

Walnut Creek Aquabears
C/B/A+ Short Course Meet
Saturday and Sunday, November 22-23, 2008



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

REVISED ON 10/14/08 – B time for Girls 9-10 100 IM revised from 2:09.99 to 1:45.69

SANCTION: Held under USA/Pacific Swimming Sanction No.: **1288**

LOCATION: *Clarke Memorial Swim Center, Heather Farm Park, Walnut Creek, 1750 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. Separate warm-up pool is available.

TIME: Meet begins at 9:00 am each day. General warm-ups: from 7:30 to 8:45 am each day. **8 & Under only warm-up from 8:45-8:55am.**

RULES: Current U.S.A. 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 up to four events per day.** All swimmers 12 & under should complete competition within four (4) hours. **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 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 such scratch down. Swimmers competing in the 500 Free event must provide their own timers and counters. All coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner.

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 propane containers, other than provided for the snack bar, will be allowed in all areas of the meet venue. No glass containers allowed in the Clarke Memorial Swim Center. Please ensure that your shelters are adequately fastened to the ground, or in some way restrained from becoming airborne.

ELIGIBILITY: All swimmers must have a current USA-S Registration Card and must enter the number on their entry cards. Swimmers who enter as "pending" or "applied for" must be prepared to present their current card or register before being allowed to check in, unless the Meet Director determines that they are validly pending. Swimmers registering at the meet must pay a \$10.00 surcharge in addition to the current registration fees. Duplicate registrations will be refunded by mail. Swimmers 19 years of age and older may enter in the events for the 13-18 age group, but they will not receive awards, and must have met the 17-18 time standards. Swimmers in the "C" Division must not have met the "B" time standards. Swimmers in the "B" Division must not have met the "A" time standards, but have met the "B" standard. Swimmers in the "A+" Division must have met the "A" time standards. Swimmers must have met the minimum entry time to compete in the 500 Free. **"No Time" entries will NOT be accepted. 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-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 the event. Swimmers who do not check-in will not be allowed to compete in that 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: Paul Amog
Head Starter: Steve Kumpan

Meet Director: Leo Lin, , aquabears@gmail.com; (925) 933-2708
Head Meet Marshal: Betsy Messman

ENTRIES: Option 1 – Online Meet Entries:

(The deadline for all online meet entries is Wednesday, Nov 12, 2008 at midnight.)

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.

Option 2 – Surface Mail Entries: Individual Consolidated Entry Cards must be completely filled out, including best short course yard time for the event. **Entered times must be submitted in YARDS. ‘No time’ entries will not be accepted.** Entries must be postmarked by midnight Monday, November 10, 2008, or hand delivered by 8:00 p.m. on Wednesday, November 12, 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: \$2.25 per event and a \$5.00 participation fee per swimmer to cover meet expenses. **Make checks payable to "WCAB" and mail entries to: WCAB Meet Entries, 1374 Lupine Court, Concord, CA 94521.** Any question regarding entries should be directed to Laurie Benton, 925-686-1286.

AWARDS: Awards will be given for 1st through 8th places in each age group for each level C/ B /A+. Swimmers age 13-18 will be awarded in two separate age groups:- 13-14 and 15-18. All “C” and “B” swimmers achieving a new “A” time will be awarded a standard “A” medal. Awards must be picked up by the end of the meet. They will not be mailed.

ADMISSION: FREE. A two-day meet program will be available for a reasonable cost.

HOSPITALITY: Nutritious snacks will be available at the Snack Bar. Lunch & beverages will be served to deck officials and coaches. Snacks and beverages will be served to timers throughout the day.

