

MONTCLAIR SWIMMING
PACIFIC SWIMMING/ZONE 2 14-UNDER SHORT COURSE PENTATHLON MEET
SUNDAY, JUNE 4, 2017
Enter Online: <https://ome.swimconnection.com/PC/mont20170604>



SANCTION: Held under USA/Pacific Swimming Sanction No. **17-071**

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.

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.

MEET PERSONNEL:

Meet Referee: David Benjamin	Head Starter: Amy Allington
Meet Marshal: Leslie Dougherty	Admin Official: Lisa Kaplan
Meet Director: Lesley Podesta, Lesley@chezpodesta.com , 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 8 lanes available for competition. Separate 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 10’ on the west end, and 7’ on the east end of the competition pool. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA-S.

TIME: Meet will begin at 9:00 AM with warm-ups from 7:30 to 8:45 AM. A special warm-up time for 8 and under athletes only will be held from 8:45-8:55 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 **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.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

UNACCOMPANIED ATHLETES: 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 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: Athletes must be certified by a USA-S member-coach as being proficient in performing a racing start, or must start the race in the water. 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.
- 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-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 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.
- Entries with "**NO TIME**" will be **REJECTED**.
- 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.
- 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 day of the meet.

ENTRY PRIORITY: Meet entries will not be accepted any earlier than **May 1, 2017**. Entries from members of "year round" Zone 2 clubs postmarked or entered online by 11:59 p.m. on **May 8, 2017** will be given 1st priority acceptance. Entries from members of all Zone 2 clubs (year round and seasonal) postmarked or entered online between 12:00 am **May 8, 2017** and 11:59 pm **May 15, 2017** 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. In addition to Zone 2 clubs, athletes who are members of or train with North Bay Aquatics (NBA) may enter during the entry priority period. **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.**

ENTRY FEES: \$4.00 per event plus a \$10.00 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 <http://ome.swimconnection.com/pc/mont20170604> 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, May 24, 2017**.

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, **May 22, 2017** or hand delivered by 10:00 p.m. **Wednesday, May 24, 2017**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Montclair Swim Team

**Mail entries to: Lesley Podesta
3724 Balfour Avenue
Oakland, CA 94610**

**Hand deliver entries to: Lesley Podesta
3724 Balfour Avenue
Oakland, CA 94610**

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 that they have checked in for shall not be penalized.

AWARDS: Heat Winner ribbons will be awarded in all events. Distinctive awards will be given to girls and boys with the top eight (8) cumulative times for the 8&U group and for each single age thereafter. Athletes must successfully complete all 5 events in order to be eligible for these awards. All awards must be picked up during the course of the meet; awards will not be delivered or mailed. This meet does not provide medals for new "A" times.

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

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 that 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.

Club athletes entered in session	Trained and carded officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 Athletes over 100	+1

EVENT SUMMARY

Sunday, June 4, 2017			
8-Under	9-10	11-12	13-14
50 Free	50 Free	100 Free	100 Free
25 Fly	50 Fly	50 Fly	100 Fly
25 Back	50 Back	50 Back	100 Back
25 Breast	50 Breast	50 Breast	100 Breast
100 IM	100 IM	100 IM	100 IM

EVENT TABLE

Sunday, June 4, 2017			
GIRLS Event #	Age Group	Event	BOYS Event #
1	13-14	100 Free	2
3	11-12	100 Free	4
5	9-10	50 Free	6
7	8-Under	50 Free	8
9	13-14	100 Fly	10
11	11-12	50 Fly	12
13	9-10	50 Fly	14
15	8-Under	25 Fly	16
17	13-14	100 Back	18
19	11-12	50 Back	20
21	9-10	50 Back	22
23	8-Under	25 Back	24
25	13-14	100 Breast	26
27	11-12	50 Breast	28
29	9-10	50 Breast	30
31	8-Under	25 Breast	32
33	13-14	100 IM	34
35	11-12	100 IM	36
37	9-10	100 IM	38
39	8-Under	100 IM	40

Athletes must enter all five (5) events in their age group.

All events will be seeded and swum from fastest to slowest.

Pacific Swimming – Hosted by Montclair Swim Team 14-Under <u>SHORT COURSE PENTATHLON</u> Meet June 4, 2017 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				
Athletes must enter all five (5) events in their age group. # of events 5 x \$4.00 = \$20.00 Participation Fee \$10.00 Total \$30.00													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													