

****** THIS MEET IS OPEN TO ALL SUMMER RECREATIONAL SWIMMERS AND USA SWIMMING CLUB SWIMMERS ******
Times from this meet may be used to enter future USA-Swimming meets.

2019 Fred Siegrist Memorial Summer's End Swim Classic
Short Course Meet hosted by the Walnut Creek Aquabears
August 3 and 4, 2019

Enter Online: <http://ome.swimconnection.com/pc/wcab20190803>



APPROVAL: Held under USA/Pacific Swimming Approved Meet Number: **AP19-2**. *This meet has been pre-approved by USA and Pacific Swimming. Times from this meet may be used to enter future USA-Swimming meets. In granting this approval 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. It is further understood that Pacific Swimming, and Walnut Creek Aquabears shall be free and held harmless 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, psych sheets and live meet results. By entering this meet, the athlete or his/her guardian consents to this publication.

USE OF AUDIO & 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 ejection from the swimming pool facility by the Meet Referee or his/her designee.

OFFICIALS:

Head Referee: Markus Daene	Head Starter: Mark Ryan
Head Marshal: Rick Millington	Admin Referee: Clint Benton
Meet Director: Maureen deBack, aquabears@gmail.com	

LOCATION: Diablo Valley College Aquatic Center, 321 Golf Club Road, Pleasant Hill, CA 94523.

DIRECTIONS: From Interstate-680, take the Willow Pass Road exit and turn west onto Willow Pass Road. Turn right onto Contra Costa Boulevard. Turn left on Golf Club Road. Turn left at the first light into Diablo Valley College. Immediately turn left again. The Aquatics Center is south of the tennis courts. Parking permits are required. Do not park in "Faculty Staff" spaces.

COURSE: Outdoor, heated 25 yard pool, up to **8** lanes all deep water with non-turbulent lane lines. Colorado automatic timing system with three buttons will be used. Separate warm up area available. The minimum water depth, measured in accordance with Article 103.2.3, is 4'-6" at the start end and 4'-6" 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.

TIME: Meet begins at 9:00 a.m. each day (check-in begins at 7:30 a.m., general warm-up from 7:30- 8:45 a.m.). Special extended warm-up from 8:45-8:55 a.m. for 8 & under swimmers only.

RULES:

- Current USA Swimming rules will govern the meet. Pacific Swimming Safety Guidelines and Warm-up Procedures will be in effect. A copy of these procedures will be posted at the pool.
- All events are timed finals.
- All events will swim fast to slow.
- Swimmers may participate in **four (4)** events per day.
- **Entries will be accepted until the estimated timeline reaches 6 hours on Saturday and Sunday.**
- 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 mandatory scratches.
- Swimmers in the 500 Free must provide their own timers and lap counters.
- All USA-S coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner.

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UNACCOMPANIED SWIMMERS: Any USA-S athlete-member competing at the meet must be accompanied by a USA-S 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: Swimmers 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 at Diablo Valley College.

- Sale and use of alcoholic beverages is prohibited at Diablo Valley College.
- No glass containers are allowed in the meet venue which includes at least the pool deck and the locker room area.
- Propane heaters are prohibited, except for snack bar/meet operations.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Deck setup is limited to officials and coaches. Space for coach setup with good visibility may be limited and teams are encouraged to share table/tent space where possible.
- All shelters must be properly secured.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

ELIGIBILITY: • *Open to all USA-S and recreational swimmers.*

- 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.
- Entries with "NO TIME" will not be accepted.
- For ages 9 and older, swimmers in the **Gold Division** must have met at least the listed USA-S Motivational "A" time standard. Swimmers in the **Silver Division** must have met at least the listed "B" time standard. All entry times slower than the listed "B" time standard will be in the **Bronze Division**. *There will be no divisions for the 13-14 and 15&Over age groups in the following events: 100 I.M.*
- For ages 8 and under, swimmers in the **Gold Division** must have met at least the listed Pacific Swimming "PC-A" time standard. Swimmers in the **Silver Division** must have met at least the listed "PC-B" time standard. All entry times slower than the listed "B" time standard will be in the **Bronze Division**.
- Swimmers 19 and over may participate in 15&Over events, but will not be awarded nor score points.
- "A" Medals will be awarded to swimmers achieving the "A" time standard in an event for the first time.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY FEES: \$5.50 per individual event, plus \$8.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

ONLINE ENTRIES: To enter online, go to <http://ome.swimconnection.com/pc/wcab20190803> 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, July 24, 2019. If you are a recreational league swimmer, click on the "Guide me how to enter a swimmer to this meet" tab. In the following screen, ignore "Swimming Association," and click NO to the question "Is your swimmer registered with USA Swimming?" Enter the swimmer's information on the next screen and enter your TEAM'S abbreviated name.**

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MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be completely filled out, including best short course time for each event. Entry times must be submitted in yards. 'No time' entries will be accepted. **Entries must be postmarked by midnight Monday, July 22, 2019, or hand delivered by 5:00 p.m. on Wednesday, July 24, 2019.** No late entries will be accepted. No refunds will be made. Enclose a self-addressed stamped postcard if you wish to confirm entry.

Make check payable to: Walnut Creek Aquabears

Mail or hand deliver entries to: WCAB Meet Entries, 1374 Lupine Court, Concord, CA 94521

CHECK-IN: The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for all individual events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check in will not be seeded and will not be allowed to compete in that event.

SCRATCHES: Any athletes not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized.

AWARDS:

- Individual Events will be awarded in the following ages: 6&Under, 7, 8, 9, 10, 11, 12, 13, 14, 15-18.
- Distinctive medals for 1st through 3rd places in each division (Gold, Silver, and Bronze), Ribbons for 4th through 8th places in each division (Gold, Silver, and Bronze). A swimmer's entry time determines which division they will be awarded in.
- Individual High Point Awards will be given for the highest scoring boy and girl in the following age groups: 6&Under, 7, 8, 9, 10, 11, 12, 13, 14, 15-18. Points are scored for placing within the awards divisions.
- Team High Point Trophies will be awarded to the top three scoring teams.
- Individual awards must be picked up at the meet. We will not mail or distribute them after the meet.

SCORING: All events will be scored 1st through 8th places. Points for individual events will be:

Gold Division: 20, 17, 16, 15, 14, 13, 12, 11

Silver Division: 15, 12, 11, 10, 9, 8, 7, 6

Bronze Division: 10, 7, 6, 5, 4, 3, 2, 1

ADMISSION: Free. Programs will be available to coaches and officials only. A copy will be posted online and at the pool.

SNACK BAR & HOSPITALITY: A full snack bar will be in operation each day. Lunch & beverages will be served to deck officials and coaches. Snacks and beverages will be served to timers throughout the day.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

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EVENT SUMMARY

Saturday, August 3

15&Ov	13-14	11-12	9-10	8&Un
100 Free	100 Free	100 Free	100 Free	50 Free
200 I.M.	200 I.M.	200 I.M.	200 I.M.	100 I.M.
200 Back	200 Back	200 Back	100 Fly	25 Fly
100 Fly	100 Fly	100 Fly	50 Back	50 Back
100 Breast	100 Breast	50 Back	100 Breast	25 Breast
500 Free	500 Free	100 Breast	500 Free	
		500 Free		

Sunday, August 4

15&Ov	13-14	11-12	9-10	8&Un
200 Free	200 Free	200 Free	200 Free	100 Free
100 I.M.	100 I.M.	100 I.M.	100 I.M.	25 Free
200 Fly	200 Fly	200 Fly	50 Breast	50 Breast
100 Back	100 Back	50 Breast	100 Back	25 Back
200 Breast	200 Breast	100 Back	50 Fly	50 Fly
50 Free	50 Free	200 Breast	50 Free	
		50 Fly		
		50 Free		

SCHEDULE OF EVENTS:

Saturday, August 3

Girls Event #	Event Description	Boys Event #
1	15&Over 100 Free	2
3	13-14 100 Free	4
5	11-12 100 Free	6
7	9-10 100 Free	8
9	8&Under 50 Free	10
11	15&Over 200 I.M.	12
13	13-14 200 I.M.	14
15	11-12 200 I.M.	16
17	9-10 200 I.M.	18
19	8&Under 100 I.M.	20
21	15&Over 200 Back	22
23	13-14 200 Back	24
25	11-12 200 Back	26
27	15&Over 100 Fly	28
29	13-14 100 Fly	30
31	11-12 100 Fly	32
33	9-10 100 Fly	34
35	8&under 25 Fly	36
37	11-12 50 Back	38
39	9-10 50 Back	40
41	8&Under 50 Back	42
43	15&Over 100 Breast	44
45	13-14 100 Breast	46
47	11-12 100 Breast	48
49	9-10 100 Breast	50
51	8&Under 25 Breast	52
53	15&Over 500 Free*	54
	13-14 500 Free*	
	11-12 500 Free*	
	9-10 500 Free*	

Sunday, August 4

Girls Event #	Event Description	Boys Event #
55	15&Over 200 Free	56
57	13-14 200 Free	58
59	11-12 200 Free	60
61	9-10 200 Free	62
63	8&Under 100 Free	64
65	15&Over 100 I.M.	66
67	13-14 100 I.M.	68
69	11-12 100 I.M.	70
71	9-10 100 I.M.	72
73	8&Under 25 Free	74
75	15&Over 200 Fly	76
77	13-14 200 Fly	78
79	11-12 200 Fly	80
81	9-10 50 Breast	82
83	8&Under 50 Breast	84
85	11-12 50 Breast	86
87	15&Over 100 Back	88
89	13-14 100 Back	90
91	11-12 100 Back	92
93	9-10 100 Back	94
95	8&Under 25 Back	96
97	15&Over 200 Breast	98
99	13-14 200 Breast	100
101	11-12 200 Breast	102
103	9-10 50 Fly	104
105	8&under 50 Fly	106
107	11-12 50 Fly	108
109	15&Over 50 Free	110
111	13-14 50 Free	112
113	11-12 50 Free	114
115	9-10 50 Free	116

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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					
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# of entries _____ x \$5.50 \$ _____ + Participation Fee \$ 8.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													