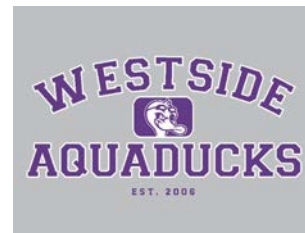


Westside Aquaducks

PACIFIC SWIMMING LONG COURSE C/B/A+ MEET

JUNE 28-30, 2013

Enter Online: <http://ome.swimconnection.com/pc/WA20130628>



SANCTION: Held under USA Pacific Swimming Sanction No. 13-055

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, of 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 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 or video recording from behind the starting block and starting areas are prohibited unless previous/prior permission to do so is granted by the Meet Referee.

OFFICIALS:

- Meet Referee:** Chuck Johnson (charles.johnson12@att.net)
- Head Starter:** Peggy Ramirez
- Meet Marshal:** Brian Vineys
- Meet Director:** Jennifer Lewis (707) 769-9030 – no calls after 8pm / meetdirector@westsideaquaducks.com

LOCATION: Petaluma Swim Center, 900 E. Washington Street, Petaluma. From US 101, exit East Washington Street; travel westbound for ¼ mile, turn left at Ellis Street. The Swim Center is visible from East Washington Street. **Please park in the parking lot section next to Washington Street (around “Java Hut”) or behind the Swim Center.**

COURSE: Outdoor 50 meter x 25 yard heated pool, with rim flow gutters and anti-turbulent lane lines. There will be up to 7 competition lanes with one or more 20 yard lanes available for warm-up/warm-down. Electronic timing will be used. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 12’ at the start end and 3’6” at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Friday’s session will begin at 5:00pm, with warm-ups from 3:30-4:45pm. Saturday and Sunday sessions will begin at 9:00am each day, with warm-ups from 7:30-8:45am.

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 one event on Friday and 4 events per day on Saturday and Sunday. All swimmers aged 12 and under should complete events 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 swimmer’s 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 given ONLY for any mandatory scratches.** All Open Events and the 1500 free may be swim fastest to slowest, may alternate heats of girls and boys, or may be swim in combined heats of girls and boys, at the discretion of the Meet Referee. **Swimmers in the 1500 Free and 800 Free must provide their own timers and lap counters. Friday’s 1500 Free is a combined girls and boys event. The first 28 entries received will be accepted for this event.**

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

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.

OPEN EVENTS: In order to enter the Open events (400 IM, 800 Free, 400 Free), swimmers must have met the minimum qualifying times listed in the Schedule of Events, or have coach verification. If the swimmer’s coach will be verifying the swimmer’s ability to achieve the minimum entry time, per Pacific Swimming Rule 4A(2), please contact the Meet Director or Meet Referee before the meet. Swimmers who have not achieved the minimum entry time, and who do not have coach verification, will not be allowed to swim the event.

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. 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, in the locker rooms, in spectator seating, on standing areas and in all areas used by swimmers, during the meet and during warm-up periods. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. No deck changing. 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. No pets are allowed on the pool deck except for working assistance animals.

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 "PC-A" time standard. Swimmers in the "B" Division must have met at least the "PC-B" time standard. All entry times slower than the "PC-B" time standard will be in the "C" Division. Entries with **"NO TIME" will be accepted, except for the 1500 and Open events.** 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. 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 FEES: \$2.75 per event, \$10.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

Make check payable to: Aquaducks, Inc.

Mail with entries to: Jennifer Lewis
Swim Meet Entries
1004 Garfield Drive
Petaluma, CA 94954

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 consolidated entry form. Entries must be postmarked by midnight, Monday, **June 17, 2013**, or hand delivered to 1004 Garfield Drive by 6:30 p.m. Wednesday, **June 19, 2013**. 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: To enter on-line go to <http://ome.swimconnection.com/pc/wa20120628> 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, **June 19, 2013**.

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: Any swimmers not reporting for or competing in an individual timed final event shall not be penalized.

AWARDS: Ribbons will be awarded to 1st through 8th place finishers in the A+, B, and C divisions, for each event and age group. 13 & Over events will be awarded as 13-14, 15-16, and 17-18 age groups. Swimmers aged 19 and over will not be awarded. "A" medals will be awarded to swimmers achieving new PC-A times swum during this meet only. Open events will not be awarded.

