

PACIFIC SWIMMING SHORT COURSE SENIOR II MEET

HOSTED BY WALNUT CREEK AQUABEARS

Co-sponsored by Pacific Swimming

October 18-20, 2013

Enter Online: <http://ome.swimconnection.com/pc/wcab20131018>



SANCTION: Held under USA/Pacific Swimming Sanction No. **13-189**

In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

NOTICE: By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and meet results.

USE OF AUDIO AND VISUAL: Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording electronic devices, including but not limited to film and digital cameras, cell phones and tablets, is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in the ejection from the swimming pool facility by the Meet Referee or his/her designee.

OFFICIALS: *Meet Referee:* Leo Lin *Head Starter:* Mary Ruddell *Administrative Referee:* Brian Malick
 Meet Marshal: Eddie Contreras *Meet Director:* Betsy Messman, aquabears@gmail.com, 925-256-7928

LOCATION: Clarke Memorial Swim Center, 1750 Heather Dr Walnut Creek, CA 94598. Swim Center is on Heather Drive between Marchbanks and North San Carlos Drive. Parking is also available by 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 25 yard pool with up to 16 lanes available for competition. A separate warm-up pool will be available for warm-up/cool down throughout the competition.

WATER DEPTH: 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.

POOL CERTIFICATION: In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

TIME: Meet will begin at 5:30 PM on Friday with warm-ups from 4:00 to 5:15 PM. On Saturday and Sunday the meet will begin at 9:00 AM each day with warm-ups from 7:30 to 08:45 AM each day

- RULES:**
- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
 - All events are timed finals.
 - Swimmers may compete in a MAXIMUM of five (5) events per day.
 - 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-S membership cards in a visible manner.

SEEDING: All events will be swum fastest to slowest. The 1650 Free and 1000 Free will be swum alternating women's and men's heats. Swimmers must provide timers and counters for the 500, 1000 and 1650 Free. Swimmers must provide their own timers for the 400IM.

UNACCOMPANIED SWIMMERS: Any USA-S athlete-member competing at the meet must be accompanied by a USA Swimming member-coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a coach-member of the athlete's USA-S Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the

swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USA-S Club Member-Coach.

RACING STARTS: Any swimmer entered in the meet, unaccompanied by a USA-S 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.

RESTRICTIONS:

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on 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 containers are allowed in the meet venue.
- Only swimmers, coaches, officials, and volunteers will be allowed on the pool deck.
- Propane heaters are not permitted except for snack bar/ meet operations. Only coaches are allowed to set-up on the pool deck.
- Except where the venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

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. All swimmer registrations will be checked against the SWIMS database. If a swimmer is 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 13/Over are eligible to enter this meet. There is no proof of time.
- Entry times should be the swimmer's best time and not the minimum standard.
- Swimmers 11-12 must meet the time standard (Senior II) as outlined by Pacific time verification procedures and will be considered qualified with either a short course or long course time.
- No refunds will be given if a time cannot be proven.
- No time conversions will be accepted.
- Entries with "NO TIME" will be rejected.
- Swimmers with a disability 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 FEES: \$5.50 per individual event plus an \$8.00 per swimmer participation fee. Entries will be rejected if payment is not sent at time of request.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/wcab20131018> to receive an immediate entry confirmation this method requires payment by credit card. Swim Connection LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% of the total Entry Fees. Please note that 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 a mail entry. **Entering online is a convenience, is completely voluntary, and is in no way required or expected of a swimmer by Pacific Swimming.** Online entries will be accepted through Wednesday, **October 2, 2013.**

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be entered using the current Pacific Swimming procedure: and postmarked by midnight, Monday, **September 30, 2013** or hand delivered by 6:30 p.m. Wednesday, October 2, 2013. No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: WCAB

Mail/Hand Deliver entries to: WCAB Senior Meet
1374 Lupine Court
Concord, Ca 94521

CHECK-IN: Close of check-in for all events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. No event shall be closed more than 30 minutes before the scheduled start of the session. Swimmers who do not check-in will not be allowed to compete in the event.

SCRATCHES: Swimmers entered in an individual event in a Senior meet that is seeded on the deck who have checked in for that

event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim an event will result in being barred from their next individual event in which the swimmer is entered on that day or the next meet day, whichever is first.

AWARDS: None.

ADMISSION/PROGRAM: Free. Program will be available for reasonable price.

HOSPITALITY: Hospitality available for coaches, officials, timers, and volunteers. Lunches will be provided for coaches and working deck officials. There **will** be a snack bar.

MISCELLANEOUS: No overnight parking is allowed. No noise makers allowed in the pool facility. Parents please respect the area designated for coaches (i.e. do not sit or stand in front of coaches).

ORDER OF EVENTS

Friday, October 18, 2013		
EVENT #	EVENT	EVENT #
1	400 IM	2
3	500 Free	4

Saturday, October 19, 2013		
EVENT #	EVENT	EVENT #
5	200 BACK	6
7	50 BACK*	8
9	100 BREAST	10
11	200 FLY	12
13	50 FLY*	14
15	100 FREE	16
17	200 I.M.	18
19	1650 FREE	20

Sunday, October 20, 2013		
EVENT #	EVENT	EVENT #
21	200 FREE	22
23	100 FLY	24
25	50 FREE	26
27	200 BREAST	28
29	50 BREAST*	30
31	100 BACK	32
33	1000 FREE	34

*Enter the 100 yard time for the stroke

Swimmers must provide their own timers and lap counters for the 500, 1000 and 1650.

Events 19-20 and 35-36 will be swum fastest to slowest alternating women and men.

There may be a 10 minute break before the start of these events.

Time standards may be found at: http://www.pacswim.org/page/times_standards.shtml

Pacific Swimming – Hosted by Walnut Creek Aquabears SENIOR – II October 18 – 20, 2013 Consolidated Entry Form												
Name: Last,			First				Middle					
Club Abbr.			UNATT TEAM ABBR				Club Name					
Age			Date of Birth				Sex M F		LSC – (PC, SN)			
USA-#												
Event #	Distance / Stroke					Entry Time			Circle One			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
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						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
# of entries _____ x \$5.50 = \$ _____ Participation Fee \$8.00 Total \$ _____												
Coach												
Swimmer's Address												
Home Phone						Cell Phone						
Email												