

Pacific Swimming Short Course Senior / Junior Meet

October 18 and 19, 2008

Hosted by: Walnut Creek Aquabears



Enter this meet online at: <http://www.swimconnection.com/pc/meet/wcab>

SANCTION: Held under USA/ Pacific Swimming Sanction #: 1058

LOCATION: Clarke Memorial Swim Center, Heather Farm Park, Walnut Creek, on Heather Drive between Marchbanks and North San Carlos Drive. Parking is also available in the softball fields across the street from the swim center. From I-680 North, take the Ygnacio Valley Road Exit and turn right. Turn left onto North San Carlos Drive, and left onto Heather Drive. The pool is on the right. From I-680 South, take the Treat Boulevard exit. Turn left onto North Main, and left onto Treat Boulevard. Turn right onto Bancroft Road. Turn right onto Ygnacio Valley Road. Turn right onto North San Carlos Drive, and left onto Heather Drive. The pool is on the right.

COURSE: Outdoor heated pool – 25 yards – up to 18 lanes available for competition. Non-turbulent lane lines, Colorado Start System with touch-pads, 3 buttons, automatic timing system. Separate warm-up pool will be available throughout the competition.

TIME: The Senior+ Session begins at 9:00 a.m. each day; warm-ups from 7:15 to 8:45 a.m. The Junior+ Session will begin not less than 10 minutes after the conclusion of the Senior+ Session. See **Special Rules** regarding Distance events. Warm-up will be available during the Senior+ Session. An estimated timeline will be posted at www.aquabears.org on Tuesday, October 14th, 2008.

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 up to five events per day including bonus events (see ELIGIBILITY for rules on bonus events).** See **Special Rules** for 1000 Freestyle and 1650 Freestyle events. All coaches and deck officials must wear their USA Swimming (USA-S) 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 cash refunds will be made for any mandatory scratches.

RESTRICTIONS: Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in the spectator seating or standing areas and in all areas used by the swimmers, during the meet and during warm-up periods. Glass containers, sale and use of alcoholic beverages are prohibited in all areas of 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. If this is not done, it may be difficult to match the swimmer with the registration and times database. All swimmer registrations will be checked against the SWIMS database and if found to be not registered, the Meet Director shall accept 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 must have met the listed time standards for each session. A swimmer that is able to prove their time in **one or more events may enter two (2) additional (bonus) events for the meet.** Performance penalties will not apply to all bonus event(s). The swimmer must enter their actual time for the bonus event(s) and circle the time on the entry form to indicate that it is a bonus event. Swimmers with a qualifying time in the 1650 yd or 1000 yd freestyle may be entered in both events. In each case the non-qualifying events should be entered with the actual achieved time. A swimmer who qualifies for **Senior** times or better in a specific stroke and distance will be considered qualified in the same stroke and distance in all courses. If the time was made SCY, enter your SCY time. If the time was made SCM, enter your SCM time. If the time was made LCM, enter your LCM time. When entering this meet, if your qualifying time is in yards enter the yard time and put a Y after the time. If the qualifying time is in Short Course meters enter that time with an S after it. If the qualifying time is in long course meters then enter that time with an L after it. **No time conversion will be accepted.** The same entry rules apply to swimmers who qualify for **Junior** times. **"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.

TIME VERIFICATION: For the Junior Sessions, swimmers aged 13 and over may enter without proof of time. Swimmers aged 12 and under may enter this meet but are subject to proof-of-time requirement. Entry times for swimmers 12 and under submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. 12 and under swimmers must meet the minimum qualifying times for a Pacific Swimming Junior or Senior meet depending on the session they wish to participate in. 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.

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.

SPECIAL RULES: The 1000 Freestyle and the 1650 Freestyle distance events will be combined Senior and Junior events. The distance events will be swum fastest to slowest, alternating women and men. **Swimmers competing in the 1000 Freestyle and the 1650 Freestyle must provide their own timers and counters.**

OFFICIALS:

Head Referee:	Gerry Ng	Head Meet Marshal:	Marci Shackleton
Head Starter:	Kent Yoshiwara	Meet Director:	Leo Lin, Aquabears@gmail.com , 925-933-2708

ENTRIES:

Option 1 – Online Meet Entries:

(The deadline for all online meet entries is Wednesday, October 8, 2008)

Using your browser, go to: <http://www.swimconnection.com/pc/meet/wcab>

Follow entry instructions:

- a. Enter all swimmers
- b. Make online credit card payment for meet entries at the secure site
- c. You will receive confirmation of acceptance into the meet at time of payment. This confirmation should be brought to the meet as proof of entry. Note: Entering the meet online is completely voluntary and is in no way required or expected in order to enter the meet. Swim Connection LLC charges a processing fee for this service of \$1.00 per swimmer plus 5% of the Entry Fees. The processing fee is a separate fee from the entry fees. If you do not wish to pay the processing fee, enter the meet using the attached forms.

Option 2 – Surface Mail Entries: Individual Consolidated Entry Cards must be completely filled out, including best short course time, or long course time for each event. If your qualifying time is in yards enter the yard time and put a Y after the time. If the qualifying time is in Short Course meters enter that time with an S after it. If the qualifying time is in long course meters then enter that time with an L after it. 'No time' entries will not be accepted. **Entries must be postmarked by midnight Monday, October 6, 2008, or hand delivered by 5:00 p.m. on Wednesday, October 8, 2008 to 1374 Lupine Court, Concord, CA 94521.** No late entries will be accepted. No refunds will be made. Enclose an addressed stamped postcard if you wish to confirm entry.

ENTRY FEES: \$4.50 per individual event, plus a \$5.00 per swimmer participation fee. A check for the total amount must accompany each entry. Checks should be made payable to the Walnut Creek Aquabears. There will be no refunds. Entries will not be accepted unless accompanied with the full fee amount.

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

HOSPITALITY/SNACK BAR: There will be officials and coaches lunches available each day, as well as refreshments throughout the meet. A full snack bar will be in operation each day of the meet.

AWARDS: None

**Saturday, October 18th
Session 1 – Senior+**

Women			Stroke & Distance	Men		
Event #	SCY Standard	LCM Standard		Event #	SCY Standard	LCM Standard
1	5:26.99	4:55.79	500 yd/ 400 m Free	2	5:07.99	4:37.99
3	2:22.19	2:40.49	200 Back	4	2:14.19	2:31.59
5	**see note below		50 Back	6	**see note below	
7	1:15.99	1:25.79	100 Breast	8	1:08.49	1:17.29
9	2:20.79	2:38.89	200 Fly	10	2:08.69	2:25.49
11	**see note below		50 Fly	12	**see note below	
13	58.19	1:05.99	100 Free	14	52.89	1:00.19
15	2:22.49	2:40.69	200 IM	16	2:10.49	2:27.49
17	11:18.39	10:12.99	1000 yd/ 800 m Free	18	10:33.89	9:33.79

Session 2 – Junior+

Women			Stroke & Distance	Men		
Event #	SCY Standard	LCM Standard		Event #	SCY Standard	LCM Standard
101	6:01.79	5:26.39	500 yd/ 400 m Free	102	5:49.49	5:15.59
103	2:37.99	2:57.79	200 Back	104	2:36.49	2:56.19
105	**see note below		50 Back	106	**see note below	
107	1:23.89	1:34.29	100 Breast	108	1:18.39	1:28.29
109	2:42.39	3:02.69	200 Fly	110	2:34.59	2:54.09
111	**see note below		50 Fly	112	**see note below	
113	1:03.79	1:12.19	100 Free	114	59.49	1:07.49
115	2:37.99	2:58.19	200 IM	116	2:29.59	2:48.49
117	12:19.49	11:08.19	1000 yd/ 800 m Free	118	11:30.99	10:25.49

**Sunday, October 19th
Session 3 – Senior+**

Women			Stroke & Distance	Men		
Event #	SCY Standard	LCM Standard		Event #	SCY Standard	LCM Standard
19	5:01.99	5:40.99	400 I.M.	20	4:39.09	5:14.99
21	2:03.99	2:20.39	200 Free	22	1:54.09	2:09.49
23	1:03.99	1:12.39	100 Fly	24	58.09	1:05.89
25	26.59	30.19	50 Free	26	23.99	27.29
27	2:42.39	3:02.99	200 Breast	28	2:29.49	2:52.39
29	**see note below		50 Breast	30	**see note below	
31	1:06.99	1:15.69	100 Back	32	1:01.69	1:09.79
33	19:13.99	19:49.99	1650 yd/ 1500 m Free	34	18:29.99	18:59.99

Session 4 – Junior+

Women			Stroke & Distance	Men		
Event #	SCY Standard	LCM Standard		Event #	SCY Standard	LCM Standard
119	5:35.99	6:17.59	400 I.M.	120	5:24.79	6:05.29
121	2:18.49	2:36.39	200 Free	122	2:09.99	2:26.99
123	1:12.39	1:21.69	100 Fly	124	1:07.79	1:16.59
125	29.49	33.49	50 Free	126	27.59	31.39
127	3:02.59	3:24.89	200 Breast	128	2:52.49	3:13.79
129	**see note below		50 Breast	130	**see note below	
131	1:13.99	1:23.39	100 Back	132	1:11.69	1:20.89
133	20:47.89	21:20.59	1650 yd/ 1500 m Free	134	19:40.79	20:13.39

** Enter your 100yard or meter time for 50 yard stroke in which you wish to swim.

Please note that the 1000 and 1650 Freestyle events will be combined Senior and Junior events, swum fastest to slowest, alternating women and men.

