

Pacific Swimming / Zone 1 North "C/B/BB+" Short Course Swim Meet
Saturday and Sunday, January 13 & 14, 2007

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

SANCTION: Held under USA/Pacific Swimming Sanction No.: **0297**

LOCATION: Oceana High School, 401 Paloma Ave., Pacifica. Two parking lots; one entrance off Paloma Ave. From I-280 take Highway 1, Pacifica exit. Follow Highway 1 south and take Paloma Ave. exit. Turn left on Paloma and cross over the freeway. Oceana pool is on the hill to your left.

COURSE: Indoor, 25 yard x 10 lane pool. 7 lanes will be used for competition and 1 or 2 lanes for warm-ups. Electronic timing system.

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 **three (3)** events per day. 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 500 Free must have met the listed "BB" time standard. The meet will be LIMITED to the first 350 swimmers or when the meet estimated time line exceeds the Four Hour Rule per Age Group and Gender. 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.

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. No glass is permitted on the pool deck and facilities. **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. The meet is open to all 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 over the age of 18 may participate in the 17-18 division, but may 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 the 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. Zone I North Team entries **that are postmarked by midnight Monday, December 25, 2006** will be given priority acceptance. The entries of other Pacific Swimming Zones or other LSC's **must** be postmarked by Monday, January 1st, 2007. Entries from other Pacific Zones or LSC's will not be considered until Monday, December 25th, 2006. 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, January 3rd, 2007. 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, January 3rd, 2007 or when entries exceed the 350 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. Except for mandatory scratches, no refunds will be made. No late entries will be accepted.

OFFICIALS:

Head Referee: Elisabeth Pierce
Meet Director: Jill Rissi (650) 851-2925

Head Starter: Larry Rice
Head Meet Marshal: Rob Caine

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 19r 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 2007 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	RE-	CAP	
8/un	9/10	11/12	13/up
50 Free	100 Free	100 Breast	200 Back
25 Breast	50 Breast	50 Back	100 Free
25 Fly	50 Fly	50 Fly	100 Fly
25 Back	100 Back	200 IM	500 Free
Sunday			
50 Back	50 Free	100 Fly	200 Free
25 Free	50 Back	50 Free	100 Back
50 Breast	100 Breast	50 Breast	50 Free
100 IM	200 Free	100 IM	200 Breast

SCHEDULE OF EVENTS

Saturday January 13, 2007

Girls	"B"	"BB"	EVENT		"B"	"BB"	Boys
SESSION A							
1	1:31.89	1:22.09	9-10	100 FREE	1:29.19	1:19.99	2
3	51.99	"A" 42.99	8/UN	50 FREE	51.99	"A" 40.89	4
None			11-12	100 BRST	1:35.69	1:28.39	6
7	53.59	47.79	9-10	50 BRST	53.89	48.19	8
9	29.99	"A" 24.79	8/UN	25 BRST	29.99	"A" 24.29	10
None			11-12	50 BACK	39.79	36.79	12
13	48.79	42.99	9-10	50 FLY	47.29	41.99	14
15	26.99	"A" 21.59	8/UN	25 FLY	26.99	"A" 20.49	16
None		35.39	11-12	50 FLY	38.59	35.49	18
19	1:45.69	1:33.99	9-10	100 BACK	1:43.29	1:32.49	20
21	27.99	"A" 23.19	8/UN	25 BACK	27.99	"A" 22.69	22
None			11-12	200 IM	3:03.49	2:49.69	24

**A" times used instead of "BB" times for 8&U (BB standards are not applicable to 8&UN events)

Girls	"B"	"BB"	EVENT		"B"	"BB"	Boys
SESSION B							
25	1:36.39	1:29.29	11-12	100 BRST			None
27	2:51.79	2:39.59	13-14	200 BACK	2:42.79	2:31.09	28
29	2:50.19	2:37.99	15-16	200 BACK	2:34.79	2:23.69	30
	2:47.89	2:35.89	17/UP		2:30.59	2:19.89	
31	39.99	37.09	11-12	50 BACK			None
33	1:12.59	1:07.39	13-14	100 FREE	1:07.69	1:02.89	34
35	1:11.29	1:06.19	15-16	100 FREE	1:04.59	59.99	36
	1:10.89	1:05.79	17/UP		1:03.39	58.89	
37	3:04.99	2:51.79	11-12	200 IM			None
39	1:19.39	1:13.79	13-14	100 FLY	1:13.99	1:08.69	40
41	1:17.99	1:12.39	15-16	100 FLY	1:10.59	1:05.59	42
	1:16.99	1:11.49	17/UP		1:08.99	1:04.09	
43	38.09	35.39	11-12	50 FLY			None
45	6:51.79	6:22.39	13-14	500 FREE	6:35.99	6:07.69	46
47	6:46.39	6:17.39	15-16	500 FREE	6:19.39	5:52.29	48
	6:43.89	6:14.99	17/UP		6:10.59	5:44.19	

SCHEDULE OF EVENTS

Sunday January 14, 2007

Girls				Boys			
Girls	"B"	"BB"	EVENT	"B"	"BB"	Boys	
<i>SESSION A</i>							
None			11/12 100 FLY	1:26.39	1:19.29	50	
51	59.99	"A" 51.59	8/UN 50 BACK	59.99	"A" 50.49	52	
53	40.09	36.19	9-10 50 FREE	39.19	35.59	54	
None			11/12 50 FREE	33.39	30.99	56	
57	23.49	"A" 19.49	8/UN 25 FREE	23.49	"A" 18.39	58	
59	48.89	43.49	9-10 50 BACK	49.29	43.89	60	
None			11/12 50 BRST	44.59	41.09	62	
63	1:04.99	"A" 55.29	8/UN 50 BRST	1:04.99	"A" 54.79	64	
65	1:59.99	1:46.69	9-10 100 BRST	1:56.79	1:44.79	66	
None			11-12 100 IM	1:24.39	1:18.29	68	
69	2:09.99	"A" 1:49.29	8/UN 100 IM	2:09.99	"A" 1:45.09	70	
71	3:20.19	2:58.29	9-10 200 FREE	3:09.89	2:50.89	72	

***A* times used instead of "BB" times for 8&U (BB standards are not applicable to 8&U events)

Girls	"B"	"BB"	EVENT	"B"	"BB"	Boys	
<i>SESSION B</i>							
73	34.59	32.19	11-12 50 FREE		30.99	None	
75	2:36.59	2:25.39	13/14 200 FREE	2:26.79	2:16.29	76	
77	2:33.39	2:22.39	15-16 200 FREE	2:20.89	2:10.89	78	
	2:32.29	2:21.49	17/UP	2:17.99	2:08.19		
79	1:26.49	1:20.29	11/12 100 IM			None	
81	1:20.19	1:14.39	13/14 100 BACK	1:15.69	1:10.29	82	
83	1:18.99	1:13.29	15-16 100 BACK	1:11.49	1:06.39	84	
	1:18.19	1:12.59	17/UP	1:09.99	1:04.99		
85	44.29	41.09	11-12 50 BRST			None	
87	33.39	30.99	13-14 50 FREE	31.09	28.79	88	
89	32.89	30.49	15/16 50 FREE	29.59	27.49	90	
	32.79	30.49	17/UP	28.99	26.89		
91	1:27.59	1:20.59	11-12 100 FLY			None	
93	3:15.99	3:01.99	13-14 200 BRST	3:02.39	2:49.39	94	
95	3:12.09	2:58.39	15/16 200 BRST	2:55.09	2:42.59	96	
	3:12.29	2:58.59	17/UP	2:52.19	2:39.89		

