

GOLDEN BEAR SWIMMING

Pacific Swimming Zone 2

PC-B/A+ Long Course "Summer Splash" Swim Meet

June 26 & 27, 2010



PACIFIC
SWIMMING

REVISED: May 19, 2010

Enter online at: <http://ome.swimconnection.com/pc/bear10200627>

SANCTION: Held under USA Swimming/Pacific Swimming Sanction Number: 10-077

LOCATION: **Contra Costa College Swimming Pool**, Contra Costa College, 2600 Mission Bell Drive, San Pablo, California 94806

DIRECTIONS: From I-80 East or West Exit El Portal Dr. Head west on El Portal. Turn Right on Castro Dr. Pool is on the left side. Pool parking lot is for officials only. Use the college designated parking lots for parking.

TIME: Meet begins at 9:00 a.m. on Saturday and Sunday; general warm-ups from 7:30-8:45 a.m. **A special extended warm-up from 8:45-8:55 a.m. for 8-UN only.**

COURSE: Outdoor heated pool, 50 Meter, up to 8 lanes with one lane available for warm up during the competition. The minimum water depth, measured in accordance with Article 103.2.3, is 13-1/2 feet at the start end and 4 feet at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

RULES: Current USA / 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) events per day**. All swimmers age 12 and under should complete competition within four (4) hours. **The Meet will be LIMITED to the first 500 swimmers or when the meet estimated time line exceeds the Four Hour Rule per Age Group 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 any such scratch down. All coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner. Swimmers competing in the 400m and 800m free events must provide their own timers.

RESTRICTIONS: Glass containers of all kinds, sale and use of alcoholic beverages and tobacco products are prohibited in all areas of the meet venue defined as 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 during warm-up periods.

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. Swimmers who enter as "pending" or "applied for" must be prepared to present their current card or register before being allowed to check in. Swimmers 19 years of age and older may participate in the 13-18 age groups, but they may not receive awards, and must have met the 17-18 time standards. Swimmers must meet the PC-B standard to swim. Swimmers in the "B" Division must have met the "PC-B" time standards and not have met the listed "PC-A" time standards. Swimmers in the "A" Division must have met the "PC-A" time standards. Swimmers must meet the minimum entry time to compete in the 400 Free and Open 800 Free. **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.

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 that event.

ENTRY PRIORITY: Zone 2 entries postmarked or entered online by 11:59 p.m. on June 7, 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.

ENTRIES: 'No time' entries will not be accepted. TWO OPTIONS FOR MEET ENTRY:

Option 1: Online Meet Entries:

Enter at: <http://ome.swimconnection.com/pc/bear10200627> to receive immediate confirmation of acceptance via email. The billing information email should be brought to the meet as proof of entry. Online entry requires payment by credit card using the 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. The use of this system is completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. Online entries will close at midnight on June 16, 2010 or before based on meeting the maximum swimmers or 4 hour rule per age group and up to first 500 swimmers. **Please print a verification copy of your online entries and bring it with you to the meet.**

Option 2: Surface Mail Entries:

Use attached Consolidated Entry Form. Incomplete or illegible entries may require a collect call to be made (or email if address is provided) in order to accept entries. Entry forms must be completely filled out including best **LONG COURSE** time for each event. **Entered times must be submitted in METERS.** Time conversions from short course yards will no longer be accepted. Pacific Swimming's Rules and Regulations specify that when you have achieved a specific class level (for example, "B" or "A") in an event in one course, you are considered to be qualified at that same level in all courses. Accordingly, you must always enter a time which maintains the class for which you've qualified in an event. **If you wish confirmation that your entries have been accepted, include a self-addressed, stamped envelope with your entry form.** Entries must be **postmarked** by Midnight, June 15, 2010 or **hand delivered** by 5 p.m. on June 16, 2010 to the address below. The meet will close at 500 swimmers and entries that are received by mail after the meet has closed will be contacted and the mail returned. NO REFUNDS WILL BE MADE except for mandatory scratches. All entries will be considered in the order they are received. No late entries will be accepted.

ENTRY FEES: \$2.75 per event plus \$5.00 participation fee per swimmer to help cover meet expenses.

Make check payable to **BEAR SWIMMING** and mail to:

Meet Entries: BEAR
2425 Homestead Circle
San Pablo, CA 94806

AWARDS: Awards will be given for 1st through 8th places in each age group for each level PC-B/A+. Swimmers age 13-18 will be awarded in three separate age groups- 13-14, 15-16, and 17-18. All "B" swimmers achieving a new "PC-A" time will be awarded a standard "A" medal, regardless of placed achieved in the event. Swimmers 19 years of age and older will not receive awards. **Awards must be picked up before the end of the meet. They will not be mailed.**

ADMISSION: Free. A two-day program will be available for \$4.00. Also, a snack bar will be available.

HOSPITALITY: Will be available for officials and coaches.

SNACK BAR: A hot breakfast and lunch snack bar will be offered.

