

SOLO Swim Club

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

Saturday and Sunday, March 13 & 14, 2010

Enter online at: <http://ome.swimconnection.com/pc/solo20100313>

SANCTION: Held under USA/Pacific Swimming Sanction No. : 10-033

LOCATION: Menlo-Atherton High School is located at 555 Middlefield Road, Atherton, CA, at the intersection of Ringwood Avenue. The pool is behind the gymnasiums that face Ringwood Avenue. From the north on Highway 101, exit at Marsh Road toward Atherton and drive SW 1 mile until Marsh ends at Middlefield. Turn left and continue 1.1 mile, passing the high school, then turn left onto Ringwood. Enter the first driveway and park in the lot. From the south on Highway 101, exit at Willow Road toward Menlo Park and drive SW 1 mile to Middlefield Road. Turn right, and at the next light, turn right onto Ringwood. Enter the first driveway and park in the lot. From the parking lot, walk beyond the tennis courts and the playing field to the pool. Parking is prohibited on Ringwood.

COURSE: Outdoor 15 lane by 25 yard heated pool. The minimum water depth, measured in accordance with Article 103.2.3, is 7' at the start end and 7' at the turn end. 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 (All 10/unders):

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

Session B (All 11/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. **Attention High School Swimmers: If you are a high school swimmer in competition season, you need to be unattached from this meet. It is your responsibility to be unattached from 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. Glass containers are not permitted 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, February 24th, 2010** from the following teams will be given priority acceptance: All Zone 1 North teams.

The entries of other Pacific Zones or LSCs will not be considered until after **February 24th, 2010**. All entries must be postmarked by **March 1st, 2010**, or hand-delivered by **6:00 PM on March 3rd, 2010** 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/solo20100313> 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 3rd, 2010** 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:** Phil Harter**Head Starter:** Dieter Giessler**Meet Director:** Laura Rissi (rissi.laura@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 and up (1 for every 25 swimmers) |

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 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 2010 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 \$ 3.00. Snack bar will be available both Saturday and Sunday.

| Saturday March 13, 2010 | | | | Sunday March 14, 2010 | | | |
|-------------------------|-----------|-----------|----------|-----------------------|------------|------------|------------|
| 8/under | 9/10 | 11/12 | 13/18 | 8/under | 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 |
| | | | 500 Free | | | 400 IM | |

Sat. March 13, 2010

| 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 |
| 3 | 26.99 | 21.59 | 25 FLY | 8-UN | 25 FLY | 26.99 | 20.49 | 4 |
| 5 | 54.09 | 49.09 | 50 BREAST | 9-10 | 50 BREAST | 54.09 | 49.09 | 6 |
| 7 | 23.49 | 19.49 | 25 FREE | 8-UN | 25 FREE | 23.49 | 18.39 | 8 |
| 9 | 1:29.29 | 1:21.09 | 100 FREE | 9-10 | 100 FREE | 1:29.29 | 1:21.09 | 10 |
| 11 | 1:54.59 | 1:35.29 | 100 FREE | 8-UN | 100 FREE | 1:51.59 | 1:28.99 | 12 |
| 13 | 3:42.59 | 3:22.09 | 200 IM | 9-10 | 200 IM | 3:44.39 | 3:23.59 | 14 |
| | | | | | | | | |
| | PC-B | PC-A | | Session B | | PC-B | PC-A | |
| 15 | 3:11.29 | 2:53.59 | 200 FLY | 13-14 | 200 FLY | 3:03.99 | 2:46.99 | 16 |
| | 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 | |
| 17 | 47.99 | 43.59 | 50 BREAST | 11-12 | 50 BREAST | 46.69 | 42.29 | 18 |
| 19 | 35.09 | 31.79 | 50 FREE | 13-14 | 50 FREE | 32.79 | 29.79 | 20 |
| | 34.69 | 31.39 | | 15-16 | | 30.99 | 28.09 | |
| | 35.59 | 32.29 | | 17-18 | | 30.99 | 28.09 | |
| 21 | 1:31.99 | 1:23.49 | 100 BACK | 11-12 | 100 BACK | 1:31.99 | 1:23.49 | 22 |
| 23 | 2:42.59 | 2:27.59 | 200 FREE | 13-14 | 200 FREE | 2:34.59 | 2:20.39 | 24 |
| | 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 | |
| 25 | 40.39 | 36.69 | 50 FLY | 11-12 | 50 FLY | 39.99 | 36.29 | 26 |
| 27 | 1:26.69 | 1:18.59 | 100 BACK | 13-14 | 100 BACK | 1:22.69 | 1:14.99 | 28 |
| | 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 | |
| 29 | 7:42.69 | 6:59.99 | 500 FREE | 11-12 | 500 FREE | 7:41.99 | 6:59.39 | 30 |
| 31 | 7:14.59 | 6:34.49 | 500 FREE | 13-14 | 500 FREE | 6:55.89 | 6:17.49 | 32 |
| | 7:09.19 | 6:29.59 | | 15-16 | | 6:48.19 | 6:10.49 | |
| | 7:26.59 | 6:45.39 | | 17-18 | | 6:48.19 | 6:10.49 | |

