed sessions, the swimmer will be entered in the open session(s) and a refund issued for the closed session(s) events. Check <http://swimconnection.com/pc/meet/lamy> for session open or closed status. **Events with a "\*\*\*" will require a minimum of "JO" time standard to enter.** The 1500 Free will be swum fast to slow alternating women and men. At the Referee's discretion, the 1500 Free may swim 2 to a lane. 1500 Free swimmers must provide their own lap timers and counters.

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

**RESTRICTIONS:** All kinds of glass containers, **sale and use of all types of tobacco and alcohol products** are prohibited in all areas of the meet venue. No parents are allowed on the pool deck.

**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 "PC-A" time standard. Swimmers in the "B" Division must have met at least the listed "B" time standard and have not met the listed "PC-A" time standard. All entry times slower than the listed "PC-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 17-18 events providing they have met the 17-18 time standards, but may 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-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:** Failure to swim an event a swimmer has checked-in for will result in being scratched from the meet unless the swimmer returns to the clerk of the 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 on that day or the next meet day, whichever is first. There will be no penalty for not checking in for an event, the swimmer will simply be scratched from that event.

**OFFICIALS:** Referee: Phil Harter Starter: Joyce/Marvin Lanphere Meet Director: Andie Clark [Andie\\_Lamvac@att.net](mailto:Andie_Lamvac@att.net)  
Head Meet Marshal: Sharon Jones

**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.

No. of swimmers entered per team on a specific session	No. of officials required for that specific session
0-24	None
25 – 50	1
51 – 75	2
76– 100	3
Over 101	4

**ENTRIES OPTION 1 -**

**ENTRIES:** Enter at: <http://swimconnection.com/pc/meet/lamv> to receive an 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. 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. Online entries will be open to Zone 1 North teams only until April 1<sup>st</sup>, 2009. All online entries will close on April 24<sup>th</sup>, 2009 or until sessions close.

**ONLINE MEET**

**ENTRIES OPTION 2 - MAIL ENTRIES:** Entries must be on a SAMMS Consolidated Entry Card, filled out completely using the **best long course** time (50 meter course) for each event. No conversion from short course is permitted. A swimmer with an A time in short course is an A swimmer in long course. Zone I North Team entries that are postmarked by midnight Tuesday, March 31<sup>st</sup> 2009 will be given priority acceptance. The entries of other Pacific Zones or LSCs will not be considered until after March 31<sup>st</sup>, 2009. All entries must be postmarked by midnight April 20<sup>th</sup>, 2009 or hand delivered by April 24<sup>th</sup>, 2009 to the entries chair listed below. All entries will be considered in the order that they were received. No refunds will be made, except for mandatory scratches and entries received for closed sessions. Please include a SASE for entry confirmation.

**RELAY ENTRIES:** Will be accepted at the Clerk of the Course by an announced time each day.

**ENTRY FEES:** \$2.75 per event, plus \$5.00 participation fee per swimmer to help cover meet expenses. \$9.00 per relay team entry. Make check payable to **LAMV** and mail with entry card to:

**Jose Bonpua**  
167 Charles Ave.  
Sunnyvale, CA 94086

**AWARDS:** The top 8 finishers of the A, B, and C Division of each event will be awarded ribbons. Standard “A” medals will be awarded to “C” or “B” swimmers achieving a new “PC-A” time standard in each event regardless of place achieved in the event. Some 13 & over events will be swum together but awarded separately. 6 and under will be awarded separately. Ribbons will be given to the first through third place for each relay event. No awards for swimmers 19 years of age and older.

**ADMISSION:** Free. Three day program available for \$5.00.

**HOSPITALITY:** Lunches and refreshments will be provided for officials, coaches and timers. A snack bar will be available.

Friday May 1, 2009							
Girls #	PC-B Time	PC-A Time	Age	Event	PC-B Time	PC-A Time	Boys
1	N/A	6:10.39**	11-12	400 IM **	N/A	6:10.89**	2
3	N/A	5:49.79**	13-14	400 IM	N/A	5:42.99**	4
3	N/A	5:45.19**	15-16	400 IM	N/A	5:30.29**	4
3	N/A	6:09.59**	17-18	400 IM	N/A	5:36.09**	4
5	3:15.99	2:57.89	11-12	200 Free	3:16.29	2:58.19	6
7	3:03.59	2:46.59	13-14	200 Free	2:55.39	2:39.19	8
7	3:02.19	2:45.39	15-16	200 Free	2:46.79	2:31.39	8
7	3:06.59	2:49.39	17-18	200 Free	2:45.59	2:30.29	8

\*\*Minimum qualifying time for event = "JO"

11-12 Boys swim in Session A

11-12 Girls swim in Session B

Saturday May 2, 2009 Session A							
Girls #	PC-B Time	PC-A Time	Age	Event	PC-B Time	PC-A Time	Boys
9	2:07.79	1:46.59	8/U	100 Free	2:04.79	1:40.09	10
11	1:41.59	1:32.19	9-10	100 Free	1:41.69	1:32.29	12
			11-12	50 Breast	54.09	49.09	14
15	1:06.99	58.99	8/U	50 Fly	1:06.99	58.39	16
17	51.99	47.19	9-10	50 Fly	52.49	47.59	18
			11-12	50 Fly	45.49	41.29	20
21	1:06.99	57.89	8/U	50 Back	1:06.99	56.69	22
23	54.09	49.09	9-10	50 Back	55.49	50.29	24
			11-12	100 Back	1:45.99	1:36.19	26
27	N/A	N/A	10/U	200 M-Relay	N/A	N/A	28
			11-12	200 M-Relay	N/A	N/A	30

Saturday May 2, 2009 Session B							
Girls	PC-B Time	PC-A Time	Age	Event	PC-B Time	PC-A Time	Boys
31	54.09	49.09	11-12	50 Breast			
33	1:35.49	1:26.59	13-14	100 Fly	1:31.69	1:23.19	34
35	1:34.69	1:25.89	15-16	100 Fly	1:24.89	1:17.09	36
35	1:36.49	1:27.59	17-18	100 Fly	1:25.59	1:17.69	36
37	45.39	41.09	11-12	50 Fly			
39	39.39	35.69	13-14	50 Free	37.59	34.09	40
41	39.09	35.39	15-16	50 Free	35.39	32.09	42
41	39.39	35.69	17-18	50 Free	34.69	31.39	42
43	1:44.49	1:34.89	11-12	100 Back			
45	3:32.09	3:12.49	13-14	200 Back	3:24.39	3:05.49	46
47	3:29.99	3:10.59	15-16	200 Back	3:11.69	2:53.99	48
47	3:39.79	3:19.49	17-18	200 Back	3:27.19	3:07.99	48
49	N/A	N/A	11-12	200 M-Relay			
51	N/A	20:05.99**	13-14	1500 Free **	N/A	19:29.99**	52
53	N/A	20:22.49**	15-16	1500 Free **	N/A	19:23.99**	54
53	N/A	20:47.89**	17-18	1500 Free **	N/A	19:23.99**	54

Sunday May 3, 2009 Session A							
Girls #	PC-B Time	PC-A Time	Age	Event	PC-B Time	PC-A Time	Boys #
55	58.19	48.19	8/U	50 Free	58.19	46.09	56
57	45.89	41.59	9-10	50 Free	47.19	42.79	58
			11-12	50 Free	40.99	37.09	60
61	1:12.49	1:01.89	8/U	50 Breast	1:12.49	1:01.39	62
61	1:00.89	55.29	9-10	50 Breast	1:01.69	55.99	62
			11-12	100 Breast	1:56.39	1:45.59	64
65	4:13.29	3:49.89	9-10	200 IM	4:16.29	3:52.69	66
			11-12	100 Fly	1:43.99	1:34.39	68
69	N/A	N/A	10/U	200 Fr-Relay	N/A	N/A	70
			11-12	200 Fr-Relay	N/A	N/A	72

