

Pleasanton Seahawks  
Zone 2 Long Course PC-C/B/A+  
July 27-28, 2013  
ENTER ONLINE AT: <https://ome.swimconnection.com/pc/pls20130727>



PACIFIC  
SWIMMING



**SANCTION:** Held under USA/Pacific Swimming Sanction No. 13-121

*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, web casting, television, psych sheets and live meet results.

**OFFICIALS:** Meet Referee: Clint Benton      Head Starter: Joseph Doan      Meet Marshal: Tim Sproul  
Meet Director: Simon Lee ([meetchief@pleasantonseahawks.org](mailto:meetchief@pleasantonseahawks.org)) / (925) 786-1684

**LOCATION:** Dolores Bengtson Aquatic center, 4455 Black Avenue, Pleasanton, CA 94588.

**DIRECTIONS:** From I-580 Santa Rita exit. Drive south for about two miles to Black Avenue. Turn right onto Black Avenue. Aquatic center is on your right after approximately ¼ mile.

**PARKING:** **Carpooling is suggested.** Limited general parking is available in the lot in front of the pool. Limited parking is available on adjacent streets. PARKING AT THE CHURCH, PAC BELL AND POST OFFICE PARKING LOTS ACROSS THE STREET, OR IN ANY LOT OR AREA POSTED AS "NO UNAUTHORIZED PARKING" WILL RESULT IN CITATIONS AND POSSIBLE TOWING. Parking for working Officials and coaches will be available in the parking lot behind the pool. Officials and Coaches using the lot must be prepared to show valid USA Swimming credentials to gain access. Overflow parking will be available at the Alisal Elementary School and the Amador High School parking lots on Santa Rita Road. No overnight parking or R.V. parking is allowed

**COURSE:** Outdoor, heated pool – 50 meters by 25 yards. Due to the construction at the pool, we will have seven lanes available for competition and up to two lanes available for warm up. We will run double-ended if entries warrant it. Locker rooms with showers are available. Electronic timing system will be used. The minimum water depth, measured in accordance with Article 103.2.3 is 4 feet at the start end and 4 feet at the turn end. Equipment shall be installed so that it will not interfere with swimmers start, turns or finish and the normal overflow functions of the pool water recirculation system. All deck level wiring shall carry no more than 12Volts AC. The competition course has been certified in accordance with 104.2.2C(4). The copy of the certification is on file with USA Swimming.

**TIME:** Meet begins at 9:00 A.M. each day. General warm-ups begin at 7:30 A.M and end at 8:45 A.M Special extended warm-ups from 8:45-8:55 for 8-un swimmers only.

**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, **and will be swum from fastest to slowest.**
- Swimmers may compete in a maximum of four (4) individual 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 swimmer's age and gender.**
- If local conditions warrant it, the Meet Referee with the concurrence of the meet director, may require mandatory scratch down. A refund will be issued in the event of a mandatory scratch.
- All events are timed finals.
- All coaches and deck officials must wear their USA swimming (USA-S) membership cards in a visible manner.** All coaches are required to sign in at the pool entrance and present their 2013 registration card. Coaches listed on the "Expired" list, or who have no card and do not show up on the "Registered" list, will not be permitted to coach their swimmers on the deck.

**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 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 USA-S Club Member-Coach.

**RACING STARTS:** Any swimmer entered in the meet, needs to be certified by a USA Swimming member coach as being proficient in performing a racing start, or must start each race from within 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 meet warm up periods.
- Sale and the use of alcoholic beverages are 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 heaters, containers or similar devices including gas powered generators other than those provided for the snack bar or meet operations are allowed in any areas of the meet venue.
- Except where venue facilities require otherwise, changing into or out of swimsuit other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

**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.

**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 listed "PC-B" time standard will be in the "C" Division.
- "NO TIME ENTRIES" 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.
- Swimmers 19 years of age and older may participate in the 13-18 age group events, but will not receive awards.
- 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.

**ENTRY PRIORITY:** All entries from Zone 2 Teams in good standing postmarked, or entered online; by **11:59 p.m. Monday, July 8, 2013** will be opened and given priority acceptance. All other 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.

**ENTRY FEES:** Individual Entries: \$2.75 per event, plus a \$10.00 participation fee.

**ENTRIES:** Two options are available for meet entry.

**OPTION 1: Online Entries:** Go to <https://ome.swimconnection.com/pc/pls20130727> and follow entry instructions. You will receive confirmation of acceptance into the meet at time of payment. **This confirmation should be brought to the meet as proof of entry.** Swim Connection, LLC charges a processing fee for this service of \$1 per swimmer, plus 5% of the entry fees. The processing fee is a separate fee from the meet entry fee. Entering online is a convenience, is completely voluntary, and is in no way required or expected of a swimmer by Pacific Swimming. Online entries deadline, Wednesday, 11:59 pm July 17, 2013

**OPTION 2: 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 in yards.

Entries must be postmarked by Monday, July 15, 2013, or hand delivered to the address below no later than 6:00 pm, Wednesday, July 17, 2013. No late entries will be accepted. No refunds will be made, except for mandatory scratches.

