

Cabrillo Threshers  
 Zone 1 South  
 Long Course PC- CBA+ Meet  
 Spring Fling  
 April 17-18, 2010

Sanction	Held under USA/Pacific Swimming Sanction <b>10-035</b>
Location	Morgan Hill Aquatic Center, 16200 Condit Road, Morgan Hill, CA <b>DIRECTIONS:!</b> <b>From the North:</b> !!! Exit Highway 101 at Tennant Avenue and turn left onto Tennant. Continue .3 miles to !!! Condit Road and turn left. The Aquatics Center is .1 miles ahead on your right. <b>!!! From the South:</b> !!! Exit Highway 101 at Tennant Avenue and turn right onto Tennant. Continue .1 miles !!! to Condit Road and turn left. The Aquatics Center is .1 miles ahead on your right.
Parking	Parking for officials will be in the lot near the entrance to the pool. There is ample free parking in the front parking lot, the dirt lot and the gravel lot surrounding the pool. Please do not park in red curb areas or on Condit Street opposite the pool.
Course	50-meter outdoor, heated pool. Up to 8 competition lanes will be available for competition. The minimum water depth of 6' 6" at the start and turn ends of this pool complies with article 103.2.3. 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 12 volts. A separate warm up pool will be available throughout the meet except during the warm up period prior to beginning of the competition. Locker rooms with showers are available.
Time	The meet begins at 9:00 a.m. on Saturday and Sunday with warm ups from 7:30 a.m. to 8:45 a.m. Officials and coaches meetings will be held before the competition begins on each day.
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- Course. All events are timed finals. Swimmers may compete in <b>up to four          (4) events</b> per day. <b>All swimmers age 12 and under should complete          competition within four (4) hours.</b> <i>Entries will be accepted until the          number of splashes exceeds the estimated time line, per the Four Hour Rule,          based on the swimmer's age and gender.</i> If local conditions warrant it, the

	<p>Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.</p> <p>For the 800 free, swimmers will have to provide their own lap counters and timers.</p>
High School Swimmers	<p><b>High School Swimmers: If you are a high school swimmer in season, you need to swim “unattached” from your club team at this meet. It is your responsibility to be unattached from this meet.</b></p>
Restrictions	<p>Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas and in all areas used by swimmers, during the meet and during warm-up periods. Glass containers, sale and use of alcoholic beverages are prohibited in <u>all</u> areas of the meet venue. <b>PLEASE DO NOT BRING YOUR DOGS TO THIS MEET.</b> No animals are allowed in any area of the meet venue (which includes the parking lots) except service animals wearing a service animal vest and actually working to assist a disabled person. Even service animals who are not behaving properly (barking, jumping and the like) will be asked to leave the meet venue. Absolutely no propane heaters will be allowed on the pool deck or in the fenced pool area in accordance with Pacific Swimming Safety standards.</p>
Eligibility	<p>Swimmers must be current members of USA-Swimming and enter their name and registration number on the meet entry card as they are shown on their Registration Card. 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 and collect Registration fee at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail.</p> <p><b>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 "PC-B" time standard. All entry times slower than the listed "PC-B" time standard will be in the "C" Division. 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.</b> Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Head Referee regarding special accommodations on the entry times and seeding per Pacific Swimming policy. Swimmers 19 years of age and over may participate in the 13-18 events but may not receive awards or score points. No time entries will be accepted.</p>
Check in	<p>The meet will be deck seeded per USA-Swimming rule 207.12.7.B(2). Swimmers must check-in at the Clerk-of-Course. Close of check-in for all</p>

	<p>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 prior to the close will not be allowed to compete in the event.</p>
Scratches	<p>Pacific Swimming rule Section 3.B.5.b.3 will be enforced. Exceptions are outlined in Pacific Swimming section 3.B.5.b.5. 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. if that is their last event of the meet.</p>
Officials	<p>Meet Referee: Mike Davis  Head Starter: Darwin Takaki  Head Marshal: Bruce Mayer  Meet Director: Susan Mayer, <a href="mailto:samayeresq@sbcglobal.net">samayeresq@sbcglobal.net</a> (preferred) or 831 247-1040.</p>
Entries	<p style="text-align: center;"><b>Option 1: Online Meet Entries</b> - Enter at  <a href="http://ome.swimconnection.com/pc/cab2010417">http://ome.swimconnection.com/pc/cab2010417</a></p> <p>to receive immediate confirmation of acceptance via email (the same web site can be used to check for session open or closed status). The “billing information” email should be brought to the meet as proof of entry. Online entry requires payment by credit card using swimconnection’s 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. Online entries must be entered through the online entry system no later than midnight <b>Wednesday, April 7, 2010</b>. Use of this system is completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. <b>No refunds will be made</b>, except for mandatory scratches.</p> <p><b>Option 2: Traditional Postal System Mailed Entries</b> - All entries must be on attached Consolidated Entry Card. Entries must be postmarked by midnight, <b>Monday, April 5, 2010</b> or hand delivered no later than 8:00 PM on <b>Wednesday, April 7, 2010</b>. No late entries will be accepted. <b>No refunds will be made</b>, except for mandatory scratches. Entry forms must be completely filled out, including best conforming short course yard time, or non conforming long course meter time for each event. All entries shall be noted by (SCY) or (LCM) to the right of the entry time (SCY - short course yards; LCM - long course meters). <b>DO NOT CONVERT TIMES USING ANY CONVERSION FORMULA.</b></p>

Entry Fees	<p>\$2.75 per event and \$5.00 participation fee per swimmer. No refunds will be made except for mandatory scratch downs. Make checks payable to Cabrillo Threshers Swim Team. If mailing entries, send to:</p> <p>Susan Mayer 3336 Oneill Court Soquel, CA 95073</p>

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Entry Priority	<b>ENTRY PRIORITY:</b> Zone 1 South (Z1S) entries postmarked Monday, March 22, 2010 or entered online by 11:59 p.m. March 22, 2010 will be given priority acceptance. All other entries from Zone 1 South (Z1S), all other Pacific LSC Zones and other LSC's either postmarked by midnight April 5, 2010 or entered online by 11:59 p.m. April 7, 2010 or hand delivered by 8:00 p.m. April 7, 2010 will be considered in the order that they were received.
Awards	Ribbons will be awarded for each event in each division PC-A, PC-B and PC-C for first through eighth place will be given to the following age groups: 8 & Under, 9/10, 11-12, 13-14, 15-16, 17-18. All 13-14, 15-16, and 17-18 swimmers will compete together, but will be awarded separately. Swimmers 19 years of age and older will not receive awards. "A" time medals will be given to swimmers achieving a new "PC-A" times, regardless of place achieved in the 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 two day program will be available for a reasonable cost.
Snack Bar	A snack bar will be available.

## Event Summary

**Saturday, April 17, 2010**

Girl's Event #	LC Meters PC-A	LC Meters PC-B	Event	Age Group	LC Meters PC-A	LC Meters PC-B	Boy's Event #
1	7:06.29	7:49.59	400 IM	17-18	6:27.69	7:06.99	2
	6:44.19	7:25.19		15-16	6:12.89	6:50.79	
	6:48.69	7:30.29		13-14	6:30.29	7:09.99	
3	3:22.09	3:42.59	200 IM	11-12	3:23.59	3:44.29	4
5	1:34.39	1:43.99	100 Back	17-18	1:22.89	1:31.29	6
	1:28.29	1:37.29		15-16	1:21.29	1:29.59	
	1:28.99	1:38.09		13-14	1:25.89	1:34.69	
7	1:34.89	1:44.49	100 Back	11-12	1:23.49	1:31.99	8
9	49.09	54.09	50 Back	9-10	50.29	55.49	10
	57.89	1:06.99		8-un	1:01.39	1:06.99	
11	1:27.59	1:36.49	100 Fly	17-18	1:17.69	1:25.59	12
	1:25.89	1:34.69		15-16	1:17.09	1:24.89	
	1:26.59	1:35.49		13-14	1:23.19	1:31.69	
13	41.09	45.39	50 Fly	11-12	41.29	45.49	14
15	1:49.59	2:00.79	100 Fly	9-10	1:49.89	2:00.09	16
				8-un			
17	3:47.09	4:10.19	200 Breast	17-18	3:24.49	3:45.29	18
	3:36.59	3:58.59		15-16	3:20.49	3:40.89	
	3:37.79	3:59.99		13-14	3:29.09	3:50.39	
19	3:48.59	4:11.79	200 Breast	11-12	3:15.69	3:35.59	20
21	55.29	1:00.89	50 Breast	9-10	55.99	1:01.69	22
	1:01.89	1:12.49		8-un	1:01.39	1:12.49	
23	1:17.09	1:24.89	100 Free	17-18	1:09.29	1:16.39	24
	1:15.99	1:23.69		15-16	1:09.49	1:16.79	
	1:18.19	1:26.09		13-14	1:13.49	1:20.89	
25	1:21.79	1:30.09	200 Free	11-12	2:58.19	3:16.29	26
27	41.59	45.89	50 Free	9-10	42.70	47.19	28
	48.19	58.19		8-un	46.09	58.10	
29	6:06.39	6:43.59	400 Free	17-18	5:25.49	5:58.59	30
	5:52.59	6:48.49		15-16	5:24.09	5:56.99	
	5:51.59	6:27.39		13-14	5:41.99	6:16.69	

## Event Summary

Sunday, April 18, 2010

Girl's Event #	LC Meters PC-A	LC Meters PC-B	Event	Age Group	LC Meters PC-A	LC- Meters PC-B	Boy's Event #
35	3:12.19	3:31.69	200 IM	17-18	2:53.89	3:11.59	36
	3:08.49	3:27.69		15-16	2:53.39	3:10.99	
	3:05.39	2:28.59		13-14	3:01.39	3:19.79	
37	6:14.69	6:52.79	400 Free	11-12	6:18.69	6:57.19	38
39	3:19.49	3:39.79	200 Back	17-18	3:07.99	3:27.19	40
	3:10.59	3:29.99		15-16	2:53.99	3:11.69	
	3:12.49	3:32.09		13-14	3:05.49	3:24.39	
41	43.79	48.29	50 Back	11-12	44.49	49.09	42
43	1:46.79	1:57.69	100 Back	9-10 8-un	1:47.29	1:58.19	44
45	3:23.19	3:43.79	200 Fly	17-18	3:03.19	3:21.79	46
	3:11.89	3:31.39		15-16	2:57.89	3:15.99	
	3:15.99	3:35.99		13-14	3:08.89	3:28.09	
47	1:33.99	1:43.59	100 Fly	11-12	1:34.39	1:43.99	48
49	47.19	51.99	50 Fly	9-10	47.59	52.49	50
	58.99	1:06.99		8-un	58.39	1:06.99	
51	1:43.29	1:53.79	100 Breast	17-18	1:31.59	1:40.89	52
	1:40.19	1:50.39		15-16	1:30.69	1:39.99	
	1:40.79	1:50.99		13-14	1:36.29	1:46.09	
53	1:46.69	1:57.59	100 Breast	11-12	1:45.56	1:56.39	54
55	55.29	1:00.89	100 Breast	9-10 8-un	2:03.19	2:15.69	56
57	35.69	39.39	50 Free	17-18	31.39	34.69	58
	35.39	39.09		15-16	32.09	35.39	
	35.69	39.39		13-14	34.09	37.59	
59	37.49	41.39	50 Free	11-12	37.09	40.99	60
61	1:32.19	1:41.59	100 Free	9-10	1:32.29	1:41.69	62
	1:46.59	2:07.79		8-un	1:40.09	2:04.79	
63	12:36.99	13:53.99	800 Free	17-18	11:40.79	12:51.99	64
	12:10.39	13:24.59		15-16	11:40.79	12:52.09	
	12:14.69	13:29.39		13-14	11:51.49	13:03.79	

### Events by Age Group

Age Group	Saturday	Sunday
10 and under	50 Back	100 Back
	100 Fly	50 Fly
	50 Breast	100 Breast
	50 Free	100 Free
11-12	200 IM	400 Free
	100 Back	50 Back
	50 Fly	100 Fly
	200 Breast	100 Breast
	200 Free	50 Free
13-18	400 IM	200 IM
	100 Back	200 Back
	100 Fly	200 Fly
	200 Breast	100 Breast
	100 Free	50 Free
	400 Free	800 Free

