

PACIFIC SWIMMING ZONE 2 - SHORT COURSE 'LAST CHANCE' B/A+ MEET

February 28 to March 2, 2014

Hosted by the Walnut Creek Aquabears

Enter Online: <http://ome.swimconnection.com/pc/wcab20140228>



SANCTION: Held under USA/Pacific Swimming Sanction No. **14-036**

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 live meet results. The results of this meet may be posted in real time on the Internet at www.aquabears.org.

USE OF AUDIO AND VISUAL: Photography and video recording from behind the blocks are starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual 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 hi/her designee.

OFFICIALS: **Meet Referee:** John King **Head Starter:** Marie Lin **Admin Referee:** Chris Ottati
 Meet Marshal: Victoria Giryavets **Meet Director:** Eddie Contreras, aquabears@gmail.com, 925-706-7377

LOCATION: Diablo Valley College Aquatic Center, 321 Golf Club Road, Pleasant Hill, CA 94523. 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 fee is required on Friday night. Bring quarters or a credit card.

COURSE: Outdoor, heated 25 yard pool with up to 8 lanes available for competition. Separate area will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 7'-6" at the start end and 7'-6" at the turn end. The competition course has been certified in accordance with Article 104.2.2C (4). The copy of the certification is on file with USA Swimming.

TIME: Competition begins at 4:30 p.m. on Friday, with check in and warm ups from 3:30 to 4:15 p.m. Competition begins at 9:00 a.m. on Saturday and Sunday, with check in and warm ups from 7:30 a.m. to 8:45 a.m. Special extended warm-up on Saturday and Sunday for 8 & under swimmers only from 8:45 to 8:55 a.m.

- 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, and will be swum fastest to slowest.
 - Swimmers may compete in up to four (4) events per day.
 - All swimmers ages 12 and 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 the swimmers 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.
 - Swimmers must provide their own timers for the 400 IM, and their own lap counters and timers for the 500 Free and 1650 Free.
 - All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

ATTENTION HIGH SCHOOL SWIMMERS: If you are a high school swimmer in season, you may need to be unattached at this meet. It is the swimmer's responsibility to be unattached at this meet. You may un-attach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

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-S member-coach as being proficient in performing a racing start, or must start the race in 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. No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Except where 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. If this is not done, it may be difficult to match the swimmer with the registration and times database. The meet host will 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 in the "A" Division must have met at least the listed "PC-A" time standard. Swimmers in the "B" Division must have met at least the listed "PC-B" time standard.
- No entry times slower than the listed "PC-B" time standard will be allowed. Entries with "NO TIME" will be REJECTED.
- 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 and special accommodations on entry times and seeding per Pacific Swimming policy.
- Swimmers 19 years of age and over may compete in the meet for time only, no awards. Such swimmers must have met standards for the 17-18 age group.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY PRIORITY: Meet entries will not be accepted any earlier than January 24, 2014. Entries from members of year round Zone 2 teams in good standing postmarked or entered online by 11:59 p.m. on January 31, 2014, will be given 1st priority acceptance. Entries from members of all Zone 2 teams in "good standing" (year round and seasonal) postmarked or entered online between 12:00 a.m. on February 1, 2014, and 11:59 p.m. on February 7, 2014, will be given 2nd priority acceptance. After February 7, 2014, 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. **Swimmers who falsify their entry form by listing a team to which they are now legitimately associated will be rejected from the meet. Further, entry fees will not be refunded and they may be referred to the Pacific Swimming Review Committee for disciplinary action.**

ENTRY FEES: \$2.75 per event plus an \$8.00 participation fee per swimmer. 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/wcab20140228> 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, February 19, 2014.

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 postmarked by midnight, Monday, February 17, 2014 or hand delivered by 6:30 p.m. on Wednesday, February 19, 2014. 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: Walnut Creek Aquabears. Mail or hand-deliver entries to: WCAB Entries, 1374 Lupine Court, Concord, CA 94521.

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. 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. 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 seeded and will not be allowed to compete in that event.

SCRATCHES: Any swimmer not reporting for or competing in an individual timed final event shall not be penalized. Swimmers who must withdraw from an event after it is seeded are requested to inform the referee immediately.

AWARDS: The first 8 places will be awarded for 8 & UN, 11-12, 13-14, 15-16, 17-18 age groups. Ribbons will be awarded for B/A divisions. All PC-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: Individuals awards must be picked up at the meet. We will not mail or distribute awards after the meet.

