

Pacific Swimming  
Short Course Junior + Trials and Finals (Jr +T&F)

Hosted by Cabrillo Threshers

Feb. 14, 15 & 16, 2009

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

**REVISED on 1/05/09 – Revised Proof of Time wording**

SANCTION	Held under USA Swimming/Pacific Sanction No: 0109
LOCATION	University of California Santa Cruz, East Field House complex via Hagar Rd. From the Bay Area take US 280 or CA 101 to US 880 to CA Hwy 17 south. Take Hwy 17 south to Santa Cruz, take the Highway 1 North exit (which turns into Mission St.) to Bay Street. Turn right on Bay which will take you to the base of campus (Bay & High streets). Enter the university at the Main entrance at Bay and High streets. Turn left at Hagar Road. Follow signs to “Event Parking” at the southwest parking lot near the pool complex.
PARKING	Parking is available at the southwest of the pool complex off of Hagar Road. Reserved parking areas near the pool will be designated for officials.
COURSE	Outdoor, heated 25-yard by 50-meter pool; up to 8 lanes for competition. Warm-up lanes will be available throughout the duration of the meet.
TIME	Competition begins on <b>Saturday, Sunday and Monday at 9 a.m.</b> , with warm-ups from <b>7:30 – 8:45 a.m.</b> Officials and coaches meetings will be conducted prior to the starting time. <b>Finals for Saturday and Sunday events will not begin before 3:00 p.m. Finals for Monday events will not begin before 2:00 p.m.</b> Warm-ups for finals will be 45 minutes prior to the beginning of finals. Officials and coaches meetings will be conducted prior to the starting time for both trials and finals.
RULES	Current USA Swimming (USA-S) and Pacific Swimming rules will govern the meet. Pacific warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk-of-Course. The 1000 and 1650 Free will be swum as timed finals. <b>Swimmers competing in the 1000 and 1650 Free must provide their own lap counters and timers.</b> Only the fastest heats of the Men’s and Women’s 1000 and 1650 Free will be swum in the finals. <b>Swimmers may compete in a maximum of three events per day (including bonus events).</b> Entries will be accepted until the number of splashes exceeds the estimated timeline to complete the trials by 1 p.m. each day. The Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. All coaches and deck officials must wear their USA-S membership cards in a visible manner.
SPECIAL RULES	<b>Swimmers must have met the Pacific Swimming Junior T&amp;F entry time standard for at least one event. For each event in which swimmer meets the Pacific Swimming Junior T&amp;F time standard, swimmer may enter two bonus events.</b> Enter actual short course times and circle (if entering by U.S. mail) the bonus events. No time trials will be offered. The 1650 and 1000 Free are timed finals. In all other events, trials and finals will be swum with a championship final, a consolation final and a bonus final in that order. Except for the 1650 and 1000 Free, trials will be swum slowest to fastest. In the 1650 and 1000 Free, the trials will be swum fastest to slowest, alternating women and men’s heats. The fastest heats of the 1650 and 1000 Free will be swum in the finals.

RESTRICTIONS	Smoking and the use of other tobacco products at any time is strictly prohibited on all UCSC property which includes, but is not limited to, the pool deck, the locker rooms, spectator seating or standing areas, and all areas used by swimmers. Sale and use of alcoholic beverages is prohibited on all UCSC property and all areas of the meet venue. Glass containers are prohibited in all areas of the meet venue. No pets are allowed in the pool area. All visitors are required to park in the designated parking lots.
ELIGIBILITY	Swimmers must be current members of USA-S and each swimmer must enter his/her name and registration number on the meet entry card as it is shown on his/her 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. Meet is open to all qualified swimmers. Swimmers must have met the listed qualifying time for Junior T&F in at least one event. 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 Swimming policy.
PROOF OF TIME	Proof of time will be required for this meet per Pacific Swimming rule Section 5.B.2.a. Swimmers are eligible to enter all events in Junior meets in which they have equaled or bettered the listed Junior time standards. <u><i>They may not swim in more than three (3) events per day (including bonus events).</i></u> Swimmers 13 years of age or over will be considered qualified for these meets without proof of time. Swimmers 12 years of age and under must meet the time standard and will be subject to proof of time. No refunds will be given if a time cannot be proven.
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	The Pacific Swimming scratch rules will be in effect. A copy of these rules will be posted at the Clerk-of-Course. A copy may be obtained from the Meet Director prior to the meet by providing a self-addressed, stamped envelope. Any swimmer who has checked-in for an individual event trial and fails to swim that event will be barred from competing in the next individual event in which the swimmer is entered in this 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 circumstances that were beyond the control of the swimmer. <b>A swimmer shall be barred from competing for the remainder of the meet if he or she fails to compete in the final that he or she originally qualified for, unless properly scratched.</b> This rule includes a fine of \$25 for any swimmer originally qualifying for a final but failing to compete in that final if the final is the swimmer's last competition of the meet.
CERTIFICATION	This is a National Officials Qualifying Meet. Officials wishing to be evaluated must apply to the Meet referee Prior to the meet via email or when they first arrive at the meet and attend pre-session meetings. Briefing will occur one hour before the start of Trials and Finals. Shorts are not permitted for Finals. For an N3 evaluation to be valid it must be done over 4 sessions in the position. N2 evaluation must be done over 3 sessions in the position. Recertification evaluations must each be done over two sessions. However, the official must work at least 4 sessions at the meet for any evaluation(s) to be valid. The application form can be downloaded from the 2009 Meet Schedule page on the Pacific Swimming web site <a href="http://www.pacswim.org/">http://www.pacswim.org/</a> .

OFFICIALS Meet Referee: Millie Nygren Head Starter: Frank Suchomel  
Head Marshall: Bruce Mayer  
Meet Directors: Susan Mayer 831-247-1040 email: [samayeresq@sbcglobal.net](mailto:samayeresq@sbcglobal.net)  
Michelle Poirier 831- 722-5841 email: [michelle.poirier@gmail.com](mailto:michelle.poirier@gmail.com)

ENTRIES **Option 1 - Online Meet Entries:** enter at <http://swimconnection.com/pc/meet/cab> 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 Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. Online entries will be accepted through midnight **Monday, Feb. 2, 2009.**

**Option 2 - Mailed Entries:** All entries must be on the attached consolidated entry card. Entry cards must be filled out completely and printed clearly with best short course times for each event. "No time" entries will NOT be accepted. Entry times submitted for this meet will be checked against a computer data base and may be changed in accordance with "Pacific Swimming Entry Time Verification." Entries must be postmarked by midnight **Wednesday, Feb. 4, 2009.** Except for mandatory scratches, no refunds will be made. Enclose a self-addressed stamped envelope with your entry form if you want confirmation that your entries have been accepted.

ENTRY FEES \$4.00 per individual event. \$5.00 participation fee per swimmer to help cover meet expenses. Make check payable to: **Cabrillo Threshers Swim Team.** Mail or hand deliver entries to:

Susan Mayer  
3336 Oneill Court  
Soquel, CA 95073

ADMISSION Admis sion is free. A three day program will be available for a fee.

REFRESHMENTS A snack bar will be available. Refreshments and lunch will be provided free to working officials.

MISCELLANEOUS No overnight parking is authorized. Facilities will not be available after meet hours.

## *Event Summaries*

**Saturday, Feb. 14, 2009**

(Events 1 & 2 will be timed finals. Only the fastest heats of Events 1 & 2 will be swum in finals.  
All other heats will be swum after the 200 IM.)

Event Number	Description	Junior T&F SC	Junior T&F LC
1	Women's 1000 Free	11:49.99	10:35.09
2	Men's 1000 Free	10:59.99	9:57.99
3	Women's 100 Breast	1:18.69	1:28.59
4	Men's 100 Breast	1:13.49	1:22.89
5	Women's 200 Free	2:09.79	2:26.79
6	Men's 200 Free	2:01.79	2:17.99
7	Women's 100 Fly	1:07.59	1:16.39
8	Men's 100 Fly	1:03.59	1:11.99
9	Women's 200 IM	2:28.99	2:46.89
10	Men's 200 IM	2:20.19	2:38.29

**Sunday, Feb. 15, 2009**

Event Number	Description	Junior T&F SC	Junior T&F LC
11	Women's 400 IM	5:14.99	5:54.49
12	Men's 400 IM	4:59.99	5:42.99
13	Women's 50 Free	27.69	31.49
14	Men's 50 Free	25.89	29.49
15	Women's 200 Breast	2:51.19	3:12.39
16	Men's 200 Breast	2:41.69	3:01.89
17	Women's 100 Back	1:09.29	1:18.29
18	Men's 100 Back	1:07.19	1:15.99
19	Women's 500 Free	5:42.29	5:09.29
20	Men's 500 Free	5:27.59	4:56.29

**Monday, Feb. 16, 2009**

(Events 21 & 22 are timed finals. Only the fastest heats of events 21 & 22 will be swum in finals. All other heats will be swum following the 200 fly.)

Event Number	Description	Junior T&F SC	Junior T&F LC
21	Women's 1650 Free	19:35.99	20:05.99
22	Men's 1650 Free	18:59.99	19:29.99
23	Women's 200 Back	2:28.09	2:46.99
24	Men's 200 Back	2:26.69	2:45.39
25	Women's 100 Free	59.79	1:07.79
26	Men's 100 Free	55.79	1:03.39
27	Women's 200 Fly	2:32.29	2:51.59
28	Men's 200 Fly	2:24.89	2:43.39