ADMISSION: Free. A three day program will be available for \$5.

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. Water jugs for refilling your water bottles will be available around the pool. **PLEASE BRING REFILLABLE WATER BOTTLES TO THE MEET.**

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

MINIMUM OFFICIALS RULE: One half-hour before the scheduled start of each session, the Meet Referee shall conduct an inventory of Officials, and shall compare the numbers of swimmers present against the number of Officials present representing each team. No more than 3 days after close of entries, Meet management (ref or director) shall contact a representative from each team participating, and provide a preliminary inventory.

MINIMUM OFFICIALS RULE: Each team shall, by the start of the meet, provide to the Meet Director or designee a list of Officials who have agreed to represent that team during the meet, in accordance with the following table:

*Zone 3 Pacific Swimming will include Colorado, Intermediary/ Chief Timing Judge, and Hytek-Computer

into count the of

Number of swimmers competing in meet per team:	*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	5

Officials for a session: these positions are not carded. Zone 3 Pacific Swimming will accept Trainees into the count of Officials for a session, so long as they are carded.

RECAP OF EVENTS

Friday, June 28, 2013							
8 & Under		9-10		11-12		13 & Over	
200 IM		200 IM		200 IM		1500 Free*	
				1500 Free*			
Saturday, June 29, 2013				Sunday, June 30, 2013			
8 & Under	9-10	11-12	13 & Over	8 & Under	9-10	11-12	13 & Over
400 IM*	400 IM*	400 IM*	400 IM	50 Fly	50 Fly	200 Back	200 Back
50 Breast	50 Breast	100 Back	200 Free	100 Free	100 Free	100 Free	200 IM
100 Back	100 Back	50 Breast	100 Back	100 Breast	100 Breast	50 Fly	100 Free
50 Free	50 Free	50 Free	50 Free	50 Back	50 Back	100 Breast	100 Breast
100 Fly	100 Fly	100 Fly	100 Fly	400 Free*	400 Free*	400 Free*	400 Free*
800 Free*	800 Free*	800 Free*	800 Free*				

*Minimum time standards required for entry.

Use the following URL to find the time standards: http://www.pacswim.org/page/times_standards.shtml

SCHEDULE OF EVENTS

Friday, June 28, 2013

Girls Event #	Age	Description	Boys Event #
1	12 & Under	200 IM	2
3	11 & Over*	1500 Free	3

Saturday, June 29, 2013

Girls Event #	Age	Description	Boys Event #
5	Open**	400 IM	6
7	13 & Over	200 Free	8
9	10 & Under	50 Breast	10
11	11-12	100 Back	12
13	10 & Under	100 Back	14
15	11-12	50 Breast	16
17	13 & Over	100 Back	18
19	10 & Under	50 Free	20
21	11-12	50 Free	22
23	13 & Over	50 Free	24
25	10 & Under	100 Fly	26
27	11-12	100 Fly	28
29	13 & Over	100 Fly	30
31	Open***	800 Free	32

Sunday, June 30, 2013

Girls Event #	Age	Description	Boys Event #
33	11 & Over	200 Back	34
35	10 & Under	50 Fly	36
37	11-12	100 Free	38
39	13 & Over	200 IM	40
41	10 & Under	100 Free	42
43	11-12	50 Fly	44
45	13 & Over	100 Free	46
47	10 & Under	100 Breast	48
49	11 & Over	100 Breast	50
51	10 & Under	50 Back	52
53	Open****	400 Free	54

*Minimum standard Girls 25:48.79 /Boys 26:00.89

**Minimum standard Girls 7:21.69 /Boys 7:27.09

***Minimum standard Girls 13:24.69 /Boys 13:19.89

****Minimum standard Girls 6:29.69 /Boys 6:28.09

Use the following URL to find the current time standards: http://www.pacswim.org/page/times_standards.shtml

Pacific Swimming – Westside Aquaducks C/B/A+ June 28-30, 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				
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						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$2.75 = \$ _____ EVENT Participation Fee 10.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						