

**LONG COURSE SENIOR-II MEET**  
**HOSTED BY Pleasanton Seahawks**  
**Co-sponsored by Pacific Swimming**  
**June 6-7, 2015**  
**Enter Online: <http://ome.swimconnection.com/pc/PLS20150606>**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-054**

*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.

**OFFICIALS:**

<i>Meet Referee: Mike Tramack</i>	<i>Head Starter: Charlotte Rooney</i>
<i>Meet Marshal: Lucy Jhong</i>	<i>Admin Official: Millie Nygren</i>
<i>Meet Director: Rani Mukkamala</i>	<a href="mailto:meetdirector@pleasantonseahawks.org">meetdirector@pleasantonseahawks.org</a>

**LOCATION:** Dolores Bengtson Aquatic Center, 4455 Black Avenue, Pleasanton, CA 94588.

**DIRECTIONS:** From I-580 take Santa Rita exit. Drive south for about two miles to Black Avenue. Turn right onto Black Avenue. Aquatic center is on your right after approximately ¼ mile.

**COURSE:** Outdoor 50 meter pool with up to 10 lanes available for competition. A separate pool 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 4 feet at the start end and 4 feet at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

**TIME:** Meet will begin at 9AM each day with warm-ups from 7:30AM to 8:45AM each day.

**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. The 800 free and 1500 free will be swum fast to slow alternating women's and men's heat. Swimmers must provide timers and counters for the 800 free and 1500 free.
- Swimmers may compete in a maximum four (4) events per day.
- 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 SWIMMERS:** 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 swimmer or the swimmer's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the swimmer 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:** Swimmers 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 swimmer or the swimmer'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 swimmers, 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 heaters will be allowed on the pool deck or in a surrounding area of the aquatic center.
- Only swimmers, coaches, officials, and volunteers will be allowed on the pool deck.
- 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:** • Swimmers 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 swimmer with the registration and times database. The meet host will check all swimmer 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.

- Swimmers must meet the SR-II time standards as outlined by Pacific Swimming time verification procedures. No refunds will be given if a time cannot be proven.
- Swimmers may enter up to two (2) bonus events. Swimmer must meet the minimum SR-Open time standard for bonus swims.
- 12 year old swimmers may not enter bonus events.
- Swimmers under the age of 12 years are not eligible to compete.
- Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- No time conversions will be accepted.
- Entries with "NO TIME" will be rejected.

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

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

**SCRATCH RULE:** Swimmers entered in a timed final individual event that is seeded on the deck that 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 an event will result in being barred from their next individual event in which the swimmer is entered on that day or the next meet day, whichever if first.

**ENTRY FEES:** \$6.50 per individual event plus a \$10.00 per swimmer participation fee. Entries will be rejected if payment is not sent at time of request.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/PLS20150606> 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 swimmer 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 a swimmer by Pacific Swimming.** Online entries will be accepted through Wednesday, **May 27, 2015.**

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be entered using the current Pacific Swimming procedure: and postmarked by midnight, Monday, May 25, 2015 or hand delivered by 6:30 p.m. Wednesday, May 27, 2015. 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 envelope.

**Make check payable to: Pleasanton Seahawks**

Mail or hand deliver entries to: **PLS Swim Meet Entries**  
**c/o Anna Umansky**  
**1558 Trimmingham Drive**  
**Pleasanton, CA 94566**

**AWARDS:** None.

**ADMISSION:** Free. A program will be available for a reasonable cost.

**HOSPITALITY:** Hospitality available for coaches, officials, timers, and volunteers. Lunches will be provided for coaches and working deck officials. There will be a snack bar.

**MISCELLANEOUS: Carpooling is suggested.** Limited general parking is available in the lot in front of the pool. Limited parking is available on adjacent streets. **PARKING AT THE CHURCH, PAC BELL AND POST OFFICE PARKING LOTS ACROSS THE STREET, OR IN ANY LOT OR AREA POSTED AS "NO UNAUTHORIZED PARKING" WILL RESULT IN CITATIONS AND POSSIBLE TOWING.** Parking for working Officials and coaches will be available in the parking lot behind the pool. Officials and Coaches using the lot must be prepared to show valid USA Swimming credentials to gain access. Overflow parking will be available at the Alisal Elementary School on Santa Rita Road. No overnight parking or R.V. parking is allowed.

**SCHEDULE OF EVENTS**

**Saturday, June 6, 2015**

<b>Women's Event #</b>	<b>EVENT</b>	<b>Men's Event #</b>
<b>1</b>	<b>200IM</b>	<b>2</b>
<b>3</b>	<b>200 Free</b>	<b>4</b>
<b>5</b>	<b>100 Back</b>	<b>6</b>
<b>7</b>	<b>200 Breast</b>	<b>8</b>
<b>9</b>	<b>200 Fly</b>	<b>10</b>
<b>11</b>	<b>50 Free</b>	<b>12</b>
<b>13</b>	<b>800 Free</b>	<b>14</b>

**Sunday, June 7, 2015**

<b>Women's Event #</b>	<b>EVENT</b>	<b>Men's Event #</b>
<b>15</b>	<b>400 IM</b>	<b>16</b>
<b>17</b>	<b>100 Breast</b>	<b>18</b>
<b>19</b>	<b>400 Free</b>	<b>20</b>
<b>21</b>	<b>200 Back</b>	<b>22</b>
<b>23</b>	<b>100 Fly</b>	<b>24</b>
<b>25</b>	<b>100 Free</b>	<b>26</b>
<b>27</b>	<b>1500 Free</b>	<b>28</b>

Events 13-14 and 27-28 will be swum fastest to slowest alternating women and men  
 There will be a 10 minute break before the start of these events

Time standards may be found at: [http://www.pacswim.org/page/times\\_standards.html](http://www.pacswim.org/page/times_standards.html)

Pacific Swimming – Hosted by Pleasanton Seahawks SENIOR-II June 6-7, 2015 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 / SCM			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
# of entries _____ x \$6.50 = \$ _____ Participation Fee                      \$10.00 Total    \$ _____												
Coach												
Swimmer's Address												
Home Phone						Cell Phone						
Email												