



PLEASANTON SEAHAWKS
Short Course Senior 1 Meet
March 3-4 2012
Cosponsored by Pacific Swimming



**PACIFIC
SWIMMING**

ENTER ONLINE AT: <https://ome.swimconnection.com/pc/pls20120303>

Sanction: Held under USA-S / Pacific Swimming Sanction No. 12-029

In granting this sanction it is understood and agreed that USA swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Notice: By entering this meet, the athlete or his/her guardian consents to the publication via electronic, print or other media, information and /or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results. By entering this meet, the athlete or his/her guardian consents to this publication.

Use of Audio and Visual: Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms.

Officials:
Meet Referee: Susi Jackson
Head starter: Mike Davis
Meet Marshal: Tim Sproul
Meet Director: Gary Knowles - (meetdirector@pleasantonseahawks.org) (925) 525-7110

Location: Dolores Bengtson Aquatic center, 4455 Black Avenue, Pleasanton, CA 94588. From I-580 Santa Rita exit. Drive south for about two miles to Black Avenue. Turn right onto Black Avenue. Aquatic center is on your right after approximately ¼ mile. **Parking: Carpooling is suggested.** Limited general parking is available in the lot in front of the pool. Limited parking is available on adjacent streets. **PARKING AT THE CHURCH, PAC BELL AND POST OFFICE PARKING LOTS ACROSS THE STREET, OR IN ANY LOT OR AREA POSTED AS "NO UNAUTHORIZED PARKING" WILL RESULT IN CITATIONS AND POSSIBLE TOWING.** Parking for working Officials and coaches will be available in the parking lot behind the pool. Officials and Coaches using the lot must be prepared to show valid USA Swimming credentials to gain access. Overflow parking will be available at the Alisal Elementary School and the Amador High school parking lots on Santa Rita Road. No overnight parking or R.V. parking is allowed

Course: Outdoor, heated pool – 50 meters by 25 yards; up to 9 lanes available for competition. A separate warm up area will be available. Locker rooms with showers are available. Electronic timing system will be used. The minimum water depth, measured in accordance with Article 103.2.3 is 4 feet at the start end and 4 feet at the turn end. Equipment shall be installed so that it will not interfere with swimmers start, turns or finish and the normal overflow functions of the pool water recirculation system. All deck level wiring shall carry no more than 12Volts. The competition course has been certified in accordance with 104.2.2C(4). The copy of the certification is on file with USA Swimming.

Time: Competition begins at 9 a.m. on Saturday and Sunday with check-in and warm ups from 7:30-8:45a.m.

Rules: Current USA and Pacific Swimming rules and warm up procedures will govern the meet. A copy of these procedures will be posted at the clerk of the course. All events are timed finals. Swimmers can compete in a maximum of five (5) events per day. Thirteen and over swimmers may qualify for senior level 1 meets without qualifying times. These events should be entered at the entry time. Swimmers 12 years of age and under must meet the time standard and will be subject to proof of time using the USA SWIMS database. A 12 and under swimmer that is able to prove their time in one or more events may enter two (2) additional (bonus) events along with the provable event(s). If local conditions warrant it, the Meet Referee with the concurrence of the meet director, may require mandatory scratch down. Immediate cash refunds will be made for any mandatory scratches. **The 1000 and 1650 free events will be swum fastest to slowest alternating women and men. Swimmers must provide timers and counters for the 1000 free and 1650 free.**

All coaches and deck officials must wear their USA swimming (USA-S) membership cards in a visible manner. Each coach must check in prior to the first session in which he or she plans to coach. Please be sure your coaches card is valid and that all your certifications are up to date and valid for the duration of the meet. If your coach's card is expired or your certifications have lapsed, you will not be allowed to coach.

Attention high school swimmers (February through May): If you are a high school swimmer in season, you need to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

Unaccompanied Swimmers and Racing starts: Any USAS athlete-member competing at the meet must be accompanied by a USA Swimming member-coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a coach-member of the athlete's USAS Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USAS Club Member-Coach. The swimmer must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Restrictions: Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by swimmers during the meet and meet warm up periods. Sale and the use of alcoholic beverages is prohibited in all areas of the meet venue. All shelters must be properly secured. No glass containers are allowed in the meet venue. No propane heaters, containers or similar devices including gas powered generators other than those provided for the snack bar or meet operations are allowed in any areas of the meet venue.