**Make check payable to:** Pleasanton Seahawks

**Mail:** Checks should be mailed or delivered by hand along with the attached consolidated entry form to:

PLS Swim Meet  
 C/o Sharon Peck  
 4209 Waycross Court  
 Pleasanton, CA 94566

**CHECK-IN:** The meet will be deck seeded. Swimmers must check in at the clerk of the course. Check in will open at 7:30 A.M. each morning. 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 for an event will not be allowed to swim in that 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:** Ribbons will be awarded for 1<sup>st</sup>-8<sup>th</sup> place in "A", "B" and "C" divisions. Standard "A" medals will be given in each event to all swimmers for NEW "A" times achieved, regardless of the place achieved in the event. Awards will be given out in the following age groups: 8 and under, 9-10, 11-12, 13-14, 15-18. Awards must be collected before the end of the meet. They will not be mailed.

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

**HOSPITALITY & SNACK BAR:** Lunch will be provided for coaches and meet officials. Timers will be provided with refreshments and light snacks. A full snack bar will be in operation during the meet.

**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 on a given 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
Every 20 swimmers over 100	1+

**EVENTS SUMMARY:**

	8&U	9-10	11-12	13-14	15-18
<b>SATURDAY</b>		200 Free	200 Free	200 Free	200 Free
	100 Free	50 Breast	100 Back	200 Breast	200 Breast
	50 Breast	100 Back		100 Back	100 Back
	50 Back	100 Free	100 Free	100 Free	100 Free
			400 IM	400 IM	400 IM
<b>SUNDAY</b>	<b>8&amp;U</b>	<b>9-10</b>	<b>11-12</b>	<b>13-14</b>	<b>15-18</b>
		200 IM	100 IM	200 IM	200 IM
	50 Free	50 Free	50 Free	50 Free	50 Free
	50 Fly	100 Fly	100 Fly	100 Fly	100 Fly
			50 Breast	100 Breast	100 Breast
	400 Free	400 Free	400 Free	400 Free	

**EVENTS:**

<b>SATURDAY, JULY 27, 2013</b>			
<b>Girls Event Number</b>	<b>Age Group</b>	<b>Event</b>	<b>Boys Event Number</b>
1	11&12	200 Free	2
3	13-18	200 Free	4
5	9&10	200 Free	6
7	8&U	100 Free	8
9	13-18	200 Breast	10
11	9&10	50 Breast	12
13	8&U	50 Breast	14
15	11&12	100 Back	16
17	13-18	100 Back	18
19	9&10	100 Back	20
21	8&U	50 Back	22
23	11&12	100 Free	24
25	13-18	100 Free	26
27	9&10	100 Free	28
29	11&12	400 IM	30
31	13-18	400 IM	32

**The 400 IM will be seeded fastest to slowest alternating girls and boys' heats.  
Swimmers entered in the 400 IM must provide their own timers.**

<b>SUNDAY, JULY 28, 2013</b>			
<b>Girls Event Number</b>	<b>Age Group</b>	<b>Event</b>	<b>Boys Event Number</b>
33	11&12	100 IM	34
35	13-18	200 IM	36
37	9&10	200 IM	38
39	11&12	50 Free	40
41	13-18	50 Free	42
43	9&10	50 Free	44
45	8&U	50 Free	46
47	11&12	100 Fly	48
49	13-18	100 Fly	50
51	9&10	100 Fly	52
53	8&U	50 Fly	54
55	11&12	50 Breast	56
57	13-18	100 Breast	58
59	9&10	400 Free	60
61	11&12	400 Free	62
63	13-18	400 Free	64

**The 400 Free will be swum fastest to slowest alternating girls and boys' heats.  
Swimmers entered in the 400 Free must provide their own timers.**

Time standards may be found at: [www.pacswim.org/page/times\\_standards.shtml](http://www.pacswim.org/page/times_standards.shtml)

<b>Pacific Swimming - Hosted by Pleasanton Seahawks</b> <b>C/B/A+ Meet</b> <b>July 27-28, 2013</b> <b>Entry Form</b>															
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						
					: .				LCM/SCY						
					: .				LCM/SCY						
					: .				LCM/SCY						
					: .				LCM/SCY						
					: .				LCM/SCY						
					: .				LCM/SCY						
					: .				LC/SCY						
					: .				LC/SCY						
					: .				LC/SCY						
<div style="text-align: right; margin-right: 20px;"> # of entries ___ x \$2.75 =                   \$  Participation Fee =                   +   \$10  Total   \$ </div>															
Coach:															
Swimmer's Address:															
Contact Phone #:								Email Address:							