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

REFRESHMENTS: A snack bar serving hot breakfast, hot lunches, salads, and other nutritious items and beverages. Coaches and working officials will be provided lunch and refreshments. Hospitality will be served to timers and volunteers.

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

MINIMUM OFFICIALS: One-half hour before the scheduled start of each session, the Meet Referee shall conduct an inventory of Officials, and shall compare the number of entries against the number of Officials present representing each Team. Those Teams who have not provided sufficient Officials will be fine \$100 dollars per missing Official.

Number of swimmers entered in meet per team per day	Number of trained and carded officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 swimmers over 100	1+

EVENT SUMMARY:

	8 & Under	9-10	11-12	13-18
FRIDAY, FEBRUARY 28	500 FR	500 FR	400 IM	400 IM
			500 FR	500 FR
SATURDAY, MARCH 1	200 FR	200 FR	200 FR	200 FR
	25 FR	100 BR	100 BR	100 BR
	100 BR	50 BK	50 BK	200 BK
	50 BK	100 FL	200 BK	100 FL
	25 BK	100 FR	100 FR	100 FR
	100 FL	100 IM	100 IM	
	100 FR			
	100 IM			
SUNDAY, MARCH 2	200 IM	200 IM	200 IM	200 IM
	50 FR	50 FR	50 FR	50 FR
	50 BR	50 BR	50 BR	200 BR
	25 BR	100 BK	200 BR	100 BK
	100 BK	50 FL	100 BK	200 FL
	50 FL		50 FL	1650 FR
	25 FL		200 FL	
			1650 FR	

EVENTS FOR FRIDAY, FEBRUARY 28, 2014

Girls Event #	PC-A Time Standard	Age Group	Event Description	PC-A Time Standard	Boys Event #
1*	5:53.69	11-12	400 I.M.	5:54.19	2*
	5:35.29	13-14		5:18.59	
		15-16			
		17-18			
3**	7:33.59	10&Un	500 Free	7:33.59	4**
	6:23.39	11-12		6:21.19	
	6:02.89	13-14		5:51.29	
		15-16		5:47.19	
		17-18			

*Swimmers must have the PC-A Time Standard to swim the 400 I.M. Swimmers must provide their own timers for the 400 I.M.

**Swimmers must have the PC-A Time Standard to swim the 500 Free. Swimmers must provide their own timers and lap timers for the 500 Free. These events will be swum together, but awarded separately. The 400 I.M. and the 500 Free will be swum alternating girls and boys heats.

EVENTS FOR SATURDAY, MARCH 1, 2014

Girls Event #	PC-B Time Standard	PC-A Time Standard	Age Group	Event Description	PC-B Time Standard	PC-A Time Standard	Boys Event #
5	2:44.29	2:29.39	11-12	200 Free	2:43.39	2:28.49	6
7	3:07.59	2:50.49	10 & Under	200 Free	3:08.89	2:51.69	8
9	2:29.39	2:15.89	13-14	200 Free	2:23.99	2:10.89	10
			15-16		2:18.49	2:05.89	
			17-18				
11	23.49	19.49	8 & Under	25 Free	23.49	19.49	12
13	1:51.89	1:41.69	10 & Under	100 Breast	1:53.99	1:43.69	14
15	1:35.89	1:27.09	11-12	100 Breast	1:37.39	1:28.59	16
17	1:30.29	1:22.09	13-14	100 Breast	1:25.89	1:18.09	18
			15-16		1:23.59	1:15.99	
			17-18				
19	39.89	36.29	11-12	50 Back	40.29	36.59	20
21	45.69	41.59	9-10	50 Back	45.69	41.59	22
23	1:02.99	51.99	8 & Under	50 Back	1:10.19	57.99	24
25	2:50.99	2:35.39	13-14	200 Back	2:52.99	2:37.19	26
			15-16		2:51.69	2:35.99	
			17-18				
27	3:05.29	2:48.49	11-12	200 Back	3:04.09	2:47.39	28
29	28.49	23.49	8 & Under	25 Back	31.49	25.99	30
31	1:44.49	1:34.99	10 & Under	100 Fly	1:44.49	1:34.99	32
33	1:17.89	1:10.79	13-14	100 Fly	1:14.59	1:07.79	34
			15-16		1:11.19	1:04.69	
			17-18				
35	1:24.89	1:17.19	11-12	100 Fly	1:26.99	1:18.99	36
37	2:00.99	1:39.99	8 & Under	100 Free	2:00.99	1:39.99	38
39	1:24.99	1:17.19	9-10	100 Free	1:25.49	1:17.69	40
41	1:13.99	1:07.29	11-12	100 Free	1:13.29	1:06.59	42
43	1:08.99	1:02.69	13-14	100 Free	1:05.69	59.69	44
			15-16		1:02.99	57.29	
			17-18				
45	1:25.39	1:17.59	11-12	100 I.M.	1:26.09	1:18.29	46
47	1:37.29	1:28.39	9-10	100 I.M.	1:38.59	1:29.69	48
49	2:12.29	1:49.29	8 & Under	100 I.M.	2:12.29	1:49.29	50

13-18 events will be swum together but awarded separately as 13-14, and 15-18.

EVENTS FOR SUNDAY, MARCH 2, 2014

Girls Event #	PC-B Time Standard	PC-A Time Standard	Age Group	Event Description	PC-B Time Standard	PC-A Time Standard	Boys Event #
51	3:30.29	3:11.19	10 & Under	200 I.M.	3:30.59	3:11.49	52
53	3:00.29	2:43.99	11-12	200 I.M.	3:05.39	2:48.59	54
55	2:50.79	2:35.29	13-14	200 I.M.	2:42.79	2:27.99	56
			15-16		2:38.49	2:24.09	
			17-18				
57	53.29	43.99	8 & Under	50 Free	53.29	43.99	58
59	38.49	34.99	9-10	50 Free	38.79	35.29	60
61	33.89	30.79	11-12	50 Free	33.59	30.59	62
63	31.69	28.79	13-14	50 Free	29.99	27.29	64
			15-16		29.09	26.49	
			17-18				
65	44.39	40.39	11-12	50 Breast	45.49	41.39	66
67	50.49	45.89	9-10	50 Breast	51.89	47.19	68
69	1:10.19	57.99	8 & Under	50 Breast	1:06.59	54.99	70
71	3:13.59	2:55.99	13-14	200 Breast	3:05.09	2:48.29	72
			15-16				
			17-18				
73	3:46.29	3:07.59	11-12	200 Breast	3:26.69	3:07.89	74
75	31.49	25.99	8 & Under	25 Breast	27.39	22.59	76
77	1:38.99	1:29.99	10 & Under	100 Back	1:40.99	1:31.79	78
79	1:25.49	1:17.79	11-12	100 Back	1:26.09	1:18.29	80
81	1:18.59	1:11.49	13-14	100 Back	1:15.99	1:09.09	82
	1:18.49	1:11.39	15-16		1:15.39	1:08.59	
			17-18				
83	1:06.59	54.99	8 & Under	50 Fly	1:06.59	54.99	84
85	43.99	39.99	9-10	50 Fly	44.09	39.99	86
87	37.69	34.19	11-12	50 Fly	38.39	34.89	88
89	3:02.89	2:46.29	13-14	200 Fly	2:58.19	2:41.99	90
			15-16		2:47.19	2:31.99	
			17-18				
91	3:09.99	2:52.79	11-12	200 Fly	3:14.79	2:57.09	92
93	27.39	22.59	8 & Under	25 Fly	27.39	22.59	94
95	[REDACTED]	23:45.59	11-12	1650 Free	[REDACTED]	23:02.39	96
		20:52.79	13-14			20:41.99	
		20:51.19	15-16			20:26.89	
			17-18				

13-18 events will be swum together but awarded separately as 13-14, and 15-18.

**Swimmers must have the PC-A Time Standard to swim the 1650 Free. Swimmers must provide their own timers and lap timers for the 1650 Free. Swimmers wishing to swim the 1000 Free may get an initial split in the 1650 Free. The 1650 Free will be swum alternating girls and boys heats.

PACIFIC SWIMMING ZONE 2 - SHORT COURSE 'LAST CHANCE' B/A+ MEET

Hosted by Walnut Creek Aquabears

February 28 to March 2, 2014

Consolidated Entry Form

Name: First	M.I.	Last
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Club Abbr.:	If UN, Club Abbr.:	Club Name:
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Age:	Date of Birth:	Gender: M F	LSC (ex. - PC, SN):
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USA-S #															
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Event #	Distance / Stroke	Entry Time	Circle one
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

of entries _____ x \$2.75 = \$ _____
Participation Fee \$ 8.00
Total \$ _____

Coach:

Swimmer's Address:

Home Phone:	Cell Phone:
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Email: