

Valley Splash
ZONE 1 South LONG COURSE PC C/B/A+ MEET
Saturday June 20 and Sunday June 21, 2009
Enter online at: <http://swimconnection.com/pc/meet/vs>

SANCTION: Held under USA/Pacific Swimming Sanction No.: 0849

LOCATION: Valley Christian High School Skyway Campus, 100 Skyway Drive, San Jose, CA 95111

From 101 South: Take 101 South to the Capitol Expressway/Yerba Buena Road exit. Merge onto Capitol Expressway heading West. Take the Monterey Road ramp. Turn left onto Monterey Road. Turn left onto Skyway Drive. Valley Christian High School are located at 100 Skyway Drive.

From 280 South: Take 280 South to 87 South. Take 87 South to the Capitol Expressway Auto Mall exit. Turn left onto West Capitol Expressway. Take the Monterey Road ramp. Turn left onto Monterey Road. Turn left onto Skyway Drive. Valley Christian High School is located at 100 Skyway Drive.

From 85 South: Take 85 South to the Blossom Hill Road exit. Turn left onto Blossom Hill Road. Turn left onto Snell Avenue. Turn right onto Skyway Drive. Valley Christian High School are located at 100 Skyway Drive

COURSE: Up to 8 lanes, 50 meter, outdoor, heated pool. One warm up/down lane will be open during competition. Colorado electronic timing system and Colorado 10 lane LED scoreboard will be used for this meet.

TIME: Competition begins at 9:00 a.m. each day; warm-ups begin at 7:30 a.m. and ends at 8:45 a.m. Officials and coaches meetings will be conducted prior to the starting time.

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 events are timed finals. All swimmers age 12 and under should complete competition within four (4) hours. **Swimmers may compete in up to four (4) events per day.** The meet will be limited to the first 450 swimmers in each day 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. No swimmer will be required to swim less than three events per day. Immediate cash refunds will be made for any mandatory scratches. All coaches and deck officials must wear their USA-S membership cards in a visible manner.

RESTRICTIONS: Glass containers of all kinds, propane barbeques, sale and use of alcoholic beverages and tobacco products are prohibited in all areas of the meet venue defined as on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by swimmers, during the meet and during warm-up periods. Only coaches EZ-up's are allowed on competition deck.

ELIGIBILITY: All swimmers must have a current USA-S and must 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 "PC-B" time**

standard. All entries slower than the listed "PC-B" time standard will be in the "C" Division. Swimmers 19 years of age and over are not eligible to swim in this meet. Disabled swimmers are welcome to attend this meet and should contact the Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming policy. **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.**

MEET FORMAT: This meet will be pre-seeded. All heat and lane assignments will be listed in the meet program.

There will be no check-in. Please be sure to be ready for your race as your name will only be called once.

SCRATCHES: There will be no penalty for not swimming an event; the swimmer will simply be scratched from that event.

OFFICIALS: Referee: Jim Nachtigal
Starter: George Cleveland
Meet Director: Marianne Feldman Phone: (408) 513-2450 or mlfeldman@sbcglobal.net
Head Meet Marshal: Bill Mamola

ENTRY PRIORITY: Zone 1 South (Z1S) entries postmarked Monday, June 1, 2009 or entered online by 11:59 pm, Monday, June 1, 2009 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, June 8, 2009, entered online by 6:30 pm, June 10, 2009 or hand delivered by 6:30 pm, June 10, 2009 will be considered in the order that they were received.

ENTRIES: Entries for the meet may be made online or by U.S. Mail. Entry times should be the swimmers best long course time for the event. A swimmer who has achieved a specific class level (for example B or A) in an event in short course, is considered to be qualified for the same class level in that event for long course, and should enter at least the minimum time for that class level. Additional meet sheets are available at www.pacswim.org.

ONLINE ENTRIES: You may enter on-line at: <http://swimconnection.com/pc/meet/vs> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% of the total 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. **Entering on-line is a convenience, is completely voluntary, and is in no way required or expected of a swimmer by Pacific Swimming.** On-line entries will be accepted until 6:30pm June 10, 2009 or until the number of splashes exceeds the estimated time line, per the Four Hour Rule. The "billing information" email should be brought to the meet as proof of entry.

