

**Zone 2 Short Course C/B/A+ Swim Meet**  
**Alameda Island Aquatics (AIA)**  
**Saturday, May 5 & Sunday, May 6, 2007**

Enter Online at: <http://swimconnection.com/pc/meet/aia>

**SANCTION:** Held under USA/Pacific Swimming Sanction No.: **0747**

**LOCATION:** Mills College Swimming Pool (Trefethen Aquatic Center), 5000 MacArthur Blvd, Oakland, CA.

**Directions:** From I-580 eastward towards Hayward/Stockton, take MacArthur Blvd exit. Merge onto MacArthur Blvd. Go 0.3 miles, left turn into Mills College. From I-580 westward towards Oakland, take exit towards MacArthur Blvd/High Street. Turn left onto Buell Street. Turn slightly left onto MacArthur Blvd. Left turn into Mills College.

**PARKING:** There is limited parking along the streets adjacent to the pool. Please follow the directions of the gate attendant for parking directions when you enter the College campus.

**COURSE:** Outdoor heated pool, 25 yards with 8 competition lanes. A separate warm-up pool will be available throughout the duration of the meet. Locker rooms with showers are available.

**TIME:** Meet begins at 9:00 AM each day.  
General warm-up: 7:30-8:45 AM  
8 & UN only warm-up: 8:45-8:55 AM

**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 events are timed finals. Swimmers may compete in a maximum of four (4) individual events per day. All swimmers ages 12 and under should complete competition within four (4) hours. **In consideration of the 4 hour rule time constraint, swimmers age 12 and under should not enter both the first and last event of each day.** Entries will be accepted until the number of splashes exceeds the estimated timeline per the four-hour rule, based on swimmer's age and gender. If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch-down. A refund will be issued in the event of a mandatory scratch-down. The 500 Free events will swim slowest to fastest. All swimmers in the 500 Freestyle must provide their own timers and lap counters. **All coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner.**

**RESTRICTIONS:** 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. Sale and use of alcoholic beverages is prohibited in ALL areas of the meet venue. Outside BBQ Pits are not permitted. No glass containers or propane heaters allowed on deck.

**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. Meet is open to all qualified swimmers. Swimmers in the "C" division must not have met the "B" time standards. Swimmers in the "B" division must have met the "B" time standards and not have met the "A" time standards. Swimmers in the "A" division must have met the "A" time standards. (Note: "B" Time Standards will be listed to separate "C" swimmers and "B" swimmers

for awards) Swimmers over the age of 18 may participate in the 13 to 18 age group, but will not be eligible for 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. "NO TIME" entries WILL NOT be accepted.* 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.

**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:** 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 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.

**OFFICIALS:**

Head Referee: Carol Cottam

Head Starter: Jerry Caetano

Meet Director: Don Krause (510) 749-0303 [don@dkkrause.com](mailto:don@dkkrause.com)

Head Meet Marshal: Richard Rados

**ENTRIES:** Two options are available for meet entry. "NO TIME" entries will NOT be accepted.

**OPTION 1: Online Meet Entries (Deadline: Midnight, Thursday, April 26, 2007)**

Enter at <http://swimconnection.com/pc/meet/aia> 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 Swim Connection'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. 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 must be confirmed by **midnight, Thursday April 26, 2007**, or until a meet session is closed due to a timeline in excess of the "four (4) hour rule". No late entries will be accepted.

**OPTION 2: Surface Mail Entries**

Entries must be on consolidated entry forms, one swimmer per form. Entry forms must be completely filled out including best short course times for each event. Entry times must be submitted in yards.

**ENTRIES MUST BE POSTMARKED BY MIDNIGHT MONDAY, April 23, 2007.**

**Hand delivered entries by 6:00 pm. THURSDAY, April 26, 2007**

**To: AIA Swim Meet**

**Attn: Margaret McNamara**

**3120 Gibbons Drive, Alameda, CA 94501**

No late entries will be accepted, or refunds made except in the case of mandatory scratch downs.

**ENTRY FEES:** \$2.25 per event, \$5.00 participation fee per swimmer. **We encourage team entries to be submitted together and paid on a team consolidated basis.**

If mailing entries, make checks payable to: “Alameda Island Aquatics” *or* “AIA”

**Mail Entries to:**

AIA Swim Meet  
 Attn: Margaret McNamara  
 3120 Gibbons Drive **email questions:** [mmmcnamara@sbcglobal.net](mailto:mmmcnamara@sbcglobal.net)  
 Alameda, CA 94501

Enclose a self-addressed, stamped envelope or postcard for entry confirmation.

**AWARDS:** Ribbons will be awarded for 1<sup>st</sup>-8<sup>th</sup> place in “A”, “B” and “C” divisions. “A” medals will be given in each event to all “B” and “C” division swimmers for NEW A times achieved, regardless of the place achieved in the event. Awards will be given out in the following age groups: ***8 & Under, 9-10, 11-12, 13-14, 15-18.***

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

**HOSPITALITY/SNACK BAR:** A snack bar will be available. Hospitality will be available for coaches, officials, and timers.

**MEET SUMMARY OF EVENTS**

<b>SATURDAY</b>					<b>SUNDAY</b>			
<b>8 &amp; Under</b>	<b>9-10</b>	<b>11-12</b>	<b>13-18</b>		<b>8 &amp; Under</b>	<b>9-10</b>	<b>11-12</b>	<b>13-18</b>
100 IM	100 IM	100 IM	200 IM		50 Back	100 Back	50 Back	200 Fly
25 Back	50 Back	100 Back	100 Back		100 Free	100 Free	100 Free	100 Free
50 Fly	100 Fly	100 Fly	100 Fly		25 Breast	50 Breast	50 Breast	100 Breast
50 Breast	100 Breast	100 Breast	200 Breast		50 Free	50 Free	50 Free	50 Free
25 Free	500 Free	200 Free	200 Free		25 Fly	50 Fly	500 Free	500 Free

## EVENTS

### SATURDAY, MAY 5 — Session 1

GIRLS					BOYS			
Event #	B Time	A Time	Age Group	Distance/Stroke	Age Group	B Time	A Time	Event #
1	2:56.49	2:31.29	13-14	<b>200 IM</b>	13-14	2:45.49	2:21.89	2
	2:53.09	2:28.39	15-16		15-16	2:38.29	2:15.69	
	2:51.49	2:26.99	17-18		17-18	2:34.59	2:12.49	
3	1:26.49	1:14.09	11-12	<b>100 IM</b>	11-12	1:24.39	1:12.19	4
5	1:45.69	1:23.19	9-10	<b>100 IM</b>	9-10	1:41.59	1:21.29	6
7	2:09.99	1:49.29	8-Un	<b>100 IM</b>	8-Un	2:09.99	1:45.09	8
9	1:20.19	1:08.69	13-14	<b>100 Back</b>	13 -14	1:15.69	1:04.89	10
	1:18.99	1:07.69	15-16		15-16	1:11.49	1:01.29	
	1:18.19	1:06.99	17-18		17-18	1:09.99	59.99	
11	1:28.89	1:14.89	11-12	<b>100 Back</b>	11-12	1:25.79	1:12.29	12
13	48.89	38.19	9-10	<b>50 Back</b>	9-10	49.29	38.39	14
15	27.99	23.19	8-Un	<b>25 Back</b>	8-Un	27.99	22.69	16
17	1:19.39	1:08.09	13-14	<b>100 Fly</b>	13-14	1:13.99	1:03.39	18
	1:17.99	1:06.89	15-16		15-16	1:10.59	1:00.49	
	1:16.99	1:05.99	17-18		17-18	1:08.99	59.09	
19	1:27.59	1:13.59	11-12	<b>100 Fly</b>	11-12	1:26.39	1:12.19	20
21	1:57.49	1:26.69	9-10	<b>100 Fly</b>	9-10	1:55.39	1:25.69	22
23	59.99	52.59	8-Un	<b>50 Fly</b>	8-Un	59.99	52.09	24
25	3:15.99	2:47.99	13-14	<b>200 Breast</b>	13-14	3:02.39	2:36.29	26
	3:12.09	2:44.69	15-16		15-16	2:55.09	2:30.09	
	3:12.29	2:44.79	17-18		17-18	2:52.19	2:27.59	
27	1:36.39	1:22.19	11-12	<b>100 Breast</b>	11-12	1:35.69	1:21.09	28
29	1:59.99	1:33.39	9-10	<b>100 Breast</b>	9-10	1:56.79	1:32.69	30
31	1:04.99	55.29	8-UN	<b>50 Breast</b>	8-UN	1:04.99	54.79	32
33	2:36.59	2:14.19	13-14	<b>200 Free</b>	13-14	2:26.79	2:05.79	34
	2:33.39	2:11.49	15-16		15-16	2:20.89	2:00.79	
	2:32.29	2:10.59	17-18		17-18	2:17.99	1:58.29	
35	2:43.49	2:20.19	11-12	<b>200 Free</b>	11-12	2:39.39	2:16.59	36
37	23.49	19.49	8-Un	<b>25 Free</b>	8-Un	23.49	18.39	38
39	8:30.49	6:48.39	9-10	<b>500 Free</b>	9-10	8:25.79	6:44.59	40

