

**Pacific Swimming CBA+ Long Course – June 14-15, 2014**

Hosted by Oakland Undercurrent Swim Team

Enter online @ Swim Connection: <http://ome.swimconnection.com/pc/onda20140614>

Teams: AAA, AIA, ALGA, BEAR, CDST, EBAT, EBSD, ECG, FF, HILL, MONT, MSJA, NCAL, OA, OTST, PST, SAIL, WCAB

**Attention: No Friday night set-up allowed. Gates will not open until 7:00am on Saturday Morning**



**SANCTION:** Held under USA/Pacific Swimming Sanction Number: **14-094**

*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. By entering the meet, the athlete or his/her guardian consents to this publication.

**USE OF AUDIO AND VIDEO:** Photography and video recording from anywhere behind the starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording 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. Violations of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

**MEET OFFICIALS:**

**Meet Referee: Charlie Gonzales**

**Head Starter: Rhonda Nelson**

**Admin Referee: Kathy Kaminek**

**Head Marshal: Rick Miller**

**Meet Director: Janet Green – [ondaswimming@gmail.com](mailto:ondaswimming@gmail.com) / 510.394.4115 (no calls after 9 PM)**

**LOCATION:** Contra Costa College, 2600 Mission Bell Drive, San Pablo, CA. 94806

Take I-80 East or West, Exit El Portal Drive. Head West on El Portal. Turn Right on Castro Drive, the pool is on the left side.

**COURSE:** Outdoor, 50 meter pool with up to 8 lanes available for competition. Additional lanes will be available for warm up/cool throughout the competition. The minimum water depth, measured in accordance with Article 103.2.3, is 13-1/2 feet at the start end and 4 feet 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. The competition course will be open for warm-ups from 7:30 to 8:45 a.m. Special Warm-up for 8 & Under swimmers only from 8:45-8:55 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 the Course.

•All events are timed finals.

•All events will be seeded fastest to slowest.

•Swimmers can compete in a maximum of **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 timeline, per the “four-hour rule”, based on the swimmer’s age and gender.**

•If local conditions warrant it, the Meet Referee, with concurrence of the Meet Director may require a mandatory scratch down. Immediate cash refunds will be made for mandatory scratches.

•Swimmers in the 400 Free must provide their own timers.

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

**UNACCOMPANIED SWIMMERS:** 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:** Any swimmer entered in this meet, unaccompanied by a USA Swimming member coach, 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:** •Sale and use of alcoholic beverages and smoking and the use of other tobacco products is prohibited in all areas of the meet venue during the meet.

- Coaches, parents, siblings and officials may not use the pool.
- Glass containers of any kind are not allowed in pool area.
- All pets are prohibited in the pool area.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in the locker rooms or 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 shown on their Registration Card. All swimmer registrations will be checked against the SWIMS database. Any swimmer found to not be registered with USA swimming by the Meet Director must register 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.

•Entry forms must be completely filled out including best **LONG COURSE Meters** time for each event. Time conversions will not be accepted. Pacific Swimming Rules and Regulations specify that when you have achieved a specific class level (for example, "PC-B" or "PC-A") in an event in one course, you are considered to be qualified at the same level in all courses. Accordingly you must always enter a time that maintains the class for which you qualified in an event.

• **"No Time" entries WILL NOT be accepted.**

•Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.

•Swimmers 19 years of age and older may participate in the 17-18 division, but may not receive awards. Such swimmers must have met the listed 17-18 time standards.

•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.

**ZONE 2 ENTRY PRIORITY:** Meet entries will not be accepted any earlier than May 10<sup>th</sup>, 2014. Entries of swimmers from assigned Zone 2 teams in "good standing" postmarked or entered online by 11:59 p.m. on May 25<sup>th</sup>, will be given 1<sup>st</sup> priority acceptance. Zone 2 Teams assigned to this site: AAA, AIA, ALGA, BEAR, CDST, EBAT, EBSD, ECG, FF, HILL, MONT, MSJA, NCAL, OA, OTST, PST, SAIL, WCAB. 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.

**\*\*Note:** Swimmers who falsify their entry form by listing a team to which they are not legitimately associated will be rejected from the meet. Further, entry fees will not be refunded and they may be referred to Pacific Swimming Review Committee for disciplinary action.

**Entry Fees:** \$2.75 per individual event, plus a \$10 per swimmer participation fee. A check for the total amount must accompany each entry. Checks should be made payable to Orinda Aquatics. There are no refunds. Entries will not be accepted unless accompanied with the full fee amount.

**Option 1 – Online Meet Entries:** Deadline by 11:59, Wednesday, June 4<sup>th</sup>, 2014.

Enter online at: <http://swimconnection.com/pc/oapb2014072> to receive immediate confirmation of acceptance via email. **The "billing information" email should be brought to the meet as proof of entry.** Online entry requires payment by credit card using the secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fee. Please note that the processing fee is a separate fee from the entry fee. Online meet entry fees are paid to Swim Connection LLC. Use of this system is completely voluntary. Online Meet Entry is not required or expected by Pacific Swimming.