Sun. March 14, 2010

| Girls # | PC-B | PC-A | Event | Age Group | Event | PC-B | PC-A | Boys # |
|-----------|-------------|-------------|------------|------------------|------------|-------------|-------------|-----------|
| | | | | | | | | |
| | | | | Session A | | | | |
| 33 | 40.29 | 36.49 | 50 FREE | 9-10 | 50 FREE | 40.39 | 36.59 | 34 |
| 35 | 59.99 | 51.59 | 50 BACK | 8-UN | 50 BACK | 59.99 | 50.49 | 36 |
| 37 | 1:45.29 | 1:35.59 | 100 FLY | 9-10 | 100 FLY | 1:47.99 | 1:37.99 | 38 |
| 39 | 1:04.99 | 55.29 | 50 BREAST | 8-UN | 50 BREAST | 1:04.99 | 54.79 | 40 |
| 41 | 1:57.29 | 1:46.49 | 100 BREAST | 9-10 | 100 BREAST | 1:58.59 | 1:47.69 | 42 |
| 43 | 51.99 | 42.99 | 50 FREE | 8-UN | 50 FREE | 51.99 | 40.89 | 44 |
| 45 | 3:17.29 | 2:59.09 | 200 FREE | 9-10 | 200 FREE | 3:15.89 | 2:57.89 | 46 |
| | | | | | | | | |
| | PC-B | PC-A | | Session B | | PC-B | PC-A | |
| 47 | 1:31.19 | 1:22.69 | 100 FLY | 11-12 | 100 FLY | 1:31.29 | 1:22.89 | 48 |
| 49 | 1:37.19 | 1:28.19 | 100 BREAST | 13-14 | 100 BREAST | 1:31.99 | 1:23.49 | 50 |
| | 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 | |
| 51 | 3:17.29 | 2:59.09 | 200 IM | 11-12 | 200 IM | 3:17.29 | 2:59.09 | 52 |
| 53 | 3:06.39 | 2:49.09 | 200 BACK | 13-14 | 200 BACK | 2:59.99 | 2:43.39 | 54 |
| | 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 | |
| 55 | 36.29 | 32.89 | 50 FREE | 11-12 | 50 FREE | 35.99 | 32.69 | 56 |
| 57 | 1:15.89 | 1:08.79 | 100 FREE | 13-14 | 100 FREE | 1:10.79 | 1:04.29 | 58 |
| | 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 | |
| 59 | 3:43.79 | 3:23.19 | 200 BREAST | 11-12 | 200 BREAST | 3:35.59 | 3:15.69 | 60 |
| 61 | 6:37.49 | 6:00.79 | 400 IM | 13-14 | 400 IM | 6:22.59 | 5:47.29 | 62 |
| | 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 | |
| 63 | 7:01.09 | 6:22.19 | 400 IM | 11-12 | 400 IM | 7:01.09 | 6:22.19 | 64 |

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

Menlo Atherton High School

March 13 & 14, 2010

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 #: