

ELLIS AQUATICS "PENGUIN PLUNGE"
PACIFIC SWIMMING SHORT COURSE C/B/BB+
SEPTEMBER 22 – 23, 2018

Enter Online: <https://ome.swimconnection.com/pc/EAPC20180922>



SANCTION: Held under USA/Pacific Swimming Sanction No. **18-121**

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. It is further understood that Pacific Swimming, and Ellis Aquatics shall be free and held harmless 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 AND 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 devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass 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: Mike McCombs* *Meet Marshal: Clayton Basepayne*
 Head Starter: Bob Ritter *Admin Official: Dave Cottam*
 Meet Director: Candy Windschitl (209) 815-7250 candyw@comcast.net

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

DIRECTIONS: **Direction from Bay Area:** Take I-580 E to Tracy. Take exit 6 to I-205 East. Turn right onto Grant Line Rd. Turn right onto Corral Hollow Rd. Turn left onto W. Lowell. Turn left at West High School (Next light). Pool is located at the end of the parking lot between the football field and school gym. **Directions from Valley:** Take I-205 to Tracy. Take exit 8 Tracy Blvd make left and continue on Tracy Blvd South. Make a right on W. Lowell Ave. Make a right at the West High School light. Pool is located at the end of the parking lot between the football field and school gym.

COURSE: OUTDOOR 25 YARD pool with up to ten (10) lanes available for competition. An additional eight (8) lanes 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 7'0" at the start end and 7'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Meet will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. A special warm-up time for 8 and under athletes only will be held from 8:45 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.
 - All events will swim fast to slow.
 - Athletes may compete in five (5) events per day.
 - All athletes 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 athletes' age and gender.
 - If local conditions warrant, 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 athletes entered in the 500 Free shall provide their own timers and lap counters. All athletes entered in the 400 IM shall provide their own timers. Minimum time standard 400IM (Girls-6:28.59/Boys-6:20.09). Minimum time standard for the 500 Freestyle (Girls-8:30.49/Boys-8:22.79). These events shall be swum alternating heats of girls and boys or seeded combining girls and boys.
 - All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

UNACCOMPANIED ATHLETES: Any USA Swimming 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 Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the athlete or the athlete's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the athlete 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 Swimming Club Member-Coach.

RACING STARTS: Any athlete entered in the meet must 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. When unaccompanied by a member-coach, it is the responsibility of the athlete or the athlete'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, in standing areas and in all areas used by athletes, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages are prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meets operations.
- All shelters must be properly secured.
- Changing into or out of swimsuits other than in locker rooms or designated areas is prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

ELIGIBILITY:

- Athletes must be current members of USA Swimming 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 athlete with the registration and times database. The meet host will check all athlete 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.
- Athletes in the "BB+" Division must have met at least the listed "BB" for their age group and gender. Athletes in the "B" Division must have met at least the listed "B" minimum time standard. All entries times slower than the listed "B" time standard will be in the "C" Division.
- Athletes must have met the minimum USA-S Motivational "B" time standard for their age and gender in all events entered. 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.
- **Entries with "NO TIME" will be accepted for all events except the 500 Free and 400 IM (See Rules).**
- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such athletes must have met standards for the 17-18 age group.
- The athlete's age will be the age of the athlete on the first day of the meet.

ENTRY PRIORITY: Meet entries will not be accepted any earlier than **August 14, 2018**. Entries from members of Zone 2 clubs postmarked or entered online by 11:59 PM on **August 22, 2018** will be given 1st priority acceptance. Entries from members of all Zone 2 clubs postmarked or entered online between 12:00 AM **August 22, 2018**, and 11:59 PM **September 12, 2018** will be given 2nd priority acceptance. 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: Athletes who falsify their entry form by listing a club 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 the Pacific Swimming Review Committee for disciplinary action.**

ENTRY FEES: \$4.00 per event plus an \$8.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch-downs.

ONLINE ENTRIES: To enter online go to <https://ome.swimconnection.com/pc/EAPC20180922> 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 athlete 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 an athlete by Pacific Swimming.** Online entries will be accepted through Wednesday, **September 12, 2018**, or until the meet has reached capacity, whichever comes first.

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athlete’s best time. Entries must be postmarked by midnight, Monday, **September 10, 2018** or hand delivered by 6:30 PM, Wednesday, **September 12, 2018**. No late entries will be accepted. No entries received after the meet has reached capacity will be accepted. No refunds will be made, except mandatory scratch-downs. Requests for confirmation of receipt of entries should include a self-addressed, stamped envelope.

Make check payable to: Ellis Aquatics
Mail entries to: Candy Windschitl
1171 Williams Ct.
Manteca, CA 95337

Hand deliver entries to: Candy Windschitl
1171 Williams Ct.
Manteca, CA 95337

CHECK-IN: The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for all individual events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check-in will not be seeded and will not be allowed to compete in that event.

