

SAN RAMON VALLEY AQUATICS
PACIFIC SWIMMING LONG COURSE C/B/BB+ MEET
July 20-21, 2019
Enter Online: <https://app.fastswims.com>



Z2 Assigned Clubs: SRVA, AAA, ALGA, BEAR, CROW, DA, EBA, EBSD, ECG, FAST, FF, HILL, MONT, NWA, OAK, OAKW, OAPB, PST, ONDA, SAIL, PLS

SANCTION: Held under USA/Pacific Swimming Sanction No. **19-108**

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:</i> Charlie Gonzales	<i>Head Starter:</i> Chris Lam
<i>Meet Marshal:</i> Qing Chang & Daniel Zhang	<i>Admin Official:</i> Amy Gonzales & Chris Guidi
<i>Meet Director:</i> Jyothi Musunuri, 925-997-0818, svameetdirector@gmail.com	

LOCATION: Dougherty Valley Aquatic Center, 10550 Albion Rd, San Ramon, CA 94582 (At Dougherty Valley High School)

DIRECTIONS: From 580 Freeway: Exit Dougherty Rd/Hopyard Head North on Dougherty Rd approximately 5 miles (turns into Bollinger Canyon Rd) Turn Right on Albion Rd Take Second Left turn into the Dougherty Valley High School parking lot

From 680 Freeway: Exit Bollinger Canyon Rd Head East on Bollinger Canyon Rd approximately 4 miles Turn Left on Albion Rd Take Second Left turn into the Dougherty Valley High School parking lot

PARKING: Do not park in the no parking or designated areas.

COURSE: Outdoor, heated 50 meter by 25 yard pool with up to 7 lanes available for competition. A separate lane 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. 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 will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. A special warm-up time for 8 and under athletes only will be held from 8:45 to 8:55 AM.

RULES:

- Current USA and Pacific Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), 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 four (4) 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.
- If local conditions warrant, 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.
- Athletes in the 400 FR & 800 Free have to provide their own timers and lap counters.
- **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 Swimming 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 Swimming 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 Swimming 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, in 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.
- FRAMES ONLY for canopies will be allowed overnight on lawn areas. NO OTHER personal belongings can be left on lawn areas.
- Deck Changes are prohibited.
- All pathways should be clear and no pop-ups are allowed on pathways and in front of entry and exit gates. Pathways and entry and exit gates must be clear for emergency personal and vehicles to pass through.
- No pop-ups are allowed inside of the pool fence.
- No umbrellas are allowed beyond the cordoned off areas at the starting blocks and race start areas on the deck for safety reasons.
- 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.
- 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.
- Athletes in the "BB+" Division must have met at least the listed "BB" time standard. Athletes in the "B" Division must have met at least the listed "B" time standard. All entry times slower than the listed "B" time standard will be in the "C" Division. For 8 & Under swimmers the applicable Pacific (PC) "A" and "B" standards will be used.
- 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.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such athletes must have met standards for the 17-18 age group.
- The athlete's age will be the age of the athlete on the first day of the meet.

ENTRY PRIORITY: Meet entries will not be accepted any earlier than **June 15th, 2019**. Entries from members of "*assigned*" "year round" Zone 2 clubs postmarked or entered online by 11:59 PM. on **July 1st, 2019** will be given 1st 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:** Athletes who falsify their entry form 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.

EVENT SUMMARY

Saturday			Sunday		
10 & Under	11-12	13-18	10 & Under	11-12	13-18
100 FR	200 FR	200 FR	100 BK	100 FR	100 FR
50 BK	100 BK	100 BK	50 FL	100 BR	100 FL
100 FL	100 FL	200 FL	100 BR	50 FL	200 BR
50 BR	50 BR	100 BR	50 FR	50 FR	50 FR
		200 IM			200 BK
Open 400 FR Girls			Open 400 FR Boys		
13 & UP 800 FR Boys			13 & UP 800 FR Girls		

EVENTS

Saturday July 20, 2019		
EVENT #	EVENT	EVENT #
1	13-18 200 FR	2
3	11-12 200 FR	4
5	10 & Under 100 FR	6
7	13-18 100 BK	8
9	11-12 100 BK	10
11	10 & Under 50 BK	12
13	13-18 200 FL	14
15	11-12 100 FL	16
17	10 & UNDER 100 FL	18
19	13-18 100 BR	20
21	11-12 50 BR	22
23	10 & Under 50 BR	24
25	13-18 200 IM	26
27	Open 400 FR Girls	
	13 & UP 800 FR Boys	30

Sunday July 21, 2019		
EVENT #	EVENT	EVENT #
31	13-18 100 FR	32
33	11-12 100 FR	34
35	10 & Under 100 BK	36
37	13-18 100 FL	38
39	11-12 100 BR	40
41	13-18 200 BR	42
43	10 & Under 50 FL	44
45	11-12 50 FL	46
47	10 & Under 100 BR	48
49	13-18 50 FR	50
51	11-12 50 FR	52
53	10 & Under 50 FR	54
55	13-18 200 BK	56
	Open 400 FR Boys	58
59	13 &UP 800 FR Girls	

+ Athletes entering the 400 and 800 FR must provide their own timers and lap counters

Pacific Swimming – Hosted by San Ramon Valley Aquatics Long Course C/B/BB+ Meet July 20-21, 2019 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			
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							: .			SCY / LCM			
							: .			SCY / LCM			
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 10.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													

San Ramon Valley Aquatics Food Drive

To Benefit Children's Emergency Food Bank

July 20th and 21st 2019

The Children's Emergency Food Bank (CEFB) is a local non-profit organization serving Pleasanton, Dublin, San Ramon and Danville, California since 1969. The Food Bank provides food for families in emergency situations, rather than ongoing support.

CEFB is an all-volunteer organization and relies greatly on donations from individuals and corporations in the community and from local food drives. Here's what we need:

- | | | |
|-------------------|--------------------|-------------------|
| Brownie Mix | Jell-O | Pasta |
| Canned Beef | Jelly/Jam | Rice |
| Canned Chicken | Ketchup | Salad Dressing |
| Canned Fruit | Mac & Cheese | Soup |
| Canned Vegetables | Mayonnaise | Spaghetti |
| Cereals | Oatmeal | Spaghetti-Os |
| Chili With Beans | Pancake/Waffle Mix | Spam |
| Cooking Oil | Pasta Sauce | Sugar |
| Corned Beef | Peanut Butter | Syrup |
| Crackers | Pinto Beans | Tomato Sauce |
| Fruit Juice | Pork & Beans | Top Ramen noodles |
| Instant Potatoes | Pudding | Tuna |

Any of these items are always needed but we are especially looking for: Soups, Canned Fruit, Canned Vegetables, Bisquick, Syrup, Cereals, Canned Meats, Canola Oil and Fruit Juice. Please avoid donating food past its expiry date, dented cans or opened packets.

Do drop off your donations at the Dougherty Valley Aquatic Center Pool, 10550 Albion Road, San Ramon, CA, between 8am and 4pm, from July 20th and 21st 2019.

Thanks For Your Support!