**SUNDAY, MAY 6 — Session 2**

<b>GIRLS</b>					<b>BOYS</b>			
<b>Event #</b>	<b>B Time</b>	<b>A Time</b>	<b>Age Group</b>	<b>Distance/Stroke</b>	<b>Age Group</b>	<b>B Time</b>	<b>A Time</b>	<b>Event #</b>
41	2:53.39	2:28.59	13-14	<b>200 Fly</b>	13-14	2:44.29	2:20.79	42
	2:50.99	2:26.59	15-16		15-16	2:36.79	2:14.39	
	2:48.19	2:24.19	17-18		17-18	2:31.19	2:09.59	
43	39.99	34.29	11-12	<b>50 Back</b>	11-12	39.79	33.69	44
45	1:45.69	1:22.19	9-10	<b>100 Back</b>	9-10	1:43.29	1:21.69	46
47	59.99	51.59	8-UN	<b>50 Back</b>	8-N	59.99	50.49	48
49	1:12.59	1:02.19	13-14	<b>100 Free</b>	13-14	1:07.69	57.99	50
	1:11.29	1:01.09	15-16		15-16	1:04.59	55.39	
	1:10.89	1:00.79	17-18		17-18	1:03.39	54.29	
51	1:13.59	1:03.09	11-12	<b>100 Free</b>	11-12	1:13.29	1:02.89	52
53	1:31.89	1:12.29	9-10	<b>100 Free</b>	9-10	1:29.19	1:10.79	54
55	1:54.59	1:35.29	8-UN	<b>100 Free</b>	8-UN	1:51.59	1:28.99	56
57	1:30.99	1:17.99	13-14	<b>100 Breast</b>	13-14	1:24.39	1:12.29	58
	1:29.09	1:16.39	15-16		15-16	1:20.69	1:09.19	
	1:29.09	1:16.39	17-18		17-18	1:18.79	1:07.59	
59	44.29	37.99	11-12	<b>50 Breast</b>	11-12	44.59	37.59	60
61	53.59	41.99	9-10	<b>50 Breast</b>	9-10	53.89	42.49	62
63	29.99	24.79	8-Un	<b>25 Breast</b>	8-Un	29.99	24.29	64
65	33.39	28.69	13-14	<b>50 Free</b>	13-14	31.09	26.59	66
	32.89	28.19	15-16		15-16	29.59	25.39	
	32.79	28.19	17-18		17-18	28.99	24.89	
67	40.09	32.39	9-10	<b>50 Free</b>	9-10	39.19	31.89	68
69	51.99	42.99	8-UN	<b>50 Free</b>	8-UN	51.99	40.89	70
71	34.59	29.79	11-12	<b>50 Free</b>	11-12	33.39	28.59	72
73	48.79	37.29	9-10	<b>50 Fly</b>	9-10	47.29	36.69	74
75	26.99	21.59	8-UN	<b>25 Fly</b>	8-UN	26.99	20.49	76
77	7:10.79	6:09.29	11-12	<b>500 Free</b>	11-12	7:05.49	6:04.69	78
79	6:51.79	5:52.99	13-14		13-14	6:35.99	5:39.39	80
	6:46.39	5:48.39	15-16		15-16	6:19.39	5:25.29	
	6:43.89	5:46.19	17-18	17-18	6:10.59	5:17.69		