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. 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.

Online Entries: The deadline for online entry is **11:59 p.m. Wednesday, February 22 2012**. Go to <https://ome.swimconnection.com/pc/pls20120303> and follow entry instructions. 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.** Swim connection LLC charges a processing fee for this service of \$1 per swimmer plus 5% of the entry fees. The processing fee is a separate fee from the meet entry fee. Entering online is a convenience, is completely voluntary, and is in no way required or expected of a swimmer by Pacific Swimming.

Mailed or hand delivered entries: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be entered using the current Pacific swimming procedure: *"A swimmer who qualifies Senior or Junior in a specific stroke and distance will be considered qualified in the same stroke and distance in all courses. If the time was made SCY and it is a SCM or LCM meet, enter your SCY time. If the time was made SCM and it is a SCY or LCM meet, enter your SCM time. If the time was made LCM and it is a SCY or SCM meet, enter your LCM time. When entering a meet, if your qualifying time is in yards enter the yards time and put a "Y" after the time. If the qualifying time is in short course meters enter that time with an S after it. If the qualifying time is in long course meters then enter that time with an "L" after it."* Entries must be postmarked by **midnight, of Saturday, February 18 2012**. No late entries will be accepted. No refunds will be made, except for mandatory scratches. Entries may be hand delivered to the address below and must be received no later than **6:00 P.M. on Saturday February 18 2012**.

Entry Fees: \$5.50 per individual event, plus \$8.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

Make check payable to: Pleasanton Seahawks

Mail: Checks should be mailed or delivered by hand along with the attached consolidated entry form to:

PLS Swim Meet
C/O Sharon Peck
4209 Waycross Court
Pleasanton CA 94566

Check-in: The meet will be deck seeded. Swimmers must check in at the clerk of the course. Check in will open at 7:30 A.M. each morning. Close of check in for all events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. No event shall be closed more than 30 minutes before the scheduled start of the session. Swimmers who do not check in for that event 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 this meet. The penalty will not apply if the swimmer scratches before the event is seeded or if he referee accepts proof that the failure was caused by illness, injury or other circumstances beyond the control of the swimmer.

Awards: NONE

Admission: Free. A meet program will be available for a reasonable cost.

Hospitality and Snack Bar: Lunch will be provided for coaches and meet officials. Timers will be provided with refreshments and light snacks. A full snack bar will be in operation during the meet.

Schedule of Events

SATURDAY, MARCH 03			SUNDAY, MARCH 04		
Women's Event #	EVENT	Men's Event #	Women's Event #	EVENT	Men's Event #
1	200IM	2	15	400 IM	16
3	200 Free	4	17	100 Breast	18
5	100 Back	6	19	100 Free	20
7	500 Free	8	21	200 Back	22
9	200 Breast	10	23	100 Fly	24
11	200 Fly	12	25	50 Free	26
13	1000 Free	14	27	1650 Free	28

There will be a 10 minute break prior to the 1000 and 1650 events.

The 1000 and 1650 free events will be swum fastest to slowest alternating women and men. Swimmers must provide timers and counters for the 1000 free and 1650 free.

Time standards may be found at: www.pacswim.org/page/times_standards.shtml

Pacific Swimming – Pleasanton Seahawks Sr. I Timed finals Mar 3-4, 2012 Consolidated Entry Form												
Name: Last,			First				Middle					
Club Abbr.		UNATT TEAM ABBR			Club Name							
Age		Date of Birth			Sex M F		LSC – (PC, SN)					
USA-#												
Event #	Distance / Stroke				Entry Time			Circle one				
					: .			SCY / LCM / SCM				
					: .			SCY / LCM / SCM				
					: .			SCY / LCM / SCM				
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					: .			SCY / LCM / SCM				
# of entries _____ x \$5.50 = \$ _____ EVENT Participation Fee 8.00 Total \$ _____												
Coach												
Swimmer's Address												
Home Phone						Cell Phone						