

Short Course Age Group Meet
Hosted by Walnut Creek Aquabears
co-sponsored by Pacific Swimming
October 3 & 4, 2014



Enter Online: <http://ome.swimconnection.com/pc/wcab20141003>

****This meet is open only to members of Walnut Creek Aquabears****

SANCTION: Held under USA/Pacific Swimming Sanction No. **14-171**

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:	Kent Yoshiwara	Head Starter:	Paul Amog
Meet Marshal	Josh Scott	Admin Official:	Chris Ottati
Meet Director:	Todd Krohn, 925-939-5990, aquabears@sbcglobal.net		

LOCATION: Sports Complex Pool at Blackhawk Country Club, 1098 Eagles Nest Place, Danville 94506.

DIRECTIONS: From Interstate 680 take the Sycamore Valley Road exit and head east on Sycamore Valley Road. Continue straight onto Camino Tassajara. Turn left on Blackhawk Road. Take the third right onto Blackhawk Drive, and inform the guard in the gatehouse that you are headed to the swim meet. Go straight on Blackhawk Drive. Turn left on Eagles Nest Place. The Sports Complex Pool is at the top of the hill on the left.

COURSE: Outdoor pool with up to 8 lanes available for competition. An additional 3 lanes 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 12'-0" at the start end and 8'-0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Meet will begin at 5:30 p.m. on Friday with warm-ups from 4:00 to 5:15 p.m. A special warm-up time for 8 and under swimmers only will be held from 5:15 to 5:25 p.m. Meet will begin at 9:00 a.m. on Saturday with warm-ups from 7:30 to 8:45 a.m. A special warm-up time for 8 and under swimmers only will be held from 8:45 to 8:55 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.
- Swimmers may compete in 4 events per day.
- All events will be pre-seeded. There is no check-in. There is no penalty for missing an event.
- 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 heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.
- 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.

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- Entries with "NO TIME" will be accepted.
- Disabled swimmers 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.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY FEES: \$4.00 per individual event, \$8.00 participation fee per swimmer. All entry fees MUST be included with entry.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/wcab20141003> 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, September 24.

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 postmarked by midnight, Monday, September 22, or hand delivered by 6:30 p.m. Wednesday, September 24. 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: Walnut Creek Aquabears

Mail entries to: WCAB Entries
P.O. Box 3462
Walnut Creek, CA 94598

Hand deliver entries to: Todd Krohn @ Clarke Swim Center
1750 Heather Drive
Walnut Creek, CA 94598

CHECK-IN: This meet will be pre-seeded. Swimmers will not be required to check in.

SCRATCHES: Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.

AWARDS: Awards for the top combined time for all events, for each gender and age groups: 8&U, 9, 10, 11, 12, 13&O. Awards will be given to coaches for distribution at practice.

ADMISSION: Free.

SNACK BAR: A snack bar will