Sunday May 3, 2009 Session B							
Girls #	PC-B Time	PC-A Time	Age	Event	PC-B Time	PC-A Time	Boys #
73	41.39	37.49	11-12	50 Free			
75	1:26.09	1:18.19	13-14	100 Free	1:20.89	1:13.49	76
77	1:23.69	1:15.99	15-16	100 Free	1:16.49	1:09.49	78
77	1:24.89	1:17.09	17-18	100 Free	1:16.39	1:09.29	78
79	1:57.59	1:46.69	11-12	100 Breast			
81	1:50.99	1:40.79	13-14	100 Breast	1:46.09	1:36.29	82
83	1:50.39	1:40.19	15-16	100 Breast	1:39.99	1:30.69	84
83	1:53.79	1:43.29	17-18	100 Breast	1:40.89	1:31.59	84
85	1:43.59	1:33.99	11-12	100 Fly			
87	3:35.99	3:15.99	13-14	200 Fly	3:28.09	3:08.89	88
89	3:31.39	3:11.89	15-16	200 Fly	3:15.99	2:57.89	90
89	3:43.79	3:23.19	17-18	200 Fly	3:21.79	3:03.19	90
91	N/A	N/A	11-12	200 Fr-Relay			
93	N/A	5:09.29**	13-14	400 Free **	N/A	4:56.29**	94
95	N/A	5:05.59**	15-16	400 Free **	N/A	4:45.19**	96
95	N/A	5:17.59**	17-18	400 Free **	N/A	4:50.99**	96



\*\* The 400 IM, 400 Free, and 1500 Free require a minimum "JO" time in order to enter.

Event Recap				
8-Under	9-10	11-12	13-14	15-18
Friday				
		400 IM **	400 IM	400 IM
		200 Free	200 Free	200 Free
Saturday				
100 Free	100 Free	50 Breast	100 Fly	100 Fly
50 Fly	50 Fly	50 Fly	50 Free	50 Free
50 Back	50 Back	100 Back	200 Back	200 Back
10/U 200 Medley Relay	200 Medley Relay	1500 Free **		
Sunday				
50 Free	50 Free	50 Free	100 Free	100 Free
50 Breast	50 Breast	100 Breast	100 Breast	100 Breast
	200 IM	100 Fly	200 Fly	200 Fly
10/U 200 Free Relay	200 Free Relay		400 Free **	

CONSOLIDATED ENTRY CARD			
LAMVAC ZONE 1N LONG COURSE PC-C/B/A+			
Name: Last		First	Initial
CLUB ABBR	UNATTACHED <input type="checkbox"/>	CLUB NAME	
AGE	DATE OF BIRTH	AMT PD	
USS REG #			AGE GROUP:
Sex: <b>BOY</b> <b>GIRL</b>			
EVENT #	DISTANCE/STROKE	ENTRY TIME	
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Entries _____	x \$2.75 =	\$	
Participation Fee		\$	5.00
Entry Fee Total		\$	
Coach:			
Swimmer's Address			
Phone:			
Email:			

CONSOLIDATED ENTRY CARD			
LAMVAC ZONE 1N LONG COURSE PC-C/B/A+			
Name: Last		First	Initial
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AGE	DATE OF BIRTH	AMT PD	
USS REG #			AGE GROUP:
Sex: <b>BOY</b> <b>GIRL</b>			
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Entries _____	x \$2.75 =	\$	
Participation Fee		\$	5.00
Entry Fee Total		\$	
Coach:			
Swimmer's Address			
Phone:			
Email:			

CONSOLIDATED ENTRY CARD			
LAMVAC ZONE 1N LONG COURSE PC-C/B/A+			
Name: Last		First	Initial
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USS REG #			AGE GROUP:
Sex: <b>BOY</b> <b>GIRL</b>			
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Entries _____	x \$2.75 =	\$	
Participation Fee		\$	5.00
Entry Fee Total		\$	
Coach:			
Swimmer's Address			
Phone:			
Email:			