

**Montclair Swim Team**  
**PACIFIC SWIMMING ZONE TWO SHORT COURSE 14 & UNDER RELAY MEET**  
**Sunday, May 15, 2016**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **16-064**

*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 at <http://www.pacswim.org>.**

**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:**

<b>Meet Referee:</b> Peter McNamara	<b>Head Starter:</b> Amy Alington
<b>Meet Marshal:</b> Leslie Dougherty	<b>Admin Official:</b> Lisa Kaplan and David Benjamin
<b>Meet Director:</b> Lesley Podesta, <a href="mailto:lesley@chezpodesta.com">lesley@chezpodesta.com</a> , 510-508-3509	

**LOCATION:** Soda Aquatic Center at Campolindo High School, 300 Moraga Road, Moraga, California.

**DIRECTIONS:** From Highway 24 westbound – take Central Lafayette exit, turn right on Deer Hill Rd., right on First St., right on Mount Diablo Blvd., left on Moraga Rd., and right on Campolindo Dr. From Highway 24 eastbound – take Orinda exit, right on Moraga Way, left on Glorietta Blvd., right on Rheem Blvd., left on Moraga Rd., left on Campolindo Dr. Pool is located behind high school. Parking lot is located on left. Do not park where “No Parking” or “Permit Parking Only” signs are posted. There is absolutely no parking anywhere on or along the fire road that leads from the parking lot to the swimming pool. You will be ticketed or towed. No parking is allowed in Carroll Ranch, where the streets are privately-owned.

**COURSE:** Outdoor 25-yard x 50 meter pool with up to 16 lanes for competition. A separate warm-up pool will be available. The minimum water depth as measured in accordance with article 103.2.3 is 10’ on the west end and 7’ on the east end of the competition pool. The competition course has been certified in accordance with article 104.2.2C(4). The copy of such certification is on file with USA Swimming.

**TIME:** Meet begins at 9:00 a.m. General warm-ups begin at 7:30 a.m. and end at 8:45 a.m. Special extended warm-up from 8:45-8:55 a.m. for 8-UN athletes 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-Course.
- All events are timed finals.
- All events will swim fast to slow.
- Entries will be accepted until the number of splashes exceeds the estimated time line, per the “Four-Hour Rule,” based on the athlete’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 by removing one or more set(s) of relays. Refunds will be mailed to participating teams within two weeks.
- The meet will be closed when a club entry received pushes the total number of athletes over 500; later clubs’ entries will be returned.
- **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-S 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-S 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-S 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 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.
- 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.
- The athlete's age will be the age of the athlete on the first day of the meet.
- Athletes must be 14 and under.

**ENTRY PRIORITY:** Meet entries will not be accepted any earlier than **April 10, 2016**. Entries from members of "year round" Zone 2 teams postmarked or entered online by 11:59 p.m. on **April 17, 2016** will be given 1<sup>st</sup> priority acceptance. Entries from members of all Zone 2 teams (year round and seasonal) postmarked or entered online between 12:00 am **April 17, 2016** and 11:59 pm **April 24, 2016** will be given 2<sup>nd</sup> 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: Each unregistered athlete must come with (1) a completed USA Swimming registration form and (2) a check for \$83 made payable to "Pacific Swimming" or cash.**

**\*\* NOTE: Athletes who falsify their entry from 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:** \$9.00 per relay event plus an \$8.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. Refunds will not be given for "no-shows" or for entered relays that do not swim. No refunds will be made, except mandatory scratch downs.

**ENTRIES:** Entries for each club must come in a single package on the attached Consolidated Athlete Entry Form and Event entry form. Please photocopy the consolidated athlete entry form before completing if you will need to enter more than 25 athletes. Forms must be filled out completely and printed clearly with specified information for all participating athletes in advance. **Neither athletes nor relays may be added after the entry deadline.** Entry times are not required. Entries may be submitted by mail or hand delivery.

Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athlete names. Entries must be postmarked by Monday, **May 2, 2016** or hand delivered by 6:30 p.m. Wednesday, **May 4, 2016**. 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, stamped envelope.

**Make check payable to: Montclair Swim Team**

**Mail/hand deliver entries to: Lesley Podesta  
3724 Balfour Avenue  
Oakland, CA 94610  
510-508-3509**

**SEEDING:** The following priority will be used to approximate fastest-to-slowest order for the seeding of each event:

1. "A" relays from clubs with subordinate entries
2. "A" relay solo entries
3. "B" relays from clubs with subordinate entries
4. "B" relay solo entries
5. Etc...

**CHECK-IN:** The meet will be pre-seeded. Individual athletes need not check in unless they need to register. Coaches, however, must pick up their relay cards before the start of the meet in order to include names.

**SCRATCHES:** Relay teams that must withdraw from an event after it is seeded are requested to inform the referee immediately.

**AWARDS:** The events will be scored 1st through 8th places. Points will be given as follows: 18-14-12-10-8-6-4-2. Distinctive awards will be given for 1st through 3rd in each event. Club trophies will be awarded for 1st through 3rd places based on total points.