OFFICIALS: Meet Referee: Gerry Ng
 Head Starter: Clint Benton
 Meet Director: Patrick Malaga sonmala@aol.com (510) 326-5544
 Head Marshal: Raymond Nip

SUMMARY OF EVENTS

Saturday, June 27				Sunday, June 27			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
50 Back	200 Free	200 IM	200 Free	50 Breast	100 Back	200 Back	200 Back
50 Free	50 Back	50 Back	100 Fly	50 Fly	50 Breast	50 Breast	100 Breast
	50 Free	50 Fly	50 Free		50 Fly	50 Free	100 Free
	100 Breast	100 Breast	200 Breast		100 Free	200 Fly	200 IM
		100 Free	400 Free			100 Back	800 Free

SATURDAY EVENTS

GIRLS EVENT #	"B" Time	"A" Time	EVENTS	"A" Time	"B" Time	BOYS EVENT #
1	3:42.59	3:22.09	11-12 200 IM	3:23.59	3:44.29	2
3	3:42.49	3:21.99	9-10 200 Free	3:21.29	3:41.69	4
5	3:06.59 3:02.19 3:03.59	2:49.39 2:45.39 2:46.59	17-18 200 Free 15-16 200 Free 13-14 200 Free	2:30.29 2:31.39 2:39.19	2:45.59 2:46.79 2:55.39	6
7	48.29	43.79	11-12 50 Back	44.49	49.09	8
9	54.09 1:06.99	49.09 57.89	9-10 50 Back 8 & UN	50.29 56.69	55.49 1:06.99	10
11	1:36.49 1:34.69 1:35.49	1:27.59 1:25.89 1:26.59	17-18 100 Fly 15-16 100 Fly 13-14 100 Fly	1:17.69 1:17.09 1:23.19	1:25.59 1:24.89 1:31.69	12
13	45.89 58.19	41.59 48.19	9-10 50 Free 8 & UN	42.79 46.09	47.19 58.19	14
15	45.39	41.09	11-12 50 Fly	41.29	45.49	16
17	39.39 39.09 39.39	35.69 35.39 35.69	17-18 50 Free 15-16 50 Free 13-14 50 Free	31.39 32.09 34.09	34.69 35.39 37.59	18
19	1:57.59	1:46.69	11-12 100 Breast	1:45.59	1:56.39	20
21	2:13.29	2:00.99	9-10 100 Breast	2:03.19	2:15.69	22
23	4:10.19 3:58.59 3:59.99	3:47.09 3:36.59 3:37.79	17-18 200 Breast 15-16 200 Breast 13-14 200 Breast	3:24.49 3:20.49 3:29.09	3:45.29 3:40.89 3:50.39	24
25	1:30.09	1:21.79	11-12 100 Free	1:21.09	1:29.29	26
27	XXX XXX XXX	6:06.39 5:52.59 5:51.59	17-18 400 Free*** 15-16 400 Free*** 13-14 400 Free***	5:25.49 5:24.09 5:41.99	XXX XXX XXX	28

*** Qualifying Time - All swimmers must have met the minimum entry time listed (Pacific Swimming "A" Time Standard) to enter these events.

SUNDAY EVENTS

GIRLS EVENT #	“B” Time	“A” Time	EVENTS	“A” Time	“B” Time	BOYS EVENT #
29	3:41.99	3:21.49	11-12 200 Back	3:23.19	3:43.79	30
31	1:57.69	1:46.79	9-10 100 Back	1:47.29	1:58.19	32
33	3:39.79	3:19.49	17-18 200 Back	3:07.99	3:27.19	34
	3:29.99	3:10.59	15-16 200 Back	2:53.99	3:11.69	
	3:32.09	3:12.49	13-14 200 Back	3:05.49	3:24.39	
35	54.09	49.09	11-12 50 Breast	49.09	54.09	36
37	1:00.89	55.29	9-10 50 Breast	55.99	1:01.69	38
	1:12.49	1:01.89	8 & UN	1:01.39	1:12.49	
39	41.39	37.49	11-12 50 Free	37.09	40.99	40
41	51.99	47.19	9-10 50 Fly	47.59	52.49	42
	1:06.99	58.99	8 & UN	58.39	1:06.99	
43	1:53.79	1:43.29	17-18 100 Breast	1:31.59	1:40.89	44
	1:50.39	1:40.19	15-16 100 Breast	1:30.69	1:39.99	
	1:50.99	1:40.79	13-14 100 Breast	1:36.29	1:46.09	
45	3:49.49	3:28.39	11-12 200 Fly	3:26.49	3:47.49	46
47	1:41.59	1:32.19	9-10 100 Free	1:32.29	1:41.69	48
	2:07.79	1:46.59	8 & UN	1:40.09	2:04.79	
49	1:24.89	1:17.09	17-18 100 Free	1:09.29	1:16.39	50
	1:23.69	1:15.99	15-16 100 Free	1:09.49	1:16.49	
	1:26.09	1:18.19	13-14 100 Free	1:13.49	1:20.89	
51	1:44.49	1:34.89	11-12 100 Back	1:36.19	1:45.99	52
53	3:31.69	3:12.19	17-18 200 IM	2:53.89	3:11.59	54
	3:27.69	3:08.49	15-16 200 IM	2:53.39	3:10.99	
	3:28.59	3:09.39	13-14 200 IM	3:01.39	3:19.79	
55	XXX	12:36.99	17-18 800 Free***	11:40.79	XXX	56
	XXX	12:10.39	15-16 800 Free***	11:40.79	XXX	
	XXX	12:14.69	13-14 800 Free***	11:51.49	XXX	

***** Qualifying Time - All swimmers must have met the minimum entry time listed (Pacific Swimming “A” Time Standard) to enter these events.**

**Bear Swimming / Zone 2
PC-B/A+Long Course Meet
June 26-27, 2010
Consolidated Entry Card**

NAME: LAST FIRST INTL											
CLUB ABBR			IF UNATT TEAM ABBR					CLUB NAME			
AGE			DATE OF BIRTH					AMT. PAID \$			
USA-S REG#											
SEX M F								AGE GROUP			
EVENT #			DISTANCT/STROKE					ENTRY TIME			
								: .			
								: .			
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<p># of Entries _____ x \$2.75 = \$ _____</p> <p style="text-align: right;">Participation Fee \$ 5.00</p> <p style="text-align: right;">Total</p>											
COACH:											
SWIMMERS ADDRESS:											
PHONE # ()											
EMAIL:											