

**WALNUT CREEK AQUABEARS
SENIOR QUAD-MEET – (MP, OAPB, RHAC, WCAB)
PACIFIC SWIMMING SHORT COURSE MEET
SATURDAY, FEBRUARY 9, 2019**

Enter Online: <http://ome.swimconnection.com/pc/wcab20190209>



SANCTION: Held under USA/Pacific Swimming Sanction No. **19-028**

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:

Meet Referee: Leo Lin	Head Starter: Mark Ryan
Meet Marshal: Rick Millington	Admin Official: Chris Ottati
Meet Director: Todd Krohn, coachtoddkrohn@gmail.com	

LOCATION: Diablo Valley College Aquatic Center, 321 Golf Club Road, Pleasant Hill, CA 94523.

DIRECTIONS: From Interstate-680, take the Willow Pass Road exit and turn west onto Willow Pass Road. Turn right onto Contra Costa Boulevard. Turn left on Golf Club Road. Turn left at the first light into Diablo Valley College. Immediately turn left again. The Aquatics Center is south of the tennis courts. Parking permits are required. Do not park in "Faculty Staff" spaces.

COURSE: Outdoor 25 yard pool with up to 8 lanes available for competition. Additional lanes will be available for warmup/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 7'-0" at the start end and 7'-0" 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 9:00 AM with warm-ups from 7:30 to 8:45 AM. Finals will begin no earlier than 90 minutes after the conclusion of prelims. Start time will be decided at the coaches meeting.

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 fastest to slowest.
- Athletes competing in a preliminary event will automatically qualify for finals in that event. The number of finals heats will be determined by the number of athletes competing.
- Athletes may compete in a maximum of **three (3) individual events in the preliminary session**, and **two (2) individual events in the finals session**. Athletes will be responsible for scratching down to two (2) individual events for finals. If an athlete fails to make this required scratch, they will be automatically scratched from their final event.
- Relays will be deck entered. There is no charge for relays. **Relay entries are due at 10:30 AM.**
- 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.
- Each club will provide timers for two (2) lanes.

ATTENTION HIGH SCHOOL ATHLETES: High school athletes in season need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. Athletes 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-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.

DISTANCE EVENTS: The 1000 Free events are limited to 24 athletes per gender. It may be swum alternating women and men or combined. Decision will be made by the Meet Referee, with the concurrence of the Meet Director.

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.
- Coach's canopies only will be allowed on the pool deck. Team areas can be set up on the bleachers.

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.
- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- Meet is open to all qualified athletes who will be attending high school in 2019, or older, and are registered with **MP, OAPB, RHAC, WCAB**. Athletes who are unattached, but participating with **MP, OAPB, RHAC, WCAB** are eligible to enter the meet.
- Entries with "NO TIME" will **NOT** be accepted.

ENTRY FEES: \$7.50 per individual event plus \$8.00 per athlete 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/wcab20190209> 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 **Tuesday, February 5, 2019.**

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athletes best time. Entries must be entered using the current Pacific Swimming procedure: and postmarked by midnight, **Monday, February 4, 2019**, or hand delivered by 6:30 p.m. on **Tuesday, February 5, 2019**. No late entries will be accepted. No refunds will be made, except for mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Walnut Creek Aquabears

Mail entries or hand-deliver entries to: Walnut Creek Aquabears, PO Box 3462, Walnut Creek, CA 94598

CHECK-IN: Prelims: This session will be pre-seeded. Athletes will not be required to check in.

Finals: This session will be deck seeded. Athletes will be responsible for scratching down to two (2) individual events for finals. If an athlete fails to make this required scratch within 15 minutes of the conclusion of preliminaries (excluding the 1000 Free), they will be automatically scratched from their third event.

SCRATCHES: Any scratches for the prelim session must be emailed to coachtoddkrohn@gmail.com by 12:00 p.m. on Friday, February 8.

AWARDS: None.

ADMISSION: Free.

HOSPITALITY: Light hospitality for timers. Full hospitality for coaches and officials. Lunches will be provided for coaches and working officials. There will not be a snack bar.

SCORING: Places in finals will be scored to the top eight (8) in each event. Individual scoring will be 9-7-6-5-4-3-2-1. Relay scoring will be 18-14-12-10-8-6-4-2.

ORDER OF EVENTS

Girls Event #	Event	Boys Event #
1	*1000 Free	2
3	**200 Medley Relay	4
5	***200 Free	6
7	100 Back	8
9	100 Breast	10
11	200 Fly	12
13	50 Free	14
15	***100 Free	16
17	200 Back	18
19	200 Breast	20
21	500 Free	22
23	100 Fly	24
25	200 IM	26
27	** ***200 Free Relay	28

*The 1000 Free, is a timed final event, and will swim in the prelims session only.

**The 200 Medley Relay and 200 Free Relay will be swum in finals only.

***In prelims, there will be a 10 minute break before the start of event 15.
In finals, there will be a 10 minute break before the start of event 5, 15, 27.
Additional breaks may be requested at the coaches meeting.

SHORT COURSE SENIOR QUAD-MEET – (MP, OAPB, WAC, WCAB)
 Hosted by Walnut Creek Aquabears
 Saturday, February 9, 2019
 Enter Online: <http://ome.swimconnection.com/pc/wcab20190209>

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			
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						: .			SCY / LCM / SCM			
# of entries _____ x \$7.50 = \$ _____ + Participation Fee \$ 8.00 = Total \$ _____												
Coach												
Home Phone							Cell Phone					
E-Mail Address												