

SOLO Swim Club

Pacific Swimming / Zone 1 North C/B/BB+ Short Course Swim Meet

Saturday and Sunday, November 22& 23, 2008

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

SANCTION: Held under USA/Pacific Swimming Sanction No. :1308

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 a maximum of **three (3)** events per day. All 11-12 swimmers in the 500 Free must have met the listed "BB" time standard. Swimmers entered in the 500 Free will need to provide their own timers and lap counters. All 13-14, 15-16, and 17-18 swimmers in the 400 IM must have met the listed "BB" 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. 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. **This meet is open only to Z1N teams and all of their qualified swimmers.** Swimmers in the "C" Division must have not met the listed "B" time standards. Swimmers in the "B" Division must have met the listed "B" time standards and have not met the listed "BB" time standards. Swimmers in the "BB" Division must have met the Listed the "BB" time standards. Swimmers 19 years old and over may participate in the 17-18 division. Such swimmers must have met the listed time standards for the 17-18 age group and 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: Any swimmer who has checked in for an individual event and fails to swim that event will be barred from competing in the next individual event in which the swimmer is entered in the meet. The penalty will not apply if the swimmer scratches before the event is seeded or if the Referee accepts proof that the failure was caused by illness, injury or other circumstance that were beyond the control of the swimmer.

ENTRIES:

Option 1: Surface Mail Entries:

Entries must be on the attached SAMMS 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. **This meet is open only to Z1N teams.** Zone I North Team entries **must be postmarked by midnight, Monday, November 10th, 2008.** 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, November 12th, 2008. 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.

ENTRIES:**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, November 12th, 2008 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**Meet Director:** Jill Rissi (650) 340-1523**Head Starter:** Bonnie Leong**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 BB, 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 "A" time medals will be awarded, regardless of place achieved in the event. Current PC "A" time standards are listed in the 2006 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 November 22, 2008				Sunday November 23, 2008			
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

SESSION A			Saturday	November 22, 2008			SESSION A
Girls	"B"	"BB"	Age	Event	"B"	"BB"	Boys
1	48.89	43.49	9/10	50 Back	49.29	43.89	2
			11/12	50 Breast	44.59	41.09	4
5	26.99	21.59*	8/un	25 Fly	26.99	20.49*	6
7	53.59	47.79	9/10	50 Breast	53.89	48.19	8
			11/12	100 Back	1:25.79	1:19.09	10
11	23.49	19.49*	8/un	25 Free	23.49	18.39*	12
13	1:31.89	1:22.09	9/10	100 Free	1:29.19	1:19.99	14
			11/12	50 Fly	38.59	35.49	16
17	1:54.59	1:35.29*	8/un	100 Free	1:51.59	1:28.99*	18
19	3:42.69	3:19.39	9/10	200 IM	3:40.89	3:18.09	20
			11/12	500 Free	... ** ...	6:35.09	22
**	11-12 SWIMMERS		MUST HAVE	MET THE LISTED	"BB" TIME TO	SWIM THE 500	FREE
**A"	times used instead of "BB" times		for 8&U	(BB standards are	not applicable to	8&UN events)	

SESSION B			Saturday	November 22, 2008			SESSION B
23	2:53.39	2:40.99	13/14	200 Fly	2:44.29	2:32.59	24
	2:50.99	2:38.79	15/16		2:36.79	2:25.59	
	2:48.19	2:36.19	17/18		2:31.19	2:20.39	
25	44.29	41.09	11/12	50 Breast			
27	33.39	30.99	13/14	50 Free	31.09	28.79	28
	32.89	30.49	15/16		29.59	27.49	
	32.79	30.49	17/18		28.99	26.89	
29	1:28.89	1:21.89	11/12	100 Back			
31	2:36.59	2:25.39	13/14	200 Free	2:26.79	2:16.29	32
	2:33.39	2:22.39	15/16		2:20.89	2:10.89	
	2:32.29	2:21.49	17/18		2:17.99	2:08.19	
33	38.09	35.39	11/12	50 Fly			
35	1:20.19	1:14.39	13/14	100 Back	1:15.69	1:10.29	36
	1:18.99	1:13.29	15/16		1:11.49	1:06.39	
	1:18.19	1:12.59	17/18		1:09.99	1:04.99	
37		6:40.09	11/12	500 Free			
**	11-12 SWIMMERS		MUST HAVE	MET THE LISTED	"BB" TIME TO	SWIM THE 500	FREE

SESSION B			Sunday	November 23, 2008			SESSION B
61	1:27.59	1:20.59	11/12	100 Fly			
63	1:30.99	1:24.49	13/14	100 Breast	1:24.39	1:18.39	64
	1:29.09	1:22.69	15/16		1:20.69	1:14.99	
	1:29.09	1:22.69	17/18		1:18.79	1:13.19	
65	3:04.99	2:51.79	11/12	200 IM			
67	2:51.79	2:39.59	13/14	200 Back	2:42.79	2:31.09	68
	2:50.19	2:37.99	15/16		2:34.79	2:23.69	
	2:47.89	2:35.89	17/18		2:30.59	2:19.89	
69	34.59	32.19	11/12	50 Free			
71	1:12.59	1:07.39	13/14	100 Free	1:07.69	1:02.89	72
	1:11.29	1:06.19	15/16		1:04.59	59.99	
	1:10.89	1:05.79	17/18		1:03.39	58.89	
73	3:27.29	3:12.49	11/12	200 Breast			
75	** ...	5:46.19	13/14	400 IM	** ...	5:27.59	76
	** ...	5:40.29	15/16		** ...	5:13.19	
	** ...	5:38.29	17/18		** ...	5:06.69	
**	400 IM SWIMMERS		MUST HAVE	MET THE LISTED "BB" TIME TO		SWIM THE	400 IM

[illegible]