

EAST BAY SIVLER DOLPHINS  
PACIFIC SWIMMING SHORT COURSE C/B/BB MEET  
SEPTEMBER 17-18, 2016  
ENTER ONLINE: <http://ome.swimconnection.com/pc/EBSD20160917>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **16-121**

*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, video, web casting, television, psych sheets and live meet results. **The results of this meet may be posted in real time on the Internet.**

**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: Peter McNamara*                      *Head Starter: Amy Allington*  
*Meet Marshal: Rudy Cristobal*                      *Admin Official: Eric Fetterman*  
*Meet Director: Dionne Dunn (510)685-0150 / [ajjdunn@aol.com](mailto:ajjdunn@aol.com)*

**LOCATION:** Hercules Swim Center, 2001 Refugio Valley Rd., Hercules, Ca. 94547

**DIRECTIONS:** **Directions from Interstate 80 West** - Take the Hercules Exit; left onto San Pablo Ave.; left onto Sycamore Ave.; right onto Refugio Valley Rd. for approx. 1.5 mi. We are located on the left hand side at 2001 Refugio Valley (across from Hercules Middle High School). **Directions from Interstate 80 East** - Take the Hercules Exit; left on Sycamore Ave.; right onto Refugio Valley Rd. for approx. 1.5 mi. We are located on the left hand side 2001 Refugio Valley (across from Hercules Middle High School). **Directions from Highway 4** - Take San Pablo Ave. Exit; left onto San Pablo Ave.; left onto Sycamore Ave.; right onto Refugio Valley Rd. for approx. 1.5 mi. We are located on the left hand side 2001 Refugio Valley (across from Hercules Middle High School).

**COURSE:** Outdoor 25 yard competition pool with up to 6 lanes available for competition. An additional 5 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 5'6" at the start end and 11'0" 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 8:45-8:55AM.

**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 4 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 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.**

**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, on standing areas and in all areas used by athletes, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages is 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/meet operations.
- All shelters must be properly secured.
- Changing into or out of swimsuits other than in locker rooms or other 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. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.

**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" time standard. Athletes in the "B" Division must have met at least the listed "B" time standard. All entry times slower than the listed "B" time standard will be in the "C" Division. For 8&U, athletes in the "A" division must have met at least the listed "A" time standard.
- Entries with "**NO TIME**" will be **ACCEPTED**.
- 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 17, 2016. Entries from members of all Zone 2 teams in "good standing" (year round and seasonal) postmarked or entered online between 12:00 am August 17, 2016 and August 24, 2016 will be given 1<sup>st</sup> priority acceptance. All entries from Zone 2, all other Pacific LSC Zones and other LCS's, either postmarked, entered online or hand delivered by the entry deadline will be considered in the order that they are received.

**\*\* NOTE:** Athletes –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 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.

Relay Team Fees \$9.00 per relay team. Athletes must be entered in the meet to participate in relays. All relays will be deck seeded and entries and fees must be received on Saturday, September 17, and, Sunday, September 18 before 11:00 AM to the clerk of the course or meet director. MAKE CHECKS PAYABLE TO: "EAST BAY SILVER DOLPHINS" or "EBSD"

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/EBSD20160917> 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 Saturday September 10, 2016 at 11:59 p.m.

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with the athlete's best time. Entries must be postmarked by midnight, Thursday September 8, 2016 or hand delivered by 6:30 p.m. Friday September 9, 2016. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: East Bay Silver Dolphins**  
**Mail or Hand Deliver entries to: Dionne Dunn**  
**244 Cinnabar Way**  
**Hercules, Ca. 94547**

**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:** The first 8 places will be awarded for 9-10, 11-12, 13-14, 15-16, 17-18 age groups in each division (C/B/BB). 8 & U will be awarded in each division (PC-A, PC-B, and PC-C). 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 19 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 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 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	13-18	8 & UN	9-10	11-12	13-18
100 Free	200 Free	200 Free	200 Free	100 IM	100 IM	100 IM	200 IM
25 Fly	25 Fly*	50 Fly	50 Fly*	50 Fly	50 Fly	100 Fly	100 Fly
50 Breast	50 Breast	100 Breast	100 Breast	25 Breast	25 Breast*	50 Breast	50 Breast*
50 Free	50 Free	50 Free	50 Free	25 Free	100 Free	100 Free	100 Free
50 Back	50 Back	100 Back	100 Back	25 Back	25 Back*	50 Back	50 Back*
100 Medley Relay* (Mixed)		200Medley* Relay(Mixed)	200Medley* Relay(Mixed)	100 Free Relay* (Mixed)		200Free* Relay(Mixed)	200Free* Relay(Mixed)

\*These events are not recognized by USA-S/PC and will not be awarded

EVENTS

Saturday September 17, 2016			Sunday September 18, 2016		
EVENT #	EVENT	EVENT #	EVENT #	EVENT	EVENT #
1	15-18 200 Free	2	53	15-18 200 IM	54
3	13-14 200 Free	4	55	13-14 200 IM	56
5	11-12 200 Free	6	57	11-12 100 IM	58
7	9-10 200 Free	8	59	9-10 100 IM	60
9	8 & U 100 Free	10	61	8 & U 100 IM	62
11	13-18 50 Fly*	12	63	15-18 100 Fly	64
13	11-12 50 Fly	14	65	13-14 100 Fly	66
15	9-10 25 Fly*	16	67	11-12 100 Fly	68
17	8 & U 25 Fly	18	69	9-10 50 Fly	70
19	15-18 100 Breast	20	71	8 & U 50 Fly	72
21	13-14 100 Breast	22	73	13-18 50 Breast*	74
23	11-12 100 Breast	24	75	11-12 50 Breast	76
25	9-10 50 Breast	26	77	9-10 25 Breast*	78
27	8 & U 50 Breast	28	79	8 & U 25 Breast	80
29	15-18 50 Free	30	81	15-18 100 Free	82
31	13-14 50 Free	32	83	13-14 100 Free	84
33	11-12 50 Free	34	85	11-12 100 Free	86
35	9-10 50 Free	36	87	9-10 100 Free	88
37	8 & U 50 Free	38	89	8 & U 25 Free	90
39	15-18 100 Back	40	91	13-18 50 Back*	92
41	13-14 100 Back	42	93	11-12 50 Back	94
43	11-12 100 Back	44	95	9-10 25 Back*	96
45	9-10 50 Back	46	97	8 & U 25 Back	98
47	8 & U 50 Back	48	99	10 & U 100 FR Relay* (Mixed)	
49	10 & U 100 Med. Relay* (Mixed)		100	11-12 200 FR Relay* (Mixed)	
50	11-12 200 Med. Relay* (Mixed)		101	13-18 200 FR Relay* (Mixed)	
51	13-18 200 Med. Relay* (Mixed)				

\*These events are not recognized by USA-S/PC and will not be awarded

\*\* FOR SEEDING PURPOSES, 9-10 ages enter your 50 yard time for that stroke, 13-18 ages enter your 100 yard time for that stroke

**Note:** Relays may be “mixed” gender within an age group. A relay may be composed of any combination of female and male swimmers, or may be composed of completely of one gender (all female or all male) of swimmers. Relay events are entered by coaches submitting relay cards on the day the relays are due to be swum and not by individuals.

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

Pacific Swimming – Hosted by EBSD Short Course C/B/BB+ Meet September 17-18 2016 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													