

**PACIFIC SWIMMING SHORT COURSE SENIOR I MEET**  
**HIGH SCHOOL SWIMMERS POST NCS WALK-ON MEET – MAY 18, 2014**  
Hosted by **WALNUT CREEK AQUABEARS**  
co-sponsored by Pacific Swimming  
Enter Online: <http://ome.swimconnection.com/pc/wcab20140518>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **14-083**

*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.

**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:**      **Meet Referee:** Leo Lin                      **Head Starter:** Joseph Doan                      **Admin Referee:** Chris Ottati  
                         **Meet Marshal:** Rick Millington              **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.

**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. In accordance with Article 104.2.2C (4) the competition course has been certified. The competition course has been certified in accordance with 104.2.2C (4).

**TIME:** Meet will begin at 9:00 AM with warm-ups from 7:30 to 8:45 AM. There will be a 20 minute break between sessions.

**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) individual events (both sessions combined)**.
- 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 Swimming membership cards in a visible manner.
- All events will be swum fastest to slowest.
- The 1650 Free will be swum alternating women and men. Swimmers must provide timers and counters for the 500 and 1650 Free.

**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:** 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.

- Only swimmers, coaches, officials, and volunteers will be allowed on the pool deck.
- Coaches Pop-ups will be allowed on deck. No other set-up will be allowed on the pool deck.
- 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.

• **This is a post high school season meet, and as such is restricted to swimmers in ninth grade and above. Student ID cards may be checked. Swimmers who enter and are 8th grade or below will be removed from the meet and will not be given refunds.**

- Entry times should be the swimmers actual time and not the minimum standard.
- Disabled swimmers in ninth grade and above are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- No time conversions will be accepted.
- Entries with "NO TIME" will be rejected.

**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 meet session. Swimmers who do not check-in will not be seeded in the event.

**SCRATCH RULE:** Swimmers entered in a timed final individual event 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.

**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.

**ENTRIES:** All sessions of this meet require individuals to pre-enter using one of the methods listed – All entry deadlines will be enforced.

**Sessions 1 & 2: Online Meet Entries: Deadline by 11:59 PM on Thursday, May 15.** To enter online go to <http://ome.swimconnection.com/pc/wcab20140518> 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.

**Sessions 1 & 2: Surface Mail Entries: Postmarked by Monday, May 12.** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Requests for confirmation of receipt of entries should include a self-addressed envelope. Make check payable to: Walnut Creek Aquabears and mail or hand-deliver entries to: WCAB Entries, 1374 Lupine Court, Concord, CA 94521

**Sessions 1 & 2: Paper Entry at the NCS Championship Meet: Deadline by the conclusion of the meet on Saturday, May 17.** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time.

**Session 2 only:** Walk-on entry on the day of the meet: Walk-on entries will be accepted the day of the meet for Session 2 only. The entry deadline for Session 2 is 10:00 a.m.

**Relay Entries:** Relays can be pre-entered online or deck entered at the meet. **Deadline by 8:30 a.m.**

**AWARDS:** None.

**ADMISSION:** Free. Meet programs will be posted online, at the pool, and provided to coaches and officials.

**HOSPITALITY:** Hospitality available for coaches, officials, timers, and volunteers. Lunches will be provided for coaches and working deck officials. There will not 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

Girls Event #	Event Description	Boys Event #
<b>Session 1 – Short Course Yards</b>		
1	200y Breaststroke	2
3	100y Freestyle	4
5	200y Backstroke	6
7	200y Butterfly	8
9	200y Medley Relay	10
11	200y Freestyle	12
13	400y Individual Medley	14
15	400y Free Relay	16
17	100y Backstroke	18
19	500y Freestyle	20
21	100y Breaststroke	22
23	100y Butterfly	24
25	200y Free Relay	26
27	200y Individual Medley	28
29	50y Freestyle	30
31	400y Medley Relay	32
33	1650y Freestyle (1000y Free)*	34

<b>Session 2 – Short Course Yards</b>		
101	200y Breaststroke	102
103	100y Freestyle	104
105	200y Backstroke	106
107	200y Butterfly	108
111	200y Freestyle	112
113	400y Individual Medley	114
117	100y Backstroke	118
119	500y Freestyle	120
121	100y Breaststroke	122
123	100y Butterfly	134
127	200y Individual Medley	128
129	50y Freestyle	130
133	1650y Freestyle (1000y Free)	134

\*Initial split for the 1000y Freestyle will be offered within the 1650y Freestyle.

Swimmers must provide their own timers and lap counters for the 500y Freestyle and the 1650y Freestyle.

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Hosted by **WALNUT CREEK AQUABEARS**  
 Consolidated Entry Form

Name: Last,	First	Middle
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Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M   F	LSC – (PC, SN)
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USA-#															
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Event #	Distance / Stroke	Entry Time	Circle One
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM

# of entries _____ x \$5.50 = \$_____	
Participation Fee	\$8.00
Total	\$_____

Coach
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Swimmer's Address
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Home Phone	Cell Phone
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Email
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