SCRATCHES: Any athletes not reporting for or competing in an individual timed final event shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

AWARDS: AWARDS: First through eighth places in each division (C, B & BB+) will be awarded for the 9-10, 11-12, and 13-14 age groups. First through eighth place in each division (PC-C, PC-B, and PC-A) will be awarded for the 8 & under age group. All athletes achieving an A time for the first time will be awarded a standard A medal, regardless of place achieved in the event. No awards will be given for athletes 15 years of age and older. Note: Individual awards must be picked up at the meet. We will not mail or distribute awards after the meet.

ADMISSION: Free. A program will be available for \$3.00

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. 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.

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

| Number of athletes entered in meet per club 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 Athletes over 100 | +1 |

EVENT SUMMARY

| SATURDAY | | | | SUNDAY | | | |
|---------------|--------|--------|---------|----------------|--------|--------|---------|
| 8 & UN | 9-10 | 11-12 | 13 & Up | 8 & UN | 9-10 | 11-12 | 13 & Up |
| 25 FL | 200 IM | 200 IM | 200 IM | 50 BR | 50 BR | 100 BR | 200 BR |
| 25 BR | 100 BR | 100 FL | 200 FL | 50 BK | 100 BK | 200 BK | 100 BK |
| 25 BK | 50 BK | 50 BK | 200 BK | 100 I.M. | 50 FL | 200 FL | 100 FL |
| 25 FR | 100 FR | 200 BR | 100 BR | 50 FL | 200 FR | 200 FR | 200 FR |
| 100 FR | 500 FR | 100 FR | 100 FR | 50 FR | 50 FR | 50 FR | 50 FR |
| 9 & Up 500 FR | | | | 11 & Up 400 IM | | | |

Minimum time standard 400 IM (Girls-6:28.59/Boys-6:20.09). Minimum time standard for the 500 Freestyle (Girls-8:30.49/Boys-8:22.79). Athletes in the 500 Freestyle must provide their own times and lap counters and 400 IM must provide their own timers.

EVENTS

| September 22, 2018 | | |
|--------------------|--------------------|---------|
| EVENT | EVENT | EVENT # |
| 1 | 13 & Up 200 I.M. | 2 |
| 3 | 11-12 200 I.M. | 4 |
| 5 | 9-10 200 I.M. | 6 |
| 7 | 8-UN 25 Fly | 8 |
| 9 | 13 & Up 200 Fly | 10 |
| 11 | 11-12 100 Fly | 12 |
| 13 | 9-10 100 Breast | 14 |
| 15 | 8-UN 25 Breast | 16 |
| 17 | 13 & Up 200 Back | 18 |
| 19 | 11-12 50 Back | 20 |
| 21 | 9-10 50 Back | 22 |
| 23 | 8-UN 25 Back | 24 |
| 25 | 13 & Up 100 Breast | 26 |
| 27 | 11-12 200 Breast | 28 |
| 29 | 8-UN 25 Free | 30 |
| 31 | 9-10 100 Free | 32 |
| 33 | 13 & Up 100 Free | 34 |
| 35 | 11-12 100 Free | 36 |
| 37 | 8-UN 100 Free | 38 |
| 39 | 9 & Up 500 Free | 40 |

| September 23, 2018 | | |
|--------------------|--------------------|---------|
| EVENT | EVENT | EVENT # |
| 41 | 13 & Up 200 Breast | 42 |
| 43 | 8-UN 50 Breast | 44 |
| 45 | 11-12 100 Breast | 46 |
| 47 | 9-10 50 Breast | 48 |
| 49 | 8-UN 50 Back | 50 |
| 51 | 13 & Up 100 Back | 52 |
| 53 | 11-12 200 Back | 54 |
| 55 | 9-10 100 Back | 56 |
| 57 | 8 & UN 100 I.M. | 58 |
| 59 | 13 & Up 100 Fly | 60 |
| 61 | 11-12 200 Fly | 62 |
| 63 | 9-10 50 Fly | 64 |
| 65 | 8-UN 50 Fly | 66 |
| 67 | 13 & Up 200 Free | 68 |
| 69 | 11-12 200 Free | 70 |
| 71 | 9-10 200 Free | 72 |
| 73 | 13 & Up 50 Free | 74 |
| 75 | 11-12 50 Free | 76 |
| 77 | 9-10 50 Free | 78 |
| 79 | 8-UN 50 Free | 80 |
| 81 | 11 & Up 400 I.M. | 82 |

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

Minimum time standard 400 IM (Girls-6:28.59/Boys-6:20.09). Minimum time standard for the 500 Freestyle (Girls-8:30.49/Boys-8:22.79). Athletes in the 500 Freestyle must provide their own times and lap counters and 400 IM must provide their own timers.

| Pacific Swimming – Hosted by EA C/B/BB+ MEET Sept. 22 & 23, 2018 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 | | | |
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| | | | | | | | : . | | | SCY / LCM | | | |
| | | | | | | | : . | | | SCY / LCM | | | |
| # of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____ | | | | | | | | | | | | | |
| Coach | | | | | | | | | | | | | |
| Athlete's Address | | | | | | | | | | | | | |
| Home Phone | | | | | | | Cell Phone | | | | | | |
| Email | | | | | | | | | | | | | |