



## LOS ALTOS MOUNTAIN VIEW AQUATIC CLUB

**Pacific Swimming / Zone 1 North Long Course PC-C/B/A+ Meet**  
**Friday, April 30; Saturday, May 1; and Sunday, May 2, 2010**  
**USA/Pacific Swimming Sanction No:**

Enter online at: <http://ome.swimconnection.com/pc/lamv/20100430>

**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. Map of Foothill College can be found at <http://www.foothill.fhda.edu/news/mainmaps.html>. Designated parking is on Lot 2 (\$2.00). **Lot 2A is reserved for meet officials and coaches only.**

**COURSE:** 50 meter, outdoor heated pool. Up to 8 lanes will be used for competition. Warm-up/cool-down area will be available during the meet. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 4'5" at the start end and 13' at the turn end.

**TIME:** **Friday Session will begin at 4:45pm** with warm-up from 3:30 to 4:30pm.  
**Saturday and Sunday will have split sessions.**  
**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.** Warm-ups will begin immediately after Session A finishes.

**RULES:** Current USA Swimming and Pacific Swimming rules will govern the meet. All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. 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. **SWIMMERS MAY COMPETE IN A TOTAL OF FOUR (4) EVENTS PER DAY.** If conditions warrant it, the Meet Referee, with concurrence of the Meet Director, may require a mandatory scratch down. In the event of a mandatory scratch down, refunds will be given at the Clerk of Course. Swimmers entered in the 1500 Free must provide their own timers and lap counters. Entries will be accepted until the number of splashes exceeds the estimated time line, per the Four Hour Rule, based on swimmer's age and gender. **Entries submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.**

**Attention high school swimmers: If you are a high school swimmer in season, it is your responsibility to be unattached from this meet.**

**RESTRICTIONS:** No glass containers are allowed on the pool deck or in the locker room areas. Smoking and the use of tobacco products is prohibited in all areas of the meet venue. Due to space limitations, no parents are allowed on the pool deck unless they are volunteers or officials.

**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. The 400 IM, 400 Free, 1500 Free require a minimum of "JO" qualifying time standard to enter. 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:** There is no penalty for failure to swim an event.

**ENTRIES:** The meet is limited to the first 225 swimmers Friday and the first 350 swimmers in each of Sessions A and B on Saturday and Sunday. Zone 1N swimmers entering online must do so by midnight on Monday, March 29, 2010. Zone 1N swimmers surface mail entries must be postmarked by Monday, March 29, 2010 in order to receive priority acceptance to the meet. No swimmer other than those in Zone 1N may enter the meet until the preference period has concluded.

After the Zone 1N preference period has concluded, entries from other Pacific Swimming Zones or other LSCs will be accepted on a first-come, first-served basis as long as the cap for the session has not been met. All other online entries must be received by midnight on Thursday, April 22, 2010. All surface mail entries must be postmarked by Monday, April 19, 2010. Hand delivered entries must be received by 6:00 pm on Monday, April 19, 2010. Hand entries can be delivered to the meet entries' chair's address, which is listed below. For confirmation of entries, a self-addressed envelope or postcard must be provided. See below for specific instructions for online and surface mailed entries.

#### Option 1: Online Meet Entries

1. Using your browser, go to: <http://ome.swimconnection.com/pc/lamv/20100430>
2. Follow entry instructions:
  - a. Enter all swimmers.
  - b. Make your online credit card payment for meet entries at the secure site.
  - c. **You will receive confirmation of acceptance into the meet at time of payment.** This confirmation should be brought to the meet as proof of entry.

*Note: Entering the meet online is completely voluntary and is in no way required in order to enter the meet. Swim Connection LLC charges a processing fee for this service equal to \$1 per swimmer plus 5% of the 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.*

#### Option 2: Surface Mailed Entries:

1. 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.
2. Make check payable to **LAMV** and mail with entry card to: Jose Bonpua  
167 Charles Ave.  
Sunnyvale, CA 94086

*No late entries, fax entries, or entries without payment will be accepted. No refunds will be made, except for mandatory scratches and entries received for closed sessions. Please include a SASE for entry confirmation.*

**RELAY ENTRIES:** Relay entries will be accepted at the Clerk-of-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.

**AWARDS:** The top eight finishers of each of the A, B, and C Divisions 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 events for ages 13 and over may be swum together but awarded separately. Six-year-olds and under will be awarded separately. No awards are given to swimmers 19 years of age and older. Ribbons will be given to the first through third places for each relay event. All awards must be picked up at the meet by coaches at the end of each session. Awards will not be mailed.

**ADMISSION:** Free. A three-day program will be available for \$5.00.

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

**OFFICIALS:** *Head Referee:* Connie Barton      *Head Starter:* Jim Boyce  
*Head Meet Marshal:* Patricia White      *Meet Director:* Barbara Ho [barbara\\_ho@yahoo.com](mailto:barbara_ho@yahoo.com)

**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 per session	Number of trained and certified 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)

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

11-12 Boys swim in Session A

11-12 Girls swim in Session B

Saturday May 1, 2010 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 1, 2010 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 2, 2010 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 2, 2010 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. The 1500 Free will be swum fast to slow, alternating girls and boys.

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 **	