MAILED ENTRIES: Entries must be on a standard SAMMS Consolidated Entry Card, filled out completely using the best long course time for each event. "No Time" entries will be accepted. All mailed entries must contain a check for the entry fees, the consolidated entry card, and be postmarked by midnight June 8, 2009 or hand delivered by 6:30 p.m. on June 10, 2009 at Valley Christian High School Aquatics Center, 100 Skyway Drive, San Jose, CA 95111. All entries will be considered in the order that they were received. Open or closed status a session may be checked at: <http://swimconnection.com/pc/meet/vs>.

ENTRY FEES: \$2.75 per event plus \$5.00 participation fee per swimmer to help cover meet expenses. Please cut out entry forms. Make check payable to Valley Splash and mail with entries to:

Curtiss Kikuta
 832 Upton Way
 San Jose, CA 95136 (408) 513-2450

AWARDS: Individual events will be awarded in the C, B, and A Division. Ribbons for 1st - 8th place are given to the following age groups: 6/un, 7-8 for 8 & Under Events, 10 & Under for 10 & Under Events, 9-10, 11-12, 13-14, 15-16, & 17& 18. New "A" time medals will be awarded, regardless of place achieved in the event. Current PC "A" time standards are listed in the 2009 Pacific Swim Guide and on the PC web site. All awards must be picked up at the meet by coaches at end of each session. Awards will not be mailed.

ADMSSION: Admission is free. A two-day program will be available for a reasonable fee.

HOSPITALITY: Lunches and snacks will be served to working deck officials and coaches. Snacks will be served to all timers during the meet.

TIMERS: Participating teams will be responsible for providing timers with adequate rotation for the entire meet. Lane assignments will be made based on the number of entries from each team.

PARKING: No overnight parking is allowed. Please note signs and avoid parking in restricted areas.

Event Recap

	8 & Under	10 & Under	9-10	11 - 12	13 - 14	15 - 18
Saturday	50 Fly	50 Fly	400 Free	50 Fly	100 Fly	100 Fly
	50 Breast	100 Back		100 Back	100 Back	100 Back
	100 Free	50 Breast		100 Breast	100 Breast	200 Breast
		100 Free		200 IM	200 IM	200 IM
				400 Free	400 Free	400 Free

	8 & Under	10 & Under	11 - 12	13 - 14	15 - 18
Sunday	50 Back	100 Fly	100 Fly	200 Fly	100 Breast
	50 Free	100 Breast	100 Free	100 Free	100 Free
		50 Back	200 Back	200 Back	200 Back
		50 Free	50 Free	50 Free	50 Free
		200 IM	400 IM	400 IM	400 IM

Saturday June 20, 2009

"PC-B" Time	"PC-A" Time	Girl's Event #	Age Group	Event	Award Group	Boy's Event #	"PC-A" Time	"PC-B" Time
45.39	41.09	1	11-12	50 Fly	11-12	2	41.29	45.49
1:35.49	1:26.59	3	13-14	100 Fly	13-14	4	1:23.19	1:31.69
1:34.69	1:25.89	5	15-18	100 Fly	15-16	6	1:17.09	1:24.89
1:36.49	1:27.59				17-18		1:17.69	1:25.59
1:06.99	58.99	7	10&Under	50 Fly	6&Under	8	58.39	1:06.99
51.99	47.19				7-8		47.59	52.49
1:44.49	1:34.89	9	11-12	100 Back	11-12	10	1:36.19	1:45.99

