



PLEASANTON SEAHAWKS
Pacific Swimming
Short Course Jr+ Meet
October 4 ~ 5, 2008



**PACIFIC
SWIMMING**

SANCTION: Held under USA Swimming/Pacific Swimming sanction number: **0788**

Revised: 6/22/08. Language related to 13 and over & 12 and unders added to Eligibility section. Bonus events for 12 and unders added.

Revised: 7/8/08. Added URL for online hotel reservations on page 4.

ON LINE ENTRY: <http://swimconnection.com/pc/meet/pls>

LOCATION: Dolores Bengtson Aquatic Center, 4455 Black Ave. Pleasanton, CA

From I-580 take Santa Rita exit south about two miles to Black Ave. Turn right on Black Ave. Pool is on the right.

From I-680 take Bernal exit east to Valley Ave, go left on Valley Ave about two miles to Santa Rita Rd., turn right on Santa Rita about ½ mile to Black Ave, turn right on Black Ave. Pool is on the right.

PARKING: Carpooling is suggested. Parking for Officials and Coaches will be available in the parking lot behind the pool. Please be prepared to show your USA Swimming credentials. Limited general parking is available in the lot in front of the pool. Limited parking is available on adjacent streets. Additional parking will be available at the Alisal Elementary School and the Amador High School parking lots on Santa Rita Road.

NO OVERNIGHT OR RV PARKING IS PERMITTED. Please note signs and avoid parking in restricted areas. **PARKING AT THE CHURCH, PAC BELL, AND POST OFFICE PARKING LOTS ACROSS THE STREET, OR IN ANY LOT POSTED AS NO UNAUTHORIZED PARKING WILL RESULT IN CITATIONS AND POSSIBLE TOWING.**

COURSE: 25 yard x 50-meter outdoor, heated pool. Up to 10 competition lanes will be available. A warm-up area will be available during the meet. Locker rooms with showers are available. A Colorado electronic timing system and scoreboard will be used.

TIME: Meet begins at 9:00 am each day; warm-ups from 7:30 to 8:45 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 five events per day. All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director may require a mandatory scratch down. Immediate refunds will be made for any mandatory scratches.

RESTRICTIONS / SPECIAL RULES:

- 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.
- Glass bottles / containers are prohibited in all areas of the meet venue.
- No propane containers, other than provided for the snack bar / meet operations, are allowed in any areas of the meet venue.
- Except for coaches' seating next to the pool no chairs, canopies, tents, or "camping" in the competition pool area. No coach canopies allowed on the deck until after 7 AM on Saturday. Coach canopies **MUST** be pushed back against the fence on the north side of the pool Saturday afternoon to facilitate pool covers. All swimmer and spectator chairs, canopies, tents, or other set-ups must be outside the competition pool gates and on the lawn only.
- All cement walkways and pads are to be left open for emergency vehicle access and/or traffic flow.
- 1000 and 1650 Freestyle events will be swum fastest to slowest, alternating women and men. Swimmers need to provide their own lap counters and timers.

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 are eligible to enter all events in Junior meets in which they have equaled or bettered the listed Junior time standards. They may not swim in more than five (5) events per day. Swimmers 13 years of age or over will be considered qualified for these meets without proof of time. Swimmers 12 years of age and under must meet the time standard and will be subject to proof of time. Proof of Time using the USA SWIMS Database as a standard will be used to verify times. The time must have been achieved prior to the closing date for entries for the meet. If the time cannot be proven prior to the meet, the swimmer will not be allowed to check in for the event until the entry time has been proven. Swimmers 12 years of age and under who have provable times in one or more events may enter two additional bonus events during the meet along with the provable event(s). All bonus events must use real times and must be circled on the entry form. Swimmers with a qualifying time in the 1650 or 1000 freestyle may

enter both events. In each case, the non-qualifying events should be entered with actually achieved times. 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. 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.

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 before the event 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: Teri May

Head Starter: Rick Beebe

Meet Director: Alex Dourov
Phone: 925-443-8852
meetdirector@pleasantonseahawks.org

Head Meet Marshall: Lynette Guido

ENTRIES (US Postal Service): Individual Consolidated Entry Cards must be completely filled out, including best short course yard time, or long course meter time. Entered times should be submitted in short course (SCY) or non-conforming long course meters (LCM). **“NO TIME” entries will not be accepted.** No late entries will be accepted. Enclose an addressed stamped postcard if you wish to confirm entry. 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 left of the entry time. [(SCY) = short course yards; (LCM) = long course meters.] **DO NOT CONVERT TIMES USING ANY CONVERSION FORMULAS. Entries must be postmarked by midnight, Monday, September 22, 2008.** No late entries will be accepted. No refunds will be made, except for mandatory scratches.

ENTRIES (Online): Enter at: <http://swimconnection.com/pc/meet/pls> 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 a 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 and will close at midnight, PST, Thursday, September 25, 2008.** Use of this system is completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. **“NO TIME” entries will not be accepted.** No refunds will be made, except for mandatory scratches. Check <http://swimconnection.com/pc/meet/pls> for session open or closed status.

ENTRIES (Hand-delivered): Entries may be hand-delivered to the address below and **must be received by 6:00 pm on Thursday, September 25, 2008.** No late entries, no telephone entries, and no faxed entries will be accepted.

ENTRY FEES: \$4.50 per individual event, plus a \$5.00 participation fee per swimmer to help cover meet expenses.

Make checks payable to *Pleasanton Seahawks* and mail (or hand deliver) with entries to:

Jr+ Entries
 c/o C. Silverthorn
 1927 Evans Street
 Livermore, CA 94550

To confirm entries have been received, please include a self-addressed, stamped envelope or postcard with your entries. Do not call or email for entry confirmation. Phone calls and emails will not be accepted or returned to check entry status. Do NOT leave entries in the mail box.

ADMISSION: Free. A meet program will be available for a reasonable cost.

HOSPITALITY/SNACKBAR: Hospitality / lunch will be provided for coaches and meet officials. Timers will be provided with refreshments and light snacks. A full snack bar will be in operation during the meet.

HOTEL INFORMATION: The Pleasanton Seahawks have secured group rates at the Pleasanton Courtyard hotel. Call by September 19, 2008 and ask for the Seahawks Swim Meet group rate.

Pleasanton Courtyard by Marriott
 5059 Hopyard Road
 Pleasanton CA 94588

Reservations: (800) 321-2211 or
 (925) 463-1414

Start Date	End Date	Room Type	Single	Double
10/3/2008	10/5/2008	Double-Double	\$79.00	\$79.00
10/3/2008	10/5/2008	King	\$74.00	\$74.00

<http://cwp.marriott.com/oakpl/pleasantonseahawksjrplus>

SCHEDULE OF EVENTS:**WOMEN****MEN**

No. Event	Time Standard	No. Event	Time Standard
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Saturday, October 4, 2008

	Short Course Yards	Long Course Meters		Short Course Yards	Long Course Meters
1) 500 Free	6:01.79	5:26.39	2) 500 Free	5:49.49	5:15.59
3) 200 Back	2:37.99	2:57.79	4) 200 Back	2:36.49	2:56.19
5) 100 Breast	1:23.89	1:34.29	6) 100 Breast	1:18.39	1:28.29
7) 200 Fly	2:42.39	3:02.69	8) 200 Fly	2:34.59	2:54.09
9) 100 Free	1:03.79	1:12.19	10) 100 Free	59.49	1:07.49
11) 400 I.M.	5:35.99	6:17.59	12) 400 I.M.	5:24.79	6:05.29
13) 1000 Free	12:19.49	11:08.19	14) 1000 Free	11:30.99	10:25.49

Sunday, October 5, 2008

	Short Course Yards	Long Course Meters		Short Course Yards	Long Course Meters
15) 200 Free	2:18.49	2:36.39	16) 200 Free	2:09.99	2:26.99
17) 100 Fly	1:12.39	1:21.69	18) 100 Fly	1:07.79	1:16.59
19) 50 Free	29.49	33.49	20) 50 Free	27.59	31.39
21) 200 Breast	3:02.59	3:24.89	22) 200 Breast	2:52.49	3:13.79
23) 200 I.M.	2:37.99	2:58.19	24) 200 I.M.	2:29.59	2:48.49
25) 100 Back	1:13.99	1:23.39	26) 100 Back	1:11.69	1:20.89
27) 1650 Free	20:47.89	21:20.59	28) 1650 Free	19:40.79	20:13.39

Please note that the 1000 and 1650 Freestyle events will be swum fastest to slowest, alternating women and men. Swimmers need to provide their own lap counters and timers.

SPIRIT ADVERTISEMENTS

Support your team or swimmer by purchasing a "Spirit Ad" to appear in the program. Individuals or teams may purchase these ads. All ads must be copy ready, preferably in black and white, which reproduces better than gray tones or color. Send your copy ready advertisement and a separate check made out to *Pleasanton Seahawks* along with your meet entry. All ads must be received by the meet entry deadline.

Prices:	Bus. Card	Quarter Page	Half Page	Full Page
	\$20	\$35	\$65	\$100

\$5 for a one line spirit ad to cheer on your favorite swimmer.

Questions about Spirit Ads - Contact fundraising@pleasantonseahawks.org

