

LONG COURSE SENIOR 2 MEET
HOSTED BY ORINDA AQUATICS
Co-sponsored by Pacific Swimming
April 16 & 17, 2016

Enter online: <http://ome.swimconnection.com/pc/oapb20160416>



Attention: No Friday night set-up allowed. Gates will not open until 7:00 on Saturday Morning

SANCTION: Held under USA/Pacific Swimming Sanction Number: **16-049**

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. By entering the meet, the athlete or his/her guardian consents to this publication.

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 OFFICIALS:

Meet Referee: David Benjamin	Head Starter: Holly Taifer
Head Marshal: Jim Therien	Admin Referee: Leo Lin
Meet Director: Renee Owyong – r.owyong@att.net	

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

DIRECTIONS: **Highway 24 West**-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. **Highway 24 East**-take Orinda Exit, turn 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 located on left. **Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed. No overnight/RV parking allowed.**

COURSE: Outdoor 50-Meter competition pool with 8 lanes with electronic timing system. If entries warrant: a double-ended configuration will be used. A separate pool will be available for warm-down during the meet. The minimum water depth as measured in accordance with article 103.2.3 is 10' on the primary start end and 7' on the secondary start end of the competition pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

TIME: Meet begins at 9:00 AM each day. The competition course will be open for warm-ups from 7:30 to 8:45 a.m.

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 a maximum of **four (4)** events per day.
- The 800 and 1500 Freestyles will be swum fast to slow alternating women's and men's heats. Athletes in the 800 and 1500 Freestyles must provide their own timers and lap counters.
- 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.**

ATTENTION HIGH SCHOOL ATHLETES: If you are a high school athlete in season, you need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

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 USAS Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer 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 USAS Club Member-Coach.

RACING STARTS: Any athlete entered in this meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming 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 are exempt per applicable laws.
- Coaches, Parents and Siblings may not use the pool

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 must meet the Senior 2 time standard as outlined by Pacific Swimming time verification procedures. Senior 2 qualifying standards shall be the 2015-16 USA Swimming National Age Group Time Motivational 15-16 "A" Time Standards. No refunds for times that cannot be proved.
- Qualified athletes 13 year old and over are allowed 2 bonus events in which they have met the minimum Senior Open Time Standard. The Senior Open qualifying standards shall be the 2015-16 USA Swimming National Age Group Time Motivational 15-16 "BB" Time Standards. 12 year-old athletes are not eligible to enter bonus events.
- Athletes under the age of 12 are not eligible to compete.
- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding and special accommodations on entry times and seeding per Pacific Swimming policy.
- Entries with **"NO TIME" will be rejected.**
- Entry times submitted for this meet will be checked against the SWIMS database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. If the time cannot be proven prior to the meet, the athlete will not be allowed to check-in for the event until the entry time has been proven. When possible, the coaches will be notified of the athletes who have not proven their entry time.
- No time conversions will be accepted.

SEEDING: Event seeding will be in the following order: conforming long course meters, non-conforming short course yards, and non-conforming short course meters - USA Swimming rules 207.11.7B. See Rules for distance seeding.

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.

SCRATCH RULE: Athletes entered in a timed final individual event that is seeded on the deck and who have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim and event will result in being barred from their next individual event in which the athlete is entered that day or the next meet day, whichever occurs first.

ENTRY FEES: \$6.50 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/OAPB20160416> 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, April 6th, 2016 (unless meet reaches capacity prior to that date).**

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 entered using the current Pacific Swimming procedure and be postmarked by midnight, **Monday, April 4th, 2016** or hand delivered by 6:30 p.m. **Wednesday, April 6th, 2016.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: [Orinda Aquatics](#)

Mail/Hand Deliver entries to: [Renee Owyong, 6537 Liggett Drive, Oakland, CA 94611](#)

AWARDS: None.

ADMISSION: Free. A two-day program will be available for a reasonable cost.

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.

Women's Events			EVENTS:	Men's Events		
SCY	LCM			LCM	SCY	
SR2 Time Standard			Saturday, April 16, 2016	SR2 Time Standard		
5:43.99	5:08.89	1	400 Free	2	4:48.69	5:21.19
2:21.19	2:42.29	3	200 Back	4	2:28.89	2:09.89
1:15.69	1:26.69	5	100 Breast	6	1:18.89	1:07.89
2:22.99	2:42.29	7	200 Fly	8	2:29.09	2:11.39
59.99	1:08.39	9	100 Free	10	1:02.19	54.19
2:24.79	2:46.39	11	200 IM	12	2:32.79	2:12.29
19:48.19	20:27.39	13	1500 Free*	14	19:07.79	18:39.99
SR2 Time Standard			Sunday, April 17, 2016	SR2 Time Standard		
5:07.29	5:49.69	15	400 IM	16	5:24.49	4:43.99
2:09.29	2:27.19	17	200 Free	18	2:16.49	1:58.59
1:05.29	1:13.89	19	100 Fly	20	1:07.09	58.99
27.69	31.69	21	50 Free	22	27.89	24.79
2:42.79	3:05.69	23	200 Breast	24	2:49.99	2:28.09
1:05.39	1:15.99	25	100 Back	26	1:09.69	59.79
11:52.39	10:37.09	27	800 Free*	28	10:00.69	11:05.99

*Athletes in the 1500/800 must provide own timer and lap counter.

*Events 13/14 and 27/28 will be swum fast to slow alternating women's and men's heats

All Senior Time Standards can be found at:
<http://www.pacswim.org/swim-meet-times/standards>

**Orinda Aquatics Long Course Senior 2
Co-sponsored by Pacific Swimming
April 16 & 17, 2016
Consolidated Entry Form**

NAME (Last, First, MI):

LSC Code:

CLUB ABBR:

IF UNATT
Club Abbrev:

CLUB NAME:

AGE

DATE OF BIRTH

AMOUNT PAID
\$

**USA Swimming
REG #**

SEX:

Boy

Girl

Age Group:

EVENT #	PLEASE CIRCLE	DISTANCE/STROKE	ENTRY TIME
	SCY/LCM		: .
	SCY/LCM		: .
	SCY/LCM		: .
	SCY/LCM		: .
	SCY/LCM		: .
	SCY/LCM		: .
	SCY/LCM		: .
	SCY/LCM		: .
	SCY/LCM		: .
	SCY/LCM		: .

of events _____ x \$6.50= _____

Participation Fee = + \$10.00

Total Amount Due _____

Coach:

Athlete's
Address

Contact Phone #

Contact Email:

Checks payable to Orinda Aquatics