1:38.09	1:28.99	11	13-14	100 Back	13-14	12	1:25.89	1:34.69
1:37.29	1:28.29	13	15-18	100 Back	15-16	14	1:21.29	1:29.59
1:43.99	1:34.39				17-18		1:22.89	1:31.29
1:57.69	1:46.79	15	10&Under	100 Back	10&Under	16	1:47.29	1:58.19
1:57.59	1:46.69	17	11-12	100 Breast	11-12	18	1:45.59	1:56.39
1:50.99	1:40.79	19	13-14	100 Breast	13-14	20	1:36.29	1:46.09
3:58.59	3:36.59	21	15-18	200 Breast	15-16	22	3:20.49	3:40.89
4:10.19	3:47.09				17-18		3:24.49	3:45.29
1:12.49	1:01.89	23	10&Under	50 Breast	6&Under	24	1:01.39	1:12.49
1:00.89	55.29				7-8 9-10		55.99	1:01.69
3:42.59	3:22.09	25	11-12	200 IM	11-12	26	3:23.59	3:44.29
3:28.59	3:09.39	27	13-14	200 IM	13-14	28	3:01.39	3:19.79
3:27.69	3:08.49	29	15-18	200 IM	15-16	30	2:53.39	3:10.99
3:31.69	3:12.19				17-18		2:53.89	3:11.59
2:07.79	1:46.59	31	10&Under	100 Free	6&Under	32	1:40.09	2:04.79
1:41.59	1:32.19				7-8 10&Under		1:32.29	1:41.69
6:52.79	6:14.69	33	11-12	400 Free	11-12	34	6:18.69	6:57.19
6:27.39	5:51.59	35	13-14	400 Free	13-14	36	5:41.99	6:16.69
6:28.49	5:52.59	37	15-18	400 Free	15-16	38	5:24.09	5:56.99
6:43.59	6:06.39				17-18		5:25.49	5:58.59
7:31.79	6:50.09	39	9-10	400 Free	9-10	40	6:46.99	7:28.29

Sunday June 21, 2009

"B" Time	"A" Time	Girl's Event #	Age Group	Event	Award Group	Boy's Event #	"A" Time	"B" Time
2:00.79	1:49.59	41	10&Under	100 Fly	10&Under	42	1:49.89	2:00.99
1:43.59	1:33.99	43	11-12	100 Fly	11-12	44	1:34.39	1:43.99
3:35.99	3:15.99	45	13-14	200 Fly	13-14	46	3:08.89	3:28.09
1:50.39	1:40.19	47	15-18	100	15-16	48	1:30.69	1:39.99
1:53.79	1:43.29			Breast	17-18		1:31.59	1:40.89
2:13.29	2:00.99	49	10&Under	100	10&Under	50	2:03.19	2:15.69
				Breast				
1:30.09	1:21.79	51	11-12	100 Free	11-12	52	1:21.09	1:29.29
1:26.09	1:18.19	53	13-14	100 Free	13-14	54	1:13.49	1:20.89
1:23.69	1:15.99	55	15-18	100 Free	15-16	56	1:09.49	1:16.49
1:24.89	1:17.09				17-18		1:09.29	1:16.39
1:06.99	57.89	57	10&Under	50 Back	6&Under	58	56.69	1:06.99
54.09	49.09				7-8 9-10		50.29	55.49
3:41.99	3:21.49	59	11-12	200 Back	11-12	60	3:23.19	3:43.79
3:32.09	3:12.49	61	13-14	200 Back	13-14	62	3:05.49	3:24.39
3:29.99	3:10.59	63	15-18	200 Back	15-16	64	2:53.99	3:11.69
3:39.79	3:19.49				17-18		3:07.99	3:27.19

58.19 45.89	48.19 41.59	65	10&Under	50 Free	6&Under 7-8 9-10	66	46.09 42.79	58.19 47.19
41.39	37.49	67	11-12	50 Free	11-12	68	37.09	40.99
39.39	35.69	69	13-14	50 Free	13-14	70	34.09	37.59
39.09 39.39	35.39 35.69	71	15-18	50 Free	15-16 17-18	72	32.09 31.39	35.39 34.69
4:13.29	3:49.89	73	10&Under	200 IM	10&Under	74	3:52.69	4:16.29
7:51.59	7:08.09	75	11-12	400 IM	11-12	76	7:11.69	7:55.59
7:30.29	6:48.69	77	13-14	400 IM	13-14	78	6:30.29	7:09.99
7:25.19 7:49.59	6:44.19 7:06.29	79	15-18	400 IM	15-16 17-18	80	6:12.89 6:27.69	6:50.79 7:06.99