**ADMISSION:** Free. A program will be available for a reasonable price. Program will be posted at several locations at the venue and copies will be handed out to coaches.

**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.

<b>Number of athletes entered in meet per club per day</b>	<b>Number of trained and carded officials required</b>
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 Athletes over 100	+1

### EVENT SUMMARY

<b>8-Under</b>	<b>9-10</b>	<b>11-12</b>	<b>13-14</b>
100 Medley Relay	200 Medley Relay	200 Medley Relay	400 Medley Relay
100 Free Relay	200 Free Relay	200 Free Relay	400 Free Relay
100 Fly Relay*	200 Fly Relay*	200 Fly Relay*	200 Fly Relay*
100 Breast Relay*	200 Breast Relay*	200 Breast Relay*	200 Breast Relay*
200 Free-Back Relay*□	200 Free-Back Relay*□	200 Free-Back Relay*□	200 Free-Back Relay*□
100 Dolphin Relay*❖	100 Dolphin Relay*❖	100 Dolphin Relay*❖	100 Dolphin Relay*❖
Age Progressive 250 Free Relay	Age Progressive 250 Free Relay	Age Progressive 250 Free Relay	Age Progressive 250 Free Relay

\* Indicates "Mixed" Relay allowed. This is any combination of boys and girls within an age group, including 4 boys or 4 girls.

□ "Free-Back" indicates each athlete does freestyle the first 25 yards, then backstroke the next 25 yards. A flip-turn is permitted.

❖ For the dolphin relay, the first athlete MUST begin from a backstroke start. The next three must begin from a dive. Only a breaststroke arm stroke is allowed when breathing. There is no limit to the distance each athlete may go underwater.

Age progressive relay will be swum as: 8-Under 25 yards; 10-under 50 yards; 12-under 75 yards; 14-under 100 yards

## EVENT ENTRY FORM

**Club:** \_\_\_\_\_ **Club Code:** \_\_\_\_\_ **Zone:** \_\_\_\_\_

Event	Age Group	Gender	Yards	Stroke	# of teams entered
1	8-under	Girls	100	Medley	
2	8-under	Boys	100	Medley	
3	9-10	Girls	200	Medley	
4	9-10	Boys	200	Medley	
5	11-12	Girls	200	Medley	
6	11-12	Boys	200	Medley	
7	13-14	Girls	400	Medley	
8	13-14	Boys	400	Medley	
9	8-under	Girls	100	Free	
10	8-under	Boys	100	Free	
11	9-10	Girls	200	Free	
12	9-10	Boys	200	Free	
13	11-12	Girls	200	Free	
14	11-12	Boys	200	Free	
15	13-14	Girls	400	Free	
16	13-14	Boys	400	Free	
17	8-under	Mixed*	100	Fly	
18	9-10	Mixed*	200	Fly	
19	11-12	Mixed*	200	Fly	
20	13-14	Mixed*	200	Fly	
21	8-under	Mixed*	100	Breast	
22	9-10	Mixed*	200	Breast	
23	11-12	Mixed*	200	Breast	
24	13-14	Mixed*	200	Breast	
25	8-under	Mixed*	200	Free-Back	
26	9-10	Mixed*	200	Free-Back	
27	11-12	Mixed*	200	Free-Back	
28	13-14	Mixed*	200	Free-Back	
29	8-under	Mixed*	100	Dolphin	
30	9-10	Mixed*	100	Dolphin	
31	11-12	Mixed*	100	Dolphin	
32	13-14	Mixed*	100	Dolphin	
33	8-under 10-under 12-under 14-under	Girls	25 50 75 100	Age Progressive Free	
34	8-under 10-under 12-under 14-under	Boys	25 50 75 100	Age Progressive Free	

\*Indicates "Mixed" Relay allowed. This is any combination of boys and girls within an age group, including 4 boys or 4 girls

## CONSOLIDATED ATHLETE ENTRY FORM

Total Number of Relay Teams (from previous page)	1)
Total Relay Entry Fee (box 1 x \$9.00)	2)
Total Athletes' Entry Fee (Total # of athletes entered x \$8.00)	3)
Total Fees to be Paid (box 2 + box 3)	Total

**(Photocopy before completing if you will be entering more than 25 athletes)**

**Club:** \_\_\_\_\_ **Club Code:** \_\_\_\_\_

**Coach:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

\*IF ATHLETE IS NOT REGISTERED ENTER THE SWIMMER'S BIRTHDATE

No.	Age	Last Name, First Name, Middle Initial	M/F
1	/26		
2	/27		
3	/28		
4	/29		
5	/30		
6	/31		
7	/32		
8	/33		
9	/34		
10	/35		
11	/36		
12	/37		
13	/38		
14	/39		
15	/40		
16	/41		
17	/42		
18	/43		
19	/44		
20	/45		
21	/46		
22	/47		
23	/48		
24	/49		
25	/50		

**Total "Athletes Entry Fee" (same as box 3 above) = [ #Athletes x \$8.00 per athlete ] = \$ \_\_\_\_\_**