Event Summary

Saturday, Nov 22, 2008

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

Sunday, Nov 23, 2008

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

Saturday, November 22nd

Girls			Age Group	Boys			
Event #	'A' Time	'B' Time		Event #	'A' Time	'B' Time	Event #
1	2:23.89	2:47.89	17-18	200 Back	2:09.09	2:30.59	2
	2:25.89	2:50.19	15-16		2:12.69	2:34.79	
	2:27.29	2:51.79	13-14		2:19.49	2:42.79	
3	2:37.09	3:03.29	11-12	200 Back	2:33.79	2:59.39	4
5	1:22.19	1:45.69	9-10	100 Back	1:21.69	1:43.29	6
7	51.59	59.99	8&Under	50 Back	50.49	59.99	8
9	1:00.79	1:10.89	17-18	100 Free	54.29	1:03.39	10
	1:01.09	1:11.29	15-18		55.39	1:04.59	
	1:02.19	1:12.59	13-14		57.99	1:07.69	
11	1:03.09	1:13.59	11-12	100 Free	1:02.89	1:13.29	12
13	1:12.29	1:31.89	9-10	100 Free	1:10.79	1:29.19	14
15	19.49	23.49	8&Under	25 Free	18.39	23.49	16
17	1:16.39	1:29.09	17-18	100 Breast	1:07.59	1:18.79	18
	1:16.39	1:29.09	15-16		1:09.19	1:20.69	
	1:17.99	1:30.99	13-14		1:12.29	1:24.39	
19	1:22.19	1:36.39	11-12	100 Breast	1:21.09	1:35.69	20
21	1:33.39	1:59.99	9-10	100 Breast	1:32.69	1:56.79	22
23	24.79	29.99	8&Under	25 Breast	24.29	29.99	24
25	1:05.99	1:16.99	17-18	100 Fly	59.09	1:08.99	26
	1:06.89	1:17.99	15-16		1:00.49	1:10.59	
	1:08.09	1:19.39	13-14		1:03.39	1:13.99	
27	32.69	38.09	11-12	50 Fly	32.39	38.59	28
29	37.29	48.79	9-10	50 Fly	36.69	47.29	30
31	52.59	59.99	8&Under	50 Fly	52.09	59.99	32
33	5:46.19	6:43.89	17-18	*500 Free	5:17.69	6:10.59	34
	5:48.39	6:46.39	15-16		5:25.29	6:19.39	
	5:52.99	6:51.79	13-14		5:39.39	6:35.99	
	6:09.29	*6:55.00	11-12		6:04.69	*6:55.00	
	6:48.39	*6:55.00	9-10		6:44.59	*6:55.00	

* Seeded fastest to slowest, alternating boys and girls if we run odd & even ends, must provide own lap counter and timer. Minimum entry time is 6:55.00.

Sunday, November 23rd

Girls			Age Group	Boys			
Event #	'A' Time	'B' Time		Event #	'A' Time	'B' Time	Event #
35	2:39.69	3:06.29	11-12	200 Fly	2:38.29	3:04.69	36
37	2:10.59	2:32.29	17-18	200 Free	1:58.29	2:17.99	38
	2:11.49	2:33.39	15-16		2:00.79	2:20.89	
	2:14.19	2:36.59	13-14		2:05.79	2:26.79	
39	2:20.19	2:43.49	11-12	200 Free	2:16.59	2:39.39	40
41	2:36.39	3:20.19	9-10	200 Free	2:31.89	3:09.89	42
43	1:35.29	1:54.59	8&Under	100 Free	1:28.99	1:51.59	44
45	1:06.99	1:18.19	17-18	100 Back	59.99	1:09.99	46
	1:07.69	1:18.99	15-18		1:01.29	1:11.49	
	1:08.69	1:20.19	13-14		1:04.89	1:15.69	
47	34.29	39.99	11-12	50 Back	33.69	39.79	48
49	38.19	48.89	9-10	50 Back	38.39	49.29	50
51	23.19	27.99	8&Under	25 Back	22.69	27.99	52
53	2:44.79	3:12.29	17-18	200 Breast	2:27.59	2:52.19	54
	2:44.69	3:12.09	15-18		2:30.09	2:55.09	
	2:47.99	3:15.99	13-14		2:36.29	3:02.39	
55	2:57.69	3:27.29	11-12	200 Breast	2:52.99	3:21.79	56
57	41.99	53.59	9-10	50 Breast	42.49	53.89	58
59	55.29	1:04.99	8&Under	50 Breast	54.79	1:04.99	60
61	28.19	32.79	17-18	50 Free	24.89	28.99	62
	28.19	32.89	15-16		25.39	29.59	
	28.69	33.39	13-14		26.59	31.09	
63	29.79	34.59	11-12	50 Free	28.59	33.39	64
65	32.39	40.09	9-10	50 Free	31.89	39.19	66
67	42.99	51.99	8&Under	50 Free	40.89	51.99	68
69	2:26.99	2:51.49	17-18	200 IM	2:12.49	2:34.59	70
	2:28.39	2:53.09	15-16		2:15.69	2:38.29	
	2:31.29	2:56.49	13-14		2:21.89	2:45.49	
71	2:38.59	3:04.99	11-12	200 IM	2:35.89	3:03.49	72
73	1:23.19	1:45.69	9-10	100 IM	1:21.29	1:41.59	74

