

Dolphins Dynamic Summer Splash
Hosted by: *East Bay Silver Dolphins*
PACIFIC SWIMMING Zone 2: Short Course PC-C/B/A+ Meet
Saturday, September 25 & Sunday, September 26, 2010

Enter online at: <http://ome.swimconnection.com/pc/ebsd20100925>

SANCTION: Held under USA/Pacific Swimming Sanction No.: **10-110**

LOCATION: Hercules Swim Center, 2001 Refugio Valley Road, Hercules, California 94547

DIRECTIONS: **Directions from Interstate 80 West** - Take the Hercules Exit; left onto San Pablo Ave.; left onto Sycamore Ave.; right onto Refugio Valley Rd. for approx. 1.5 mi. We are located on the left hand side at 2001 Refugio Valley (across from Hercules Middle High School).

Directions from Interstate 80 East- Take the Hercules Exit; left on Sycamore Ave.; right onto Refugio Valley Rd. for approx. 1.5 mi. We are located on the left hand side 2001 Refugio Valley (across from Hercules Middle High School).

Directions from Highway 4- Take San Pablo Ave. Exit; left onto San Pablo Ave.; left onto Sycamore Ave.; right onto Refugio Valley Rd. for appx. 1.5 mi. We are located on the left hand side 2001 Refugio Valley (across from Hercules Middle High School).

COURSE: Outdoor heated pool: 25 yards, up to 6 competition lanes. Colorado Timing System. A separate warm-up pool will be available. The competition course has not been certified in accordance with Article 104.2.2C(4). The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 5 '6" at the start end and 11'0" at the turn end.

WARM-UPS: Meet begins at 9:00 AM each day.
General warm-up: 7:30-8:45 AM
8 & Under 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 swimmers ages 12 and under should complete competition within four (4) hours. 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. Swimmers may compete in a maximum of four (4) individual events per day plus one relay event per day. Swimmers 19 years of age and older may participate in the 13-18 age group events, but will not receive awards. 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. All events are timed finals. All coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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.

All coaches are required to sign in at the meet and present their 2010 registration card. Coaches listed on the "Expired" list, or who have no card and do not show up on the "Registered" list, will not be permitted to coach their swimmers on the deck. The Meet Director or Meet Referee will assign the affected swimmers to a certified coach.

Events that are noted with a "*" are not recognized by USA-S. These events include the **13-18 50 Fly**, **13-18 50 Breast**, **13-18 50 Back**, **9-10 25 Fly**, **9-10 25 Breast**, **9-10 25 Back**, and some relays. These events will not be awarded.

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. No glass bottles and containers allowed on deck. Outside BBQ Pits are not permitted. A separate parking area for officials will be available with USA-S membership card. Parking lots will be available at the pool. **NO PARKING** is permitted at the High School without a permit — see event staff for a permit if needed.

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 of \$60 for year round and \$38 for seasonal swimmers). Duplicate registrations will be refunded by mail. Swimmers in the "A" division must have met the listed "PC-A" time standard. Swimmers in the "B" division must have met the PC-B time standards and not have met the PC-A time standards. Swimmers in the "C" division must not have met the PC-B time standard. ***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. Check in will open at 7:30 AM each morning. 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: Swimmers who cannot swim an event for which they have checked in are encouraged to declare a false start to the Deck Referee, or to inform the Clerk of the Course or Meet Referee that they do not intend to swim.

PRIORITY ENTRIES: Only entries from Zone 2 teams will be accepted before 12:00 midnight, Monday, September 6, 2010. After 12:00 midnight, September 6, 2010, the meet will be open to all other teams.

RELAYS: Relay entries will be deck entered by coaches on the day of the meet using pink and blue cards. The Referee will set the deadline for relay entries and announce it at the coaches' meeting. Relay fees must be turned in to the Clerk of Course on Saturday, September 25, and Sunday, September 26, when the relay cards are turned in. The fees for relays are \$9.00 per relay entry, checks should be payable to "EBSD."

Relays may be "mixed" gender. A relay may be composed of any combination of female and male swimmers, or may be composed completely of one gender (all male or all female) of swimmers.

OFFICIALS:

Head Referee: Leo Lin

Head Starter: Rhonda Nelson

Head Meet Marshal: Alexandra Johnson

Meet Director: Alida Birnam

Phone: (510) 468-9798

Email: a.birnam@gmail.com

ENTRIES: Two options are available for meet entry.

OPTION 1: Online Meet Entries (Deadline: Midnight, Thursday, September 16, 2010)

Enter at <http://ome.swimconnection.com/pc/ebsd20100925> 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.

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. Entry times must be submitted in yards. "No Time" entries will be accepted. Relay entries will be deck entered by coaches on the day of the meet using pink and blue cards. The Referee will set the deadline for relay entries and announce it at the coaches' meeting.

ENTRIES MUST BE POSTMARKED BY MIDNIGHT MONDAY, SEPTEMBER 13TH, 2010.
Hand delivered entries by 9:00PM THURSDAY, SEPTEMBER 16TH, 2010
To: 2312 Humboldt Avenue, El Cerrito, CA 94530

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

ENTRY FEES:

Individual Entries: \$2.75 per event, \$5.00 participation fee

Relay Entries: \$9.00 per relay event. Relay fees may be submitted on Saturday, September 25, and, Sunday, September 26 before 11:00 AM, or when the coach turns in the relay cards.

MAKE CHECKS PAYABLE TO: "EAST BAY SILVER DOLPHINS" or "EBSD"

Mail Entries to:

Entries Chairperson: Alida Birnam
Address: 2312 Humboldt Ave.
El Cerrito, CA 94530

Email: a.birnam@gmail.com
Phone: (510) 468-9798

AWARDS: Individual Events—Distinctive ribbon awards will be given out in the A division for 1st-8th place. 1st-8th place in the "B" and "C" divisions will also be given ribbons. "A" medals will be given in each event for NEW A times achieved by the swimmers, 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, 15-16, & 17-18.***

Events that are noted with a "*" are not recognized by USA-S. These events include the **13-18 50 Fly, 13-18 50 Breast, 13-18 50 Back, 9-10 25 Fly, 9-10 25 Breast, 9-10 25 Back, and relays.** These events will **NOT BE AWARDED.**

ADMISSION: Free admission into the meet. An event program will be available for \$4.00 each day.

HOSPITALITY/SNACKBAR: A snack bar will be available. Hospitality, lunches and snacks will be provided for working coaches and officials. Snacks will be served to all timers during the meet.

Meet Summary of Events

SATURDAY					SUNDAY			
8 & Under	9-10	11-12	13-18		8 & Under	9-10	11-12	13-18
100 Free	200 Free	200 Free	200 Free		100 IM	100 IM	100 IM	200 IM
25 Fly	25 Fly*	50 Fly	50 Fly*		50 Fly	50 Fly	100 Fly	100 Fly
50 Breast	50 Breast	100 Breast	100 Breast		25 Breast	25 Breast*	50 Breast	50 Breast*
50 Free	50 Free	50 Free	50 Free		25 Free	100 Free	100 Free	100 Free
50 Back	50 Back	100 Back	100 Back		25 Back	25 Back*	50 Back	50 Back*
100 Medley Relay (Mixed)*	100 Medley Relay (Mixed)*	200 Medley Relay (Mixed)*	200 Medley Relay (Mixed)*		100 Free Relay (Mixed)*	100 Free Relay (Mixed)*	200 Free Relay (Mixed)*	200 Free Relay (Mixed)*

* These events are not recognized by USA-S/PC, and will not be awarded.

EVENTS

SATURDAY, SEPTEMBER 25 — Session 1

GIRLS				BOYS				
Event #	PC-B Time	PC-A Time	Age Group	Distance/Stroke	Age Group	PC-A Time	PC-B Time	Event #
1	3:17.29	2:59.09	9-10	200 Free	9-10	2:57.89	3:15.89	2
3	2:52.39	2:36.49	11-12	200 Free	11-12	2:37.49	2:53.59	4
5	1:54.59	1:35.29	8 & U	100 Free	8 & U	1:28.99	1:51.59	6
7	2:42.59	2:27.59	13-14	200 Free	13-14	2:20.39	2:34.59	8
9	2:42.59	2:27.59	15-16	200 Free	15-16	2:14.29	2:27.99	10
	2:47.59	2:32.09	17-18		17-18	2:14.29	2:27.99	
11	26.99	21.59	8 & U	25 Fly	8 & U	20.49	26.99	12
13	**	**	9-10	25 Fly*	9-10	**	**	14
15	40.39	36.69	11-12	50 Fly	11-12	36.29	39.99	16
17	**	**	13-14	50 Fly*	13-14	**	**	18
	**	**	15-18		15-18	**	**	
19	1:04.99	55.29	8 & U	50 Breast	8 & U	54.79	1:04.99	20
21	54.09	49.09	9-10	50 Breast	9-10	49.09	54.09	22
23	1:43.39	1:33.89	11-12	100 Breast	11-12	1:33.19	1:42.59	24
25	1:37.19	1:28.19	13-14	100 Breast	13-14	1:23.49	1:31.99	26
27	1:38.69	1:29.49	15-16	100 Breast	15-16	1:19.79	1:27.99	28
	1:43.99	1:34.39	17-18		17-18	1:21.09	1:29.29	
29	51.99	42.99	8 & U	50 Free	8 & U	40.89	51.99	30
31	40.29	36.49	9-10	50 Free	9-10	36.59	40.39	32
33	36.29	32.89	11-12	50 Free	11-12	32.69	35.99	34
35	35.09	31.79	13-14	50 Free	13-14	29.79	32.79	36
37	34.69	31.39	15-16	50 Free	15-16	28.09	30.99	38
	35.59	32.29	17-18		17-18	28.09	30.99	
39	59.99	51.59	8 & U	50 Back	8 & U	50.49	59.99	40
41	47.99	43.49	9-10	50 Back	9-10	43.49	47.99	42
43	1:31.99	1:23.49	11-12	100 Back	11-12	1:23.49	1:31.99	44
45	1:26.69	1:18.59	13-14	100 Back	13-14	1:14.99	1:22.69	46
47	1:27.99	1:19.79	15-16	100 Back	15-16	1:12.59	1:19.99	48
	1:32.09	1:23.59	17-18		17-18	1:13.09	1:20.49	
49			10 & U	100 Medley Relay (Mixed)*	10 & U			
50			11-12	200 Medley Relay (Mixed)*	11-12			
51			13 - 18	200 Medley Relay (Mixed)*	13 - 18			

* These events are not recognized by USA-S/PC, and **will not be awarded**.

** **FOR SEEDING PURPOSES**, 9-10 ages enter your 50 yard time for that stroke, 13-18 ages enter your 100 yard time for that stroke.

Note: Relays may be "mixed" gender. A relay may be composed of any combination of female and male swimmers, or may be composed completely of one gender (all male or all female) of swimmers. Relay events are entered by coaches submitting "pink and blue cards" on the day the relays are due to be swum and not by individuals.

SUNDAY, SEPTEMBER 26 — Session 2

GIRLS				BOYS				
Event #	PC-B Time	PC-A Time	Age Group	Distance/Stroke	Age Group	PC-A Time	PC-B Time	Event #
53	1:42.59	1:33.19	9-10	100 IM	9-10	1:33.19	1:42.59	54
55	1:31.29	1:22.89	11-12	100 IM	11-12	1:21.19	1:29.49	56
57	2:09.99	1:49.29	8 & U	100 IM	8 & U	1:45.09	2:09.99	58
59	3:05.39	2:48.29	13-14	200 IM	13-14	2:39.69	2:55.99	60
61	3:03.99	2:46.99	15-16	200 IM	15-16	2:33.19	2:48.79	62
	3:11.29	2:53.59	17-18		17-18	2:33.69	2:49.29	
63	59.99	52.59	8 & U	50 Fly	8 & U	52.09	59.99	64
65	45.99	41.69	9-10	50 Fly	9-10	41.19	45.49	66
67	1:31.19	1:22.69	11-12	100 Fly	11-12	1:22.89	1:31.29	68
69	1:25.69	1:17.79	13-14	100 Fly	13-14	1:13.19	1:20.69	70
71	1:23.59	1:15.89	15-16	100 Fly	15-16	1:08.19	1:15.19	72
	1:25.29	1:17.39	17-18		17-18	1:08.89	1:15.99	
73	29.99	24.79	8 & U	25 Breast	8 & U	24.29	29.99	74
75	**	**	9-10	25 Breast*	9-10	**	**	76
77	47.99	43.59	11-12	50 Breast	11-12	42.29	46.69	78
79	**	**	13-14	50 Breast*	13-14	**	**	80
	**	**	15-18		15-18	**	**	
81	23.49	19.49	8 & U	25 Free	8 & U	18.39	23.49	82
83	1:29.29	1:21.09	9-10	100 Free	9-10	1:21.09	1:29.29	84
85	1:18.89	1:11.59	11-12	100 Free	11-12	1:10.79	1:17.99	86
87	1:15.89	1:08.79	13-14	100 Free	13-14	1:04.29	1:10.79	88
89	1:15.29	1:08.39	15-16	100 Free	15-16	1:01.59	1:07.89	90
	1:16.29	1:09.19	17-18		17-18	1:00.79	1:07.09	
91	27.99	23.19	8 & U	25 Back	8 & U	22.69	27.99	92
93	**	**	9-10	25 Back*	9-10	**	**	94
95	42.69	38.69	11-12	50 Back	11-12	38.69	42.69	96
97	**	**	13-14	50 Back*	13-14	**	**	98
	**	**	15-18		15-18	**	**	
99			10 & U	100 Free Relay (Mixed)*	10 & U			
100			11-12	200 Free Relay (Mixed)*	11-12			
101			13 - 18	200 Free Relay (Mixed)*	13 - 18			

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East Bay Silver Dolphins <i>Dynamic Summer Splash</i> Short Course PC-C/B/A+ Meet (Zone 2) 25-26 September 2010		
Consolidated Entry Card		
Last	First	Initial
Name:		
Club Abbv	Unattached	Club Name
Age	Date of Birth	Amt PD.
USA-S Registration		
Gender:	BOY GIRL	AGE Group
	(Circle One of The Above)	
Event #	Distance/Stroke	Entry Time
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# OF ENTRIES _____ X \$2.75 = _____ Participation Fee: \$5.00 TOTAL= _____		
Coach:		
Swimmer's Address:		
Phone #: () -		
Email:		

East Bay Silver Dolphins <i>Dynamic Summer Splash</i> Short Course PC-C/B/A+ Meet (Zone 2) 25-26 September 2010		
Consolidated Entry Card		
Last	First	Initial
Name:		
Club Abbv	Unattached	Club Name
Age	Date of Birth	Amt PD.
USA-S Registration		
Gender:	BOY GIRL	AGE Group
	(Circle One of The Above)	
Event #	Distance/Stroke	Entry Time
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# OF ENTRIES _____ X \$2.75 = _____ Participation Fee: \$5.00 TOTAL= _____		
Coach:		
Swimmer's Address:		
Phone #: () -		
Email:		