

**Walnut Creek Aquabears**  
**PC-C/B/A+ Short Course Meet**  
**Saturday and Sunday, March 6-7, 2010**



**Enter this meet online at: <http://ome.swimconnection.com/pc/wcab20100>**

**SANCTION:** Held under USA/Pacific Swimming Sanction No.: **10-039**

**LOCATION:** Lehmer's Pontiac/GMC Aquatic Center at Diablo Valley College, 321 Golf Club Road, Pleasant Hill, CA. From Interstate-680, take the Willow Pass Road exit and turn west onto Willow Pass Road. Turn right onto Contra Costa Boulevard. Turn left on Golf Club Road. Turn left at the first light into Diablo Valley College. Immediately turn left again. The Aquatic Center is south of the tennis courts

**COURSE:** Up to eight lanes all deep water. Separate warm up area available. Electronic timing equipment will be used. The minimum water depth, measured in accordance with Article 103.2.3, is 7' 6" at the start end and 7' 6" at the turn end. The competition pool has been certified in accordance with 104.2.2C(4). A copy of such certification is on file with USA Swimming.

**TIME:** Meet begins at 9:00 am each day. General warm-ups: from 7:30 to 8:45 am each day. **8 & Under only warm-up from 8:45-8:55 am.**

**RULES:** Current U.S.A. 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 events are timed finals. **Swimmers may compete in up to four events per day.** All swimmers 12 & under should complete competition within four (4) hours. **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.** If conditions warrant, the meet referee with the concurrence of the meet director may require a mandatory scratch down. An immediate cash refund will be made for such scratch down. Swimmers competing in the 500 Free event must provide their own timers and counters. All coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner.

**RESTRICTIONS:** No deck changing at Lehmer's Pontiac/GMC Aquatic Center. No alcoholic beverages and tobacco products are allowed at Diablo Valley College. All shelters must be properly secured. No glass containers are allowed in the meet venue. No propane heater is permitted except for snack bar/meet operations.

**ELIGIBILITY:** All swimmers must have a current USA-S Registration Card and must enter the number on their entry cards. Swimmers who enter as "pending" or "applied for" must be prepared to present their current card or register before being allowed to check in, unless the Meet Director determines that they are validly pending. Swimmers registering at the meet must pay a \$10.00 surcharge in addition to the current registration fees. Duplicate registrations will be refunded by mail. Swimmers 19 years of age and older may enter in the events for the 13-18 age group, but they will not receive awards, and must have met the 17-18 age group time standards. Swimmers in the "C" Division must not have met the "PC-B" time standards. Swimmers in the "B" Division must not have met the "PC-A" time standards, but have met the "PC-B" standard. Swimmers in the "A+" Division must have met the "PC-A" time standards. Swimmers must have met the minimum entry time to compete in the 500 Free. **"No Time" entries will NOT be accepted. 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.

**Special entry rules for 500 Freestyle - entry time for 9-10 years old swimmers for Event 33 & 34 must meet minimum standard of 7:45.00.**

**CHECK-IN:** The meet will be deck seeded. Swimmers must check in at the Clerk -of-the-Course. Close of check-in for all events shall be no more than 30 minutes before the estimated start time of the first heat of the event. Swimmers who do not check-in will not be allowed to compete in that event.

**SCRATCHES:** Any swimmer who has checked in for an individual event and fails to swim that event will be 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. The penalty will not apply if the swimmer scratches the event before it is seeded, or if the Referee accepts proof that the failure was caused by illness, injury or other circumstances beyond the control of the swimmer.

**Attention High School Swimmers: If you are a high school swimmer in season. You need to be unattached for this meet. It is the swimmer's responsibility to be unattached for this meet.**

**OFFICIALS:**

Head Referee: Frank Kennedy  
Head Starter: John Duncan

Meet Director: Leo Lin, , [aquabears@gmail.com](mailto:aquabears@gmail.com); (925) 933-2708  
Head Meet Marshal: Betsy Messman

**ENTRIES: Zone 2 entries postmarked or entered online by 11:59 p.m. on February 17, 2010 will be given priority acceptance. All entries from Zone 2, all other Pacific LSC Zones and other LSC's, either postmarked, entered online, or hand delivered by the entry deadline will be considered in the order that they were received."**

**Option 1 – Online Meet Entries:**

(The deadline for all online meet entries is Wednesday, February 24, 2010 at midnight.)