**Option 2 – Surface Mail Entries:** Individual Consolidated Entry Forms must be completely filled out including best long course time. 'No Time' entries will not be accepted. Entries **must** be postmarked by midnight, **Monday, June 2<sup>nd</sup>, 2014** or hand delivered, **no later than 6:00 PM, Wednesday, June 4<sup>th</sup>, 2014 to 6537 Liggett Drive Oakland, CA 94611.** NO LATE entries will be accepted. No Refunds will be made. No Faxed Entries. To confirm entry into the meet, include a self-addressed, stamped envelope or postcard with your entries.

**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 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. Swimmers who do not check-in will not be allowed to compete in the event.

**SCRATCHES:** Any swimmers 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:** Awards will be given to top 8 finishers in the following age groups: 8&u, 9-10, 11-12, 13-14, 15-16 and 17-18 age groups. "A" medals will be awarded to swimmers achieving a new "A" time regardless of place achieved in event. No awards will be given to swimmers age 19 years or older. All Individual awards must be picked up at the meet. No awards will be mailed or distributed after the meet.

**ADMISSION:** Admission is free. A two-day program will be available for a reasonable cost.

**HOSPITALITY/SNACK BAR:** Lunches and refreshments will be provided for officials and coaches only. Timers will be served snacks and drinks. A snack bar will be available.

**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
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 swimmers over 100	+1

**EVENT SUMMARY**

SATURDAY				SUNDAY			
8&under	9-10	11-12	13-18	8&under	9-10	11-12	13-18
100 Free	100 Free	100 Free	200 IM	50 Breast	100 Fly	200 IM	200 Breast
50 Back	50 Back	50 Back	200 Back	100 Back	50 Breast	50 Breast	100 Back
100 Breast	100 Breast	200 Breast	100 Breast	50 Free	100 Back	100 Back	200 Fly
50 Fly	50 Fly	50 Fly	100 Fly		50 Free	50 Free	50 Free
	400 Free	400 Free	100 Free			100 Fly	400 Free

**EVENTS**

<b>SATURDAY EVENTS</b>		
<b>GIRLS EVENT #</b>	<b>EVENTS</b>	<b>BOYS EVENT #</b>
<b>1</b>	13&up 200 IM	<b>2</b>
<b>3</b>	9-10 100 Free 8&under 100 Free	<b>4</b>
<b>5</b>	11-12 100 Free	<b>6</b>
<b>7</b>	13&up 200 Back	<b>8</b>
<b>9</b>	9-10 50 Back 8&under 50 Back	<b>10</b>
<b>11</b>	11-12 50 Back	<b>12</b>
<b>13</b>	13&up 100 Breast	<b>14</b>
<b>15</b>	11-12 200 Breast	<b>16</b>
<b>17</b>	9-10 100 Breast 8&under 100 Breast	<b>18</b>
<b>19</b>	13&up 100 Fly	<b>20</b>
<b>21</b>	11-12 50 Fly	<b>22</b>
<b>23</b>	9-10 50 Fly 8&under 50 Fly	<b>24</b>
<b>25</b>	13&up 100 Free	<b>26</b>
<b>27</b>	11-12 400 Free 9-10 400 Free	<b>28</b>

<b>SUNDAY EVENTS</b>		
<b>GIRLS EVENT #</b>	<b>EVENTS</b>	<b>BOYS EVENT #</b>
<b>29</b>	11-12 200 IM	<b>30</b>
<b>31</b>	9-10 100 Fly	<b>32</b>
<b>33</b>	13&up 200 Breast	<b>34</b>
<b>35</b>	11-12 50 Breast	<b>36</b>
<b>37</b>	9-10 50 Breast 8&under 50 Breast	<b>38</b>
<b>39</b>	13&up 100 Back	<b>40</b>
<b>41</b>	9-10 100 Back 8&under 100 Back	<b>42</b>
<b>43</b>	11-12 100 Back	<b>44</b>
<b>45</b>	13&up 200 Fly	<b>46</b>
<b>47</b>	9-10 50 Free 8&under 50 Free	<b>48</b>
<b>49</b>	11-12 50 Free	<b>50</b>
<b>51</b>	13&up 50 Free	<b>52</b>
<b>53</b>	11-12 100 Fly	<b>54</b>
<b>55</b>	13&up 400 Free	<b>56</b>

**Swimmers entering the 400 Free must provide their own timers**

Time standards are located on the Pacific Swimming Website: <http://www.pacswim.org/swim-meet-times/standards>

**Zone 2 Pacific-CBA+ Long Course Meet  
Oakland Undercurrent S.T. – June 14 & 15, 2014  
Consolidated Entry Card**

**NAME (Last, First, MI):**

LSC Code (PC, CC, SN):

CLUB ABBR:

IF UNATT  
Team Abbrev:

CLUB NAME:

AGE

DATE OF BIRTH

AMOUNT PAID

\$

**USA-S  
REG #**

SEX

Boy Girl

Age Group:

**EVENT #**

**DISTANCE/STROKE/COURSE**

**ENTRY TIME (LCM)**

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# of events \_\_\_\_\_ x \$ 2.75 = \_\_\_\_\_

Participation Fee = + \$ 10.00

Total Amount Due \_\_\_\_\_

Coach:

Swimmer's  
Address

Contact Phone #

Contact Email: