

SOLO Swim Club

Pacific Swimming / Zone 1 North PC-C/PC-B/PC-A+ Short Course Swim Meet

BAC, DCD, KOA, PASA, PCA, PSL, SOLO, SSF

Saturday and Sunday, November 21 & 22, 2009

Enter online at: <http://ome.swimconnection.com/pc/solo20091121>

SANCTION: Held under USA/Pacific Swimming Sanction No. : **1679**

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: **Short course yards.** 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/Over 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 a maximum of **three (3)** events per day. All 13-14, 15-16, and 17-18 athletes will swim together, but will be awarded separately. All 11-12 swimmers in the 500 Free must have met the listed "PC-B" time standard. Swimmers entered in the 500 Free will need to provide their own timers and lap counters. All 11-12, 13-14, 15-16, and 17-18 swimmers in the 400 IM must have met the listed "PC-B" time standard. 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.

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. Propane heaters, glass containers, sale and use of alcoholic beverages is prohibited in **all** areas of the meet venue. **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. 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 19 years old and over may participate in the 17-18 division, but will not receive awards. **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 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.

ENTRIES:**Option 1: Surface Mail Entries:**

Entries must be on a SAMMS Consolidated Entry Card, filled out completely using the best short course time (25 yard course) for each event. Entries completed online or received by midnight **Wednesday, November 4th, 2009** from the following teams will be given priority acceptance: BAC, DCD, KOA, PASA, PCA, PSL, SOLO, and SSF.

Entries from other Zone 1 North Teams will NOT be accepted. The entries of other Pacific Zones or LSCs will not be considered until after **November 4th, 2009**. All entries must be postmarked by **November 9th, 2009**, or hand-delivered by **6:00 PM on November 11th, 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 self addressed stamped envelope for entry confirmation.

Option 2: Online Meet Entries:

Enter at: <http://ome.swimconnection.com/pc/solo20091121> 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, November 11th, 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.

OFFICIALS:

Head Referee: Dieter Giessler

Head Starter: Bonnie Leong

Meet Director: Sierra Simpson (SierraSimpson@gmail.com)

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: \$2.75 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 19 years old and over will not be awarded. New "PC-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.

ADMISSION: Free. A two-day program will be available for \$ 5.00. Snack bar will be available both Saturday and Sunday.

Saturday November 21, 2009				Sunday November 22, 2009			
8-UN	9-10	11-12	13-18	8-UN	9-10	11-12	13-18
25 Fly	50 Back	50 Breast	200 Fly	50 Back	50 Free	100 Fly	100 Breast
25 Free	50 Breast	100 Back	50 Free	50 Breast	100 Fly	200 IM	200 Back
100 Free	100 Free	50 Fly	200 Free	50 Free	100 Breast	50 Free	100 Free
	200 IM	500 Free	100 Back		200 Free	200 Breast	400 IM
						400 IM	

Sat. November 21, 2009

Girls #	PC-B	PC-A	Event	Age Group	Event	PC-B	PC-A	Boys #
				Session A				
1	47.99	43.49	50 BACK	9-10	50 BACK	47.99	43.49	2
				11-12	50 BREAST	46.69	42.29	4
5	26.99	21.59	25 FLY	8-UN	25 FLY	26.99	20.49	6
7	54.09	49.09	50 BREAST	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	25 FREE	8-UN	25 FREE	23.49	18.39	12
13	1:29.29	1:21.09	100 FREE	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	100 FREE	8-UN	100 FREE	1:51.59	1:28.99	18
19	3:42.59	3:22.09	200 IM	9-10	200 IM	3:44.39	3:23.59	20
				11-12	500 FREE	7:41.99	6:59.39	22
				Session B				
	PC-B	PC-A				PC-B	PC-A	
23	3:11.29	2:53.59	200 FLY	13-14	200 FLY	3:03.99	2:46.99	24
	3:08.59	2:51.19		15-16		2:54.59	2:38.49	
	3:18.59	3:00.29		17-18		2:58.59	2:42.19	
25	47.99	43.59	50 BREAST	11-12				
27	35.09	31.79	50 FREE	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	100 BACK	11-12				
31	2:42.59	2:27.59	200 FREE	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	50 FLY	11-12				
35	1:26.69	1:18.59	100 BACK	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	7:42.69	6:59.99	500 FREE	11-12	500 FREE			

Sun. November 22, 2009

Girls #	PC-B	PC-A	Event	Age Group	Event	PC-B	PC-A	Boys #
				Session A				
				11-12	100 FLY	1:31.29	1:22.89	40
41	40.29	36.49	50 FREE	9-10	50 FREE	40.39	36.59	42
43	59.99	51.59	50 BACK	8-UN	50 BACK	59.99	50.49	44
				11-12	200 IM	3:17.29	2:59.09	46
47	1:45.29	1:35.59	100 FLY	9-10	100 FLY	1:47.99	1:37.99	48
49	1:04.99	55.29	50 BREAST	8-UN	50 BREAST	1:04.99	54.79	50
				11-12	50 FREE	35.99	32.69	52
53	1:57.29	1:46.49	100 BREAST	9-10	100 BREAST	1:58.59	1:47.69	54
55	51.99	42.99	50 FREE	8-UN	50 FREE	51.99	40.89	56
				11-12	200 BREAST	3:35.59	3:15.69	58
59	3:17.29	2:59.09	200 FREE	9-10	200 FREE	3:15.89	2:57.89	60
				11-12	400 IM	7:01.09	6:22.19	62
	PC-B	PC-A		Session B		PC-B	PC-A	
63	1:31.19	1:22.69	100 FLY	11-12				
	1:37.19	1:28.19		13-14		1:31.99	1:23.49	
65	1:38.69	1:29.49	100 BREAST	15-16	100 BREAST	1:27.99	1:19.79	66
	1:43.99	1:34.39		17-18		1:29.29	1:21.09	
67	3:17.29	2:59.09	200 IM	11-12				
69	3:06.39	2:49.09	200 BACK	13-14	200 BACK	2:59.99	2:43.39	70
	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	
71	36.29	32.89	50 FREE	11-12				
73	1:15.89	1:08.79	100 FREE	13-14	100 FREE	1:10.79	1:04.29	74
	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	
75	3:43.79	3:23.19	200 BREAST	11-12				
77	6:37.49	6:00.79	400 IM	13-14	400 IM	6:22.59	5:47.29	78
	6:34.59	5:58.19		15-16		6:11.89	5:37.59	
	6:57.19	6:18.69		17-18		6:18.59	5:43.69	
79	7:01.09	6:22.19	400 IM	11-12				

**Solo Aquatics Short Course
PC-C/PC-B/PC-A+**

Menlo Atherton High School

November 21-22, 2009

Consolidated Entry Card

Name: Last: First: MI:

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 \$2.75 = \$ _____
 Swimmer Participation Fee: + \$ 5.00
 ENTRY FEE TOTAL: = \$ _____

Coach:

Swimmer's Address:

Phone #: