

PLEASANTON SEAHAWKS  
PACIFIC SWIMMING SHORT COURSE SENIOR CIRCUIT T/F MEET  
NOVEMBER 4-6, 2016  
Enter Online: <http://ome.swimconnection.com/pc/pls20161104>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **16-158**

*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:**

<b>Meet Referee:</b> Mike Davis	<b>Head Starter:</b> Leo Lin
<b>Meet Marshal:</b> Lucy Jhong	<b>Admin Official:</b> Mary Ruddell
<b>Meet Director:</b> Huy Quach	<a href="mailto:meetdirector@pleasantonseahawks.org">meetdirector@pleasantonseahawks.org</a>

**CERTIFICATION MEET:** Officials wishing to be evaluated must apply to the Meet Referee before the meet by email or when they first arrive at the meet and attend pre-session meetings. Briefing will occur one hour before the start of both Trials and Finals. Officials dress for finals is white polo shirts/blouse, blue long pants or skirts, and closed white athletic shoes. For an N3 evaluation to be valid it must be done over 4 sessions in the position. N2 evaluation must be done over 3 sessions in the position. Recertification evaluations must each be done over two sessions, however, the official must work at least 4 sessions at the meet for advancement or recertification evaluation(s) to be valid. The application form can be obtained found on the Pacific Swimming Website.

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

**PARKING: 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.

**COURSE:** Outdoor 25 yard pool with up to 16 lanes available for competition. An additional 5 lanes will be available for warm-up/cool down in prelims, and more will be available during finals. 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 begins at 4:00 p.m. on Friday. Friday warm-ups are from 3:00–3:50 p.m. The Saturday and Sunday sessions begin at 9:00 a.m. each day with warm ups from 7:30 a.m. to 8:45 a.m. Finals for Saturday and Sunday's events will begin no less than 1 hour after the conclusion of the Preliminaries session. There will be one preliminary session 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 will swim fast to slow.
- Athletes may compete in a maximum of three (3) events per day including bonus events.
- 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.
- Finals will be comprised on a Bonus Final, Consolation Final and Championship Final swum in that order, with 10 athletes qualifying for each final heat. The top 30 qualifiers for finals must scratch if they do not wish to swim in finals. **This is NOT a positive check in meet.**

- Alternates will be inserted into empty lanes in any final heat. The referee must have exhausted all options to fill the empty lanes prior to the start of finals. (USA Swimming 2015 Rulebook Article 102.5.6B)  
Time Trials will not be offered during the meet.

**SPECIAL RULES:** On Friday the 400 IM and 1000 Free events will swim fastest to slowest, alternating heats of women and men. All heats of the 1650 Free, on their respective days, will swim fastest to slowest at the conclusion of preliminaries. Athletes must provide timers for the 400 IM and timers and counters for the 1000 & 1650 Free. **NOTE: The 1000 and 1650 Free may not be swum as a bonus event.**

**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.
- Only athletes, 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:**

- 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.
- Athletes must meet the SR-Circuit time standards as outlined by Pacific Swimming time verification procedures.
- Athletes may enter bonus events as follows: 1 qualified event – 3 bonus swims, 2 qualified events – 2 bonus swims, 3 qualified events – 1 bonus swim. Athletes must meet 2014-2015 PC Senior II time standard in all bonus events. The 1000 Free and 1650 Free are not permitted as bonus events.
- Athletes 13 years of age and older are eligible to compete. Athletes under the age of 13 years are not eligible to compete.
- The athlete's age will be the age of the athlete on the first day of the meet.
- Disabled athletes 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 Short Course Yards (SCY), non-conforming Long Course Meters (LCM), non-conforming short course yards, Bonus (SCY), Bonus (LCM), Bonus (SCM). USA Swimming rules 207.11.7B.  
**See Special rules for distance events 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 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 allowed to compete in the event.

**SCRATCH RULE:** Athletes entered in a Preliminaries & Finals meet 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 the rest of his/her events that day including relays. If the athlete qualified for a final before missing an event they may swim that final.

Any athlete qualifying for any level of finals in an individual event who does not wish to compete must scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that they may not intend to compete in Bonus, Consolation or Championship Final. In this case they must declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event. In a non-positive check-in preliminaries & finals meet any athlete qualifying for a bonus, consolation or final race in an individual event who fails to show up in said bonus, consolation or final race prior to calling the alternate shall be barred from further competition for the remainder of the meet. If the No-Show occurs on the last day that the athlete is entered in an individual final event in the meet, and no other individual event penalty is applicable, the athlete shall then be fined \$100.00. The fine will be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.

**ENTRY FEES:** \$7.50 per individual event plus an \$8 per athlete participation fee. \$20.00 per relay. 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/pls20161104> 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, October 26, 2016.

**RELAYS:** Clubs may enter unlimited number of relays. All relays will be swum fastest to slowest. Relays entries may be mailed in or entered through Swim Connection. Relay entry fee is \$20.00 per relay. Relay only athletes must provide proof of USA Swimming registration. All relays will be swum in the Finals sessions. Relay only athletes must be entered on Swim Connection or using the relay only entry form. Relay entries will be accepted at the meet. Entry forms are due by 11:00 a.m. on the day the event occurs.

**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 postmarked by midnight, Monday, October 24, 2016 or hand delivered by 6:30 p.m. Wednesday, October 26, 2016. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Pleasanton Seahawks**

**Mail or hand delivered entries to: Senior Circuit Meet Entries  
c/o Anna Umansky  
1558 Trimmingham Drive  
Pleasanton, CA 94566**

**AWARDS:** None.

**ADMISSION:** Free. A program will be available for a nominal fee.

**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:

ORDER OF EVENTS

Friday, November 4, 2016

WOMEN'S EVENT #	LCM SR-circuit	SCY SR-circuit	EVENT	SCY SR-circuit	LCM SR-circuit	Men's EVENT #
1	5:28.79	4:51.59	400 I.M.*	4:33.79	5:09.19	2
3	9:56.79	10:59.99	1000 FREE*	10:25.99	9:26.39	4

\*Events 1/2 & 3/4 will be alternate women and men and will swim fastest to slowest.

Saturday, November 5, 2016

WOMEN'S EVENT #	LCM SR-circuit	SCY SR-circuit	EVENT	SCY SR-circuit	LCM SR-circuit	Men's EVENT #
5	NT	NT	200 FREE RELAY**	NT	NT	6
7	2:33.29	2:15.69	200 BACK	2:07.79	2:24.59	8
9	29.59	25.89	50 FREE	23.29	26.89	10
11	2:34.29	2:16.59	200 IM	2:04.29	2:20.79	12
13	1:10.99	1:01.99	100 FLY	55.99	1:03.59	14
15	2:16.99	2:00.49	200 FREE	1:50.69	2:07.39	16
17	2:55.49	2:35.89	200 BREAST	2:22.99	2:40.59	18
19	NT	NT	400 MEDLEY RELAY	NT	NT	20
21	19:29.99	18:59.99	1650 FREE***	--	--	

\*\* Saturday Finals shall be swum in event order starting with event #5.

\*\*\*All heats of the Women's 1650 Freestyle will swim fastest to slowest after preliminaries.

Sunday, November 6, 2016

WOMEN'S EVENT #	LCM SR-circuit	SCY SR-circuit	EVENT	SCY SR-circuit	LCM SR-circuit	Men's EVENT #
23	NT	NT	200 MEDLEY RELAY**	NT	NT	24
25	2:35.79	2:17.99	200 FLY	2:07.99	2:24.79	26
27	1:03.79	55.99	100 FREE	50.79	58.79	28
29	1:20.69	1:11.49	100 BREAST	1:04.09	1:12.59	30
31	4:46.19	5:19.29	500 FREE	4:58.19	4:29.39	32
33	1:12.09	1:03.69	100 BACK	58.79	1:06.69	34
35	NT	NT	400 FREE RELAY	NT	NT	36
	--	--	1650 FREE***	17:59.99	18.29.99	22

\*\*Sunday Finals shall be swum in event order starting with event #23.

\*\*\*All heats of the Men's 1650 Freestyle will swim fastest to slowest after preliminaries.

NOTE: All relays shall be swum in event order during finals only.

Athletes must meet 2014-2015 PC Senior II time standard in all bonus events.

Bonus Time Standards can be found at: <http://www.pacswim.org/userfiles/cms/documents/800/senior-standards1415.pdf>

Pacific Swimming – Hosted by Pleasanton Seahawks SENIOR-CIRCUIT November 4-6, 2016 Consolidated Entry Form													
Name: Last,                      First                      Middle													
Club Abbr.			UNATT CLUB 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				
						: .			SCY / LCM / SCM				
# of entries _____ x \$7.50 = \$ _____ Participation Fee                      \$8.00 Total    \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													

**Pleasanton Seahawks**

Senior Preliminaries & Finals Meet  
November 4-6, 2016

Entries may be mailed or entered on swimconnection.com  
Club Relay Entry Form \*\$20.00 per relay entry fee

<b>Club Name</b>		<b>LSC</b>	<b>Club Code</b>
<b>Coach</b>	<b>Contact Phone and Email</b>		<b>Amount Enclosed</b>
			\$

Event #	Event	Team Entry Time		
		A	B	C
5	Women's 200 Free			
6	Men's 200 Free			
19	Women's 400 Medley			
20	Men's 400 Medley			
23	Women's 200 Medley			
24	Men's 200 Medley			
35	Women's 400 Free			
36	Men's 400 Free			

**RELAY ONLY ATHLETES**

Age	Name (Last, First, MI)	Gender	USA-S Swimming Registration Number* (required on this form)
		M F	
		M F	
		M F	
		M F	
		M F	
		M F	
		M F	
		M F	
		M F	
		M F	
		M F	
		M F	
		M F	
		M F	
		M F	
		M F	
		M F	