Using your browser, go to: <http://ome.swimconnection.com/pc/wcab20100306>

Follow entry instructions:

- a. Enter all swimmers
- b. Make 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 or expected in order to enter the meet. Swim Connection LLC charges a processing fee for this service of \$1.00 per swimmer plus 5% of the Entry Fees. The processing fee is a separate fee from the entry fees.

**Option 2 – Surface Mail Entries:** Individual Consolidated Entry Cards must be completely filled out, including best short course yard time for the event. **Entered times must be submitted in YARDS. 'No time' entries will not be accepted.** Entries must be postmarked by midnight Monday, February 22, 2010, or hand delivered by 8:00 p.m. on Wednesday, February 24, 2010 to 1374 Lupine Court, Concord, CA 94521. No late entries will be accepted. **No refunds will be made.** Enclose an addressed stamped postcard if you wish to confirm entry.

**ENTRY FEES:** \$2.75 per event and a \$5.00 participation fee per swimmer to cover meet expenses. **Make checks payable to "WCAB" and mail entries to: WCAB Meet Entries, 1374 Lupine Court, Concord, CA 94521.** Any question regarding entries should be directed to Laurie Benton, 925-686-1286.

**AWARDS:** Awards will be given for 1<sup>st</sup> through 8<sup>th</sup> places in each age group for each level PC- C/ B /A+. Swimmers age 13-18 will be awarded in two separate age groups:- 13-14 and 15-18. All "C" and "B" division swimmers achieving a new "PC-A" time will be awarded a standard "A" medal. Awards must be picked up by the end of the meet. They will not be mailed.

**ADMISSION:** FREE. A two-day meet program will be available for a reasonable cost.

**HOSPITALITY:** Nutritious snacks will be available at the Snack Bar. Lunch & beverages will be served to deck officials and coaches. Snacks and beverages will be served to timers throughout the day.

## Event Summary

### Saturday, March 6, 2010

<u>8 &amp; under</u>	<u>9-10</u>	<u>11-12</u>	<u>13-14</u>	<u>15-18</u>
50 Breast	100 Breast	100 Breast	200 Breast	200 Breast
25 Fly	100 Fly	100 Fly	100 Fly	100 Fly
25 Back	50 Back	50 Back	100 Back	100 Back
25 Free	50 Free	50 Free	50 Free	50 Free
	500 Free	500 Free	500 Free	500 Free

### Sunday, March 7, 2010

<u>8 &amp; under</u>	<u>9-10</u>	<u>11-12</u>	<u>13-14</u>	<u>15-18</u>
100 Free	200 Free	200 Free	200 Free	200 Free
25 Breast	50 Breast	50 Breast	100 Breast	100 Breast
50 Back	100 Back	100 Back	200 Back	200 Back
50 Free	100 Free	100 Free	100 Free	100 Free
100 IM	100 IM	100 IM	200 IM	200 IM

### Saturday, March 6, 2010

Girls			Age Group	Boys			
Event #	'PC-A' Time	'PC-B' Time		Event #	'PC-A' Time	'PC-B' Time	Event #
1	3:22.09	3:42.59	17-18	200 Breast	3:01.49	3:19.99	2
	3:12.39	3:31.99	15-16		2:57.89	3:15.99	
	3:13.49	3:33.19	13-14		3:04.09	3:22.79	
3	1:33.89	1:43.38	11-12	100 Breast	1:33.19	1:42.59	4
5	1:46.49	1:57.29	9-10	100 Breast	1:47.69	1:58.59	6
7	55.29	1:04.99	8 & Under	50 Breast	54.79	1:04.99	8
9	1:17.39	1:25.29	17-18	100 Fly	1:08.89	1:15.99	10
	1:15.89	1:23.59	15-16		1:08.19	1:15.19	
	1:17.79	1:25.69	13-14		1:13.19	1:20.69	
11	1:22.69	1:31.19	11-12	100 Fly	1:22.89	1:31.29	12
13	1:35.59	1:45.29	9-10	100 Fly	1:37.99	1:47.99	14
15	21.59	26.99	8 & Under	25 Fly	20.49	26.99	16
17	1:23.59	1:32.09	17-18	100 Back	1:13.09	1:20.49	18
	1:19.79	1:27.99	15-16		1:12.59	1:19.99	
	1:18.59	1:26.69	13-14		1:14.99	1:22.69	
19	38.69	42.69	11-12	50 Back	38.69	42.69	20
21	43.49	47.99	9-10	50 Back	43.49	47.99	22
23	23.19	27.99	8 & Under	25 Back	22.69	27.99	24
25	32.29	35.59	17-18	50 Free	28.09	30.99	26
	31.39	34.69	15-16		28.09	30.99	
	31.79	35.09	13-14		29.79	32.79	
27	32.89	36.29	11-12	50 Free	32.69	35.99	28
29	36.49	40.29	9-10	50 Free	36.59	40.39	30
31	19.49	23.49	8 & Under	25 Free	18.39	23.49	32
33	6:45.39	7:26.59	17-18	*500 Free	6:10.49	6:48.19	34
	6:29.59	7:09.19	15-16		6:10.49	6:48.19	
	6:34.49	7:14.59	13-14		6:17.49	6:55.89	
	6:59.99	7:42.69	11-12		6:59.39	7:41.99	
	7:40.99	7:45.00*	9-10		7:28.79	7:45.00*	

\* Seeded fastest to slowest, alternating Girls and Boys, must provide own lap counter and timer. Minimum entry time is 7:45.00.

Sunday, March 7, 2010

Girls			Age Group	Boys			
Event #	'PC-A' Time	'PC-B' Time		Event #	'PC-A' Time	'PC-B' Time	Event #
35	2:32.09	2:47.59	17-18	200 Free	2:14.29	2:27.99	36
	2:27.59	2:42.59	15-16		2:14.29	2:27.99	
	2:27.59	2:42.59	13-14		2:20.39	2:34.59	
37	2:36.49	2:52.39	11-12	200 Free	2:37.49	2:53.59	38
39	2:59.09	3:17.29	9-10	200 Free	2:57.89	3:15.89	40
41	1:35.29	1:54.59	8 & Under	100 Free	1:28.99	1:51.59	42
43	1:34.39	1:43.99	17-18	100 Breast	1:21.09	1:29.29	44
	1:29.49	1:38.69	15-16		1:19.79	1:27.99	
	1:28.19	1:37.19	13-14		1:23.49	1:31.99	
45	43.59	47.99	11-12	50 Breast	42.29	46.69	46
47	49.09	54.09	9-10	50 Breast	49.09	54.09	48
49	24.79	29.99	8 & Under	25 Breast	24.29	29.99	50
51	3:03.89	3:22.59	17-18	200 Back	2:46.49	3:03.39	52
	2:50.59	3:07.99	15-16		2:37.29	2:53.29	
	2:49.09	3:06.39	13-14		2:43.39	2:59.99	
53	1:23.49	1:31.99	11-12	100 Back	1:23.49	1:31.99	54
55	1:33.19	1:42.59	9-10	100 Back	1:35.59	1:45.29	56
57	51.59	59.99	8 & Under	50 Back	50.49	59.99	58
59	1:09.19	1:16.29	17-18	100 Free	1:00.79	1:07.09	60
	1:08.39	1:15.29	15-16		1:01.59	1:07.89	
	1:08.79	1:15.89	13-14		1:04.29	1:10.79	
61	1:11.59	1:18.89	11-12	100 Free	1:10.79	1:17.99	62
63	1:21.09	1:29.29	9-10	100 Free	1:21.09	1:29.29	64
65	42.99	51.99	8 & Under	50 Free	40.89	51.99	66
67	2:53.59	3:11.29	17-18	200 IM	2:33.69	2:49.29	68
	2:46.99	3:03.99	15-16		2:33.19	2:48.79	
	2:48.29	3:05.39	13-14		2:39.69	2:55.99	
69	1:22.89	1:321.29	11-12	100 IM	1:21.19	1:29.49	70
71	1:33.19	1:42.59	9-10	100 IM	1:33.19	1:42.59	72
73	1:49.29	2:09.99	8 & Under	100 IM	1:45.09	2:09.99	74

