WALNUT CREEK AQUABEARS
JUNIOR+ WALK-ON MEET - SUNDAY, MAY 23, 2010

Enter this meet online at: http://ome.swimconnection.com/pc/wcab20100523

Sanction: Held under USA/Pacific Sanction Number: _10-044___

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: Outdoor, heated 25 yard pool, up to 8 lanes all deep water. Separate warm up area available. Electronic timing, with touch pads, 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: Entries and Check in opens at 8:00 a.m. Warm-up from 8:00 to 9:15 a.m. Competition will begin at 9:30 a.m.

Rules: Current USA & Pacific Swimming rules will govern the meet. Pacific warm-up procedures will be in effect. A copy of these rules will be posted at the Clerk-of-Course. All events are timed finals. Swimmers may compete in five individual events plus relays. Swimmers who have provable times in one or more events may enter bonus events during the meet. Heats may be combined during the meet. All coaches and deck officials must wear their USA swimming membership card in a visible manner.

Restrictions: Glass containers, smoking and use of tobacco products, alcoholic beverages, and propane heaters are prohibited in all areas of the meet venue. Deck changing is prohibited at 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. The meet host will 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. The meet is limited to those swimmers who have met the 2010 Junior time standards. This Walk-on meet is a post high school shave and taper meet, therefore the meet is restricted to swimmers who are ninth grade and above. College swimmers are eligible to enter this meet. USA Swimming Registration Card and Student body card will be checked. 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.

Entries: There are 2 sessions for this meet. Individual events offered are identical for both sessions, except for the 1650 Freestyle (Session 1 only). In order to compete in Session 1, the swimmer must either (1) enter online or (2) turn in their paper entries to the Walk-on Meet entries box in the administrative office at the North Coast Section Meet by the conclusion of the NCS meet on Saturday May 22. Swimmers who submit deck entries on Sunday May 23 will be eligible to swim in Session 2 only. Relay and 1650 Freestyle entries are exempt from the Session 2 deck entry rule.

The meet will be deck seeded per USA Swimming rule 207.12.11.B(2). Entry cards will be provided. Entry cards must be completely filled out including BEST SHORT COURSE TIME. All bonus entries must use real times and must be circled on the entry card. Entry fees are $5.50 per individual event, $16.00 per relay, plus a participation fee of $5.00 per swimmers will be required to help cover expenses. Make checks payable to WCAB.

Online entries will be available until midnight on Saturday, May 22, 2010. Online entries will be restricted to swimmers who are in 9th grade and above (swimmers entering online will be required to show student ID cards at the meet). Swimmers who enter online and are 8th grade or below will be removed from the meet and will not be given refunds. Enter the meet online including BEST SHORT COURSE TIME to be eligible to swim in Session 1. Swimmers who enter online must check-in on Sunday morning. Enter this meet online at: http://ome.swimconnection.com/pc/wcab20100306

Awards: None **Admission:** Free

Hospitality: There will be no snack bar. Hospitality will be provided for all working officials.

Officials: Head Referee: Millie Nygren Head Starter Leo Lin
Head Marshal: Betsy Messman Meet Director: Todd Krohn, aquabears@sbcglobal.net, 925-939-5990

Session One - Short Course Yards

Entries for this session will be limited to online entries only.

Women		Event	Men	
Event #	Junior Time		Junior Time	Event #
1	1:03.79	100 Free	59.49	2
3	3:02.59	200 Breast	2:52.49	4
5	2:37.99	200 Back	2:36.49	6
7	2:42.39	200 Fly	2:34.59	8
9	- -	200 Medley Relay	- -	10
11	2:18.49	200 Free	2:09.99	12
13	5:35.99	400 I.M.	5:24.79	14
15	- -	400 Free Relay	- -	16
17	1:13.99	100 Back	1:11.69	18
19	6:01.79	500 Free	5:49.49	20
21	1:23.89	100 Breast	1:18.39	22
23	1:12.39	100 Fly	1:07.79	24
25	- -	200 Free Relay	- -	26
27	2:37.99	200 I.M.	2:29.59	28
29	29.49	50 Freestyle	27.59	30
31	- -	400 Medley Relay	- -	32
33	20:47.89 (12:19.49)	1,650 Free (1,000 Free*)	19:40.79 (11:30.99)	34

*Initial split for the 1,000 Free will be offered within the 1,650 Free

Session 2 - Short Course Yards

Deck Entries for this session will close at the conclusion of event #20.
Events may be combined.

Women		Event	Men	
Event #	Junior Time		Junior Time	Event #
101	1:03.79	100 Free	59.49	102
103	3:02.59	200 Breast	2:52.49	104
105	2:37.99	200 Back	2:36.49	106
107	2:42.39	200 Fly	2:34.59	108
109	2:18.49	200 Free	2:09.99	110
111	5:35.99	400 I.M.	5:24.79	112
113	1:13.99	100 Back	1:11.69	114
115	6:01.79	500 Free	5:49.49	116
117	1:23.89	100 Breast	1:18.39	118
119	1:12.39	100 Fly	1:07.79	120
121	2:37.99	200 I.M.	2:29.59	122
123	29.49	50 Freestyle	27.59	124

Consolidated Entry Card
Junior+ Walk-On Meet
May 23, 2010

Name

_____ _____ ____
Last First M.I.

Club Abbr.	If unatt team abbr	Club Name

Age	Sex	Date of Birth	Amount Paid

USA Swimming Registration #

Event #	Distance/Stroke	Entry Time
		SCY
		SCY
		SCY
		SCY
		SCY
		SCY
		SCY

# of Entries _____ x $5.50 = _____

Participation Fee = ____$5.00___

Total = _____

Coach: