

**Ellis Aquatics Swim Club**  
**PACIFIC SWIMMING ZONE 2 SHORT COURSE PENGUIN PLUNGE C/B/A+**  
**MEET MARCH 23<sup>rd</sup> & 24<sup>th</sup> 2013**

Enter Online: <http://ome.swimconnection.com/pc/ea20130323>

**SANCTION:** Held under USA Pacific Swimming Sanction No. **13-048**

*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, psych sheets and live meet results. By entering this meet, the athlete or his/her guardian consents to this publication.

**USE OF AUDIO AND VIDEO:** Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms. Photography and video recording from behind the starting block and starting areas are prohibited unless prior permission to do so is granted by the Meet Referee.

**OFFICIALS:**     **Meet Referee:** *Leo Lin*     **Head Starter:** *David Benjamin*     **Meet Marshal:** *Clayton Basepayne*  
                  **Meet Director:** *Michele Loomis – 209-833-0562 micheleloomis@comcast.net*

**LOCATION:** Pinkie Phillips Aquatic Center, Merrill F. West High School, 1775 W Lowell Ave, Tracy, CA 95376.

**DIRECTIONS:** **From Bay Area**, take the 205 toward Tracy, take exit 6 Grant Line Exit. Turn Right onto Grant Line. Turn left onto W. Lowell Ave, school entrance is second left. Enter the parking lot adjacent to the football stadium. The pool is at the end of the parking lot. **From I-5** take the 205 exit, and then take the Tracy BLVD Exit #8, turn left. Go about 1 mile to W. Lowell, turn right. Turn right into the school parking lot at the School Sign. Parking lot adjacent to the football stadium, the pool is at the end of the parking lot.

**COURSE:** Outdoor heated 50 meter pool with up to 15 competition lanes, Warm up area will be available. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 7'0" at the start end and 7'0" at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

**TIME:** Meet begins at 9:00 AM each day, warm-ups from 7:30 AM to 8:45 AM each day. A special warm-up time for 8 and under swimmers only will be held from 8:45 AM to 8:55 AM.

**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 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. All events will be swum fastest to slowest.

**SPECIAL RULES:** Per PC R&R 1.B.1.a(5) Open events: In order to enter open events at an age-group meet, a swimmer must have met the listed qualifying time or have coach verification for the following events; 200 Back, 200 Breast, 200 Fly, 400 IM, 400/500 Free, 800/1000, 1500/1650 Free. The minimum qualification time for 500 FR is 9-10 Pacific Swimming B time: Girls/Boys – 8:28.19 Swimmers not meeting the 500 Free minimum time criteria will be removed from that event, with no refund. **All 500 Freestyle swimmers must provide their own timers and counters.**

**Attention High School Swimmers (February through May):** If you are a high school swimmer in season, you need to be Unattached from this meet. It is the swimmers responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**DECK CHANGING:** 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.

**All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

**UNACCOMPANIED SWIMMERS:** Any USAS 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 USAS 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 Swimming 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 USAS Club Member-Coach.

**RACING STARTS:** The swimmer must be certified by a USA Swimming 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 on the pool deck or anywhere on school grounds, during the meet and during warm-up periods. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. All shelters must be properly secured. No glass containers are allowed in the meet venue. No propane heater is permitted except for snack bar/meet operations.

**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 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. All entry times slower than the listed "PC-B" time standard will be in the "C" Division. Entries with "**NO TIME**" **will 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. Swimmers 19 years of age and over may compete in the meet for time only, no awards. Such swimmers must have met the time 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:** Zone 2 entries postmarked or entered online by 11:59 p.m. March 4, 2013 will be given priority acceptance. All entries from Zone 2, all other Pacific LSC Zones and other LSCs, either postmarked, entered online, or hand delivered by the entry deadline will be considered in the order that they were received.

**ENTRY FEES:** \$2.75 per event, \$8.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

**Make check payable to:** ELLIS AQUATICS  
**Mail with entries to:** Vicki O'Neill  
Swim Meet Entries  
2959 Perry LN  
Tracy, CA 95377

**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. Entries must be postmarked by midnight, Monday, **March 11, 2013** or hand delivered to Vicki O'Neill by 7:30 p.m. Wednesday **March 13, 2013**. There will be a box on the porch to drop off any entries. 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.

**ONLINE ENTRIES:** Online entries will be closed on Wednesday March 13, 2013 at 11:59 PM. You may enter this meet online or by U.S. mail. To enter on-line go to <http://ome.swimconnection.com/pc/ea20130323> 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.**

**CHECK-IN:** The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. 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 that 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. Failure to swim an event will result in being barred from their next individual event on that day or the next meet day, whichever is first. Exception: No penalty shall apply for failure to withdraw or compete in an individual event if the referee is notified in the Event of illness or injury and accepts the proof thereof, or it is determined by the referee that the No-Show is caused by circumstances beyond the control of the swimmer.

**AWARDS:** Ribbons 1st – 8th place for PC-A, PC-B & PC-C divisions. 13-18 swimmers will be awarded as 13-14, 15-16 and 17-18 age groups.

**ADMISSION:** Free. A program will be available for a reasonable cost.

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

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours No pets allowed on school grounds. No set up on pool deck except for designated areas for coaches.

**TIMERS:** Participating teams will be responsible for providing timers with adequate rotation for the entire meet. Lane assignments will be made based on the number of entries from each team.

**MINIMUM OFFICIALS RULE:** The Meet Referee shall conduct an inventory of Officials and shall compare the number of swimmers entered against the number of Officials that worked representing each team per day of the meet. Those teams who have not provided sufficient Officials in a day of the meet, in accordance with the table below, will be fined \$100 per missing Official per day.

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
101 or more	4 and up (1 for every 20 swimmers)

**EVENTS SUMMARY**

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13 & UP	8 & UN	9-10	11-12	13 & UP
100 IM	100 IM	100 IM	200 IM	50 BR	200 IM	200 IM	400 IM
50 FR	100 FR	200 FR	200 FR	25 BK	50 BR	100 BR	100 BR
25 FL	100 FL	100 FLY	100 FL	25 FR	50 BK	100 BK	100 BK
25 BR	100 BR	50 BR	200 BR		50 FR	100 FR	100 FR
GIRLS OPEN 500 FR				BOYS OPEN 500 FR			

**EVENTS**

<b>Saturday, March 23, 2013</b>		
<b>Event #</b>	<b>Event</b>	<b>Event #</b>
1	13 & Up 200 IM	2
3	11-12 100 IM	4
5	9-10 100 IM	6
7	8 & UN 100 IM	8
9	13& UP 200 Free	10
11	11-12 200 Free	12
13	9-10 100 Free	14
15	8 & UN 50 Free	16
17	13 & UP 100 Fly	18
19	11-12 100 Fly	20
21	9-10 100 Fly	22
23	8 & UN 25 Fly	24
25	13 & UP 200 Breast	26
27	11-12 50 Breast	28
29	9-10 100 Breast	30
31	8 & UN 25 Breast	32
33	Open 500 Free	---

<b>Sunday, March 24, 2013</b>		
<b>Event #</b>	<b>Event</b>	<b>Event #</b>
35	13 & Up 400 IM	36
37	11-12 200 IM	38
39	9-10 200 IM	40
41	13 & UP 100 Breast	42
43	11-12 100 Breast	44
45	9-10 50 Breast	46
47	8 & UN 50 Breast	48
49	13 & UP 100 Back	50
51	11-12 100 Back	52
53	9-10 50 Back	54
55	8 & UN 25 Back	56
57	13 & UP 50 Free	58
59	11-12 100 Free	60
61	9-10 50 Free	62
63	8 & UN 25 Free	64
---	Open 500 Free	66

**Girl's 500 Freestyle will be swum on Saturday. Boy's 500 Freestyle will be swum on Sunday.  
All 500 Freestyle swimmers must provide their own timers and counters. 500 Free will be scored separately as 8&U, 9-10, 11-12, 13-14, 15-16, 17-18.**

**\*Minimum qualification time for 500 FR is 9-10 Pacific Swimming B time: Girls/Boys – 8:28.19  
Swimmers not meeting the 500 Free minimum time criteria will be removed from that event, with no refund.  
13-18 individual events will be swum together but scored separately as 13-14, 15-16 and 17-18  
Boys' event #34 and Girls' event #65 left off intentionally.**

**For Hotel information please visit our website at: [www.Ellisaquatics.net](http://www.Ellisaquatics.net)**

Pacific Swimming ZONE 2 SHORT COURSE PENGUIN PLUNGE C/B/A+ Meet March 23-24, 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				
						: .		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						