



ALAMEDA ISLAND AQUATICS
ZONE 2 PC-C/B/A+ SHORT COURSE MEET
Saturday, October 23 - Sunday, October 24, 2010



<http://ome.swimconnection.com/pc/aia20101023>

- SANCTION:** Held under USA/Pacific Swimming Sanction No.: **10-119**
- LOCATION:** **Chabot College Pool, 25555 Hesperian Blvd., Hayward, California.**
Take 880 (Nimitz) Freeway to Highway 92, Jackson St. turnoff. Go west onto Highway 92 towards San Mateo Bridge. From Highway 92 take Hesperian Blvd. /Chabot College turnoff. Go about ½ mile on Hesperian, turn left into athletic parking lot at Turner St. (The parking lot turnoff with signal lights).
- PARKING:** PLEASE OBSERVE ALL POSTED PARKING REGULATIONS. A parking fee of \$2.00 is required on Saturday. The parking fee machine accepts \$1.00 bills and coins. You can be ticketed if you don't pay! There is no charge for parking on Sunday.
- COURSE:** 25 yard x 50 meter outdoor, heated pool. Up to 16 competition lanes available, to be allocated based on number of entries received. Electronic timing equipment will be used. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 4' at the start end and 4' 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. A warm-up area will be available during the meet. Locker rooms with showers are available.
- RACING STARTS:** 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.
- TIME:** Meet begins at 9:00 a.m. each day; general warm-ups begin at 7:30 a.m. and end at 8:45 a.m. **Special extended warm-up from 8:45-8:55 a.m. for 8-UN swimmers only.**
- RULES:** Current USA Swimming 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-the-Course. All events are timed finals. **All swimmers ages 12 and under should complete competition within four (4) hours. Swimmers may compete in a maximum of four (4) individual events per day.** Entries will be accepted until the number of splashes exceeds the estimated time line, per the Four Hour Rule, based on swimmer's age and gender. 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. **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.** The 500y Freestyle events will be seeded fastest to slowest, alternating girls and boys, and swimmers competing in this event must provide their own timers and lap counters. Swimmers must have an entry time of 7:45.00 or faster to participate in the 500 free.



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- 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 warm-up periods. Glass containers, sale and use of alcoholic beverages and propane heaters are prohibited in **all** areas of the meet venue. Outside BBQ pits are not permitted. .
- 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 19 years of age and older may enter in the events for the 15-18 age group, but they will not receive awards, and must have met the 17-18 age group time standards. ***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.*** Meet is open to all qualified swimmers. Swimmers in the A Division must have met at least the Pacific Swimming PC-A time standard. Swimmers in the B Division must not have met the PC-A time standards, but must have met at least the Pacific Swimming PC-B time standard. All entry times slower than the Pacific Swimming PC-B time standard will be in the C Division. 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-the-Course. Close of check-in for all events shall be no more than 30 minutes before the estimated start time of the first heat of that event. A swimmer who does not check in will not be allowed to compete in the event.
- SCRATCHES:** The Pacific Swimming scratch rules will be in effect. Swimmers not checked in for an event will automatically be scratched from that event. There is no penalty for failing to check in for or swim a timed finals event. 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 Course or Meet Referee that they do not intend to swim. A copy of these rules will be posted at the Clerk-Of-Course. A copy may be obtained from the Pacific Swimming website.
- OFFICIALS:**
- | | |
|--|------------------------------------|
| Head Referee: David Cottam | Head Starter: Rhonda Nelson |
| Meet Director: Eric Delore
ericdelore@comcast.net (510) 390-4015 | Head Marshal: Leslie Lum |
- ENTRIES:** **Zone 2 entries postmarked or entered online by 11:59 p.m. on Monday, October 4th, 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.



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Individual events may be entered for this meet online, or by mail. Online meet entry is in no way required or expected in order to enter this meet.)

ONLINE MEET ENTRIES: Check <http://ome.swimconnection.com/pc/aia20101023> for session open or closed status.

Enter at: <http://ome.swimconnection.com/pc/aia20101023> 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 that hosts the <http://ome.swimconnection.com/pc/aia20101023> link mentioned above. 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 must be confirmed by midnight, Wednesday, October 13, 2009.** No late entries will be accepted.

MAIL / HAND DELIVERED ENTRIES: Entries must be on a Consolidated Entry Card(s). Entry cards must be completely filled out, including best short course time for each event. Entered times must be submitted in yards. "NO TIME" entries will **NOT** be accepted. **Entries must be postmarked by midnight, Monday, October 11, 2010, or hand delivered no later than 5:00 pm Wednesday, October 13, 2010,** to the address noted below. No late entries will be accepted. Except for mandatory scratches, no refunds will be made.

ENTRY FEES AND MAILING: **\$2.75 per event and a \$5.00 participation fee per swimmer** to cover meet expenses.

Make checks payable to "Alameda Island Aquatics" and mail or hand deliver entries to:

Rebecca Boles
1082 Melrose Avenue
Alameda, CA 94502

email: rboles@berkeley.edu

AWARDS: The first 8 places will be awarded for 8&UN, 9-10, 11-12, 13-14, 15-16, 17-18 age groups. Ribbons will be awarded for C/B/A divisions. All B swimmers achieving a PC-A time will be awarded a standard A medal, regardless of place achieved in the event. No awards given for swimmers 19 years of age and older. **Note: Individual awards must be picked up at the meet. We will not mail or distribute them after the meet.**

ADMISSION: **FREE.** A two-day program will be available for sale at a reasonable price.

HOSPITALITY: Hospitality will be available for officials, coaches; and timers (during their shifts only).

SNACK BAR: Chabot College will run a snack bar on both days of the meet.

EVENT SUMMARY

Saturday October 23rd, 2010

<u>8 & under</u>	<u>9-10</u>	<u>11-12</u>	<u>13-14</u>	<u>15-18</u>
50 Breast	100 Breast	100 Breast	200 Breast	200 Breast
25 Fly	100 Fly	100 Fly	100 Fly	100 Fly
25 Back	50 Back	50 Back	100 Back	100 Back
100 Free	50 Free	50 Free	50 Free	50 Free
	500 Free	500 Free	500 Free	500 Free

Sunday October 24th, 2010

<u>8 & under</u>	<u>9-10</u>	<u>11-12</u>	<u>13-14</u>	<u>15-18</u>
25 Free	200 Free	200 Free	200 Free	200 Free
25 Breast	50 Breast	50 Breast	100 Breast	100 Breast
50 Back	100 Back	100 Back	200 Back	200 Back
50 Free	100 Free	100 Free	100 Free	100 Free
100 IM	100 IM	100 IM	200 IM	200 IM

ALAMEDA ISLAND AQUATICS ZONE 2 C/B/A+ SHORT COURSE MEET 10/23 – 10/24/2010

Saturday October 23rd, 2010

Girls			Age Group	Event	Boys		
Event #	'PC-A' Time	'PC-B' Time			'PC-A' Time	'PC-B' Time	Event #
1	3:22.09	3:42.59	17-18*	200 Breast	3:01.49	3:19.99	2
	3:12.39	3:31.99	15-16		2:57.89	3:15.99	
3	3:13.49	3:33.19	13-14	200 Breast	3:04.09	3:22.79	4
5	1:33.89	1:43.38	11-12	100 Breast	1:33.19	1:42.59	6
7	1:46.49	1:57.29	9-10	100 Breast	1:47.69	1:58.59	8
9	55.29	1:04.99	8 & Under	50 Breast	54.79	1:04.99	10
11	1:17.39	1:25.29	17-18	100 Fly	1:08.89	1:15.99	12
	1:15.89	1:23.59	15-16		1:08.19	1:15.19	
13	1:17.79	1:25.69	13-14	100 Fly	1:13.19	1:20.69	14
15	1:22.69	1:31.19	11-12	100 Fly	1:22.89	1:31.29	16
17	1:35.59	1:45.29	9-10	100 Fly	1:37.99	1:47.99	18
19	21.59	26.99	8 & Under	25 Fly	20.49	26.99	20
21	1:23.59	1:32.09	17-18	100 Back	1:13.09	1:20.49	22
	1:19.79	1:27.99	15-16		1:12.59	1:19.99	
23	1:18.59	1:26.69	13-14	100 Back	1:14.99	1:22.69	24
25	38.69	42.69	11-12	50 Back	38.69	42.69	26
27	43.49	47.99	9-10	50 Back	43.49	47.99	28
29	23.19	27.99	8 & Under	25 Back	22.69	27.99	30
31	32.29	35.59	17-18	50 Free	28.09	30.99	32
	31.39	34.69	15-16		28.09	30.99	
33	31.79	35.09	13-14	50 Free	29.79	32.79	34
35	32.89	36.29	11-12	50 Free	32.69	35.99	36
37	36.49	40.29	9-10	50 Free	36.59	40.39	38
39	1:35.29	1:54.59	8 & Under	100 Free	1:28.99	1:51.59	40
41	6:45.39	7:26.59	17-18	500 Free**	6:10.49	6:48.19	42
	6:29.59	7:09.19	15-16		6:10.49	6:48.19	
43	6:34.49	7:14.59	13-14	500 Free	6:17.49	6:55.89	44
45	6:59.99	7:42.69	11-12	500 Free	6:59.39	7:41.99	46
47	7:40.99	7:45.00*	9-10	500 Free	7:28.79	7:45.00*	48

* All like 15-16 and 17-18 events swam together as combined 15-18 events, but scored separately as 15-16 and 17-18 events.

** All 500s run as separate events (see * above which also applies to the 500s), seeded fastest to slowest, alternating girls and boys. Must provide own lap counter and timer. Minimum entry time is 7:45.00.

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Sunday October 24th, 2010

Girls			Age Group	Event	Boys		
Event #	'PC-A' Time	'PC-B' Time			'PC-A' Time	'PC-B' Time	Event #
49	2:32.09	2:47.59	17-18*	200 Free	2:14.29	2:27.99	50
	2:27.59	2:42.59	15-16		2:14.29	2:27.99	
51	2:27.59	2:42.59	13-14	200 Free	2:20.39	2:34.59	52
53	2:36.49	2:52.39	11-12	200 Free	2:37.49	2:53.59	54
55	2:59.09	3:17.29	9-10	200 Free	2:57.89	3:15.89	56
57	19.49	23.49	8 & Under	25 Free	18.39	23.49	58
59	1:34.39	1:43.99	17-18	100 Breast	1:21.09	1:29.29	60
	1:29.49	1:38.69	15-16		1:19.79	1:27.99	
61	1:28.19	1:37.19	13-14	100 Breast	1:23.49	1:31.99	62
63	43.59	47.99	11-12	50 Breast	42.29	46.69	64
65	49.09	54.09	9-10	50 Breast	49.09	54.09	66
67	24.79	29.99	8 & Under	25 Breast	24.29	29.99	68
69	3:03.89	3:22.59	17-18	200 Back	2:46.49	3:03.39	70
	2:50.59	3:07.99	15-16		2:37.29	2:53.29	
71	2:49.09	3:06.39	13-14	200 Back	2:43.39	2:59.99	72
73	1:23.49	1:31.99	11-12	100 Back	1:23.49	1:31.99	74
75	1:33.19	1:42.59	9-10	100 Back	1:35.59	1:45.29	76
77	51.59	59.99	8 & Under	50 Back	50.49	59.99	78
79	1:09.19	1:16.29	17-18	100 Free	1:00.79	1:07.09	80
	1:08.39	1:15.29	15-16		1:01.59	1:07.89	
81	1:08.79	1:15.89	13-14	100 Free	1:04.29	1:10.79	82
83	1:11.59	1:18.89	11-12	100 Free	1:10.79	1:17.99	84
85	1:21.09	1:29.29	9-10	100 Free	1:21.09	1:29.29	86
87	42.99	51.99	8 & Under	50 Free	40.89	51.99	88
89	2:53.59	3:11.29	17-18	200 IM	2:33.69	2:49.29	90
	2:46.99	3:03.99	15-16		2:33.19	2:48.79	
91	2:48.29	3:05.39	13-14	200 IM	2:39.69	2:55.99	92
93	1:22.89	1:31.29	11-12	100 IM	1:21.19	1:29.49	94
95	1:33.19	1:42.59	9-10	100 IM	1:33.19	1:42.59	96
97	1:49.29	2:09.99	8 & Under	100 IM	1:45.09	2:09.99	98

* All like 15-16 and 17-18 events swam together as combined 15-18 events, but scored separately as 15-16 and 17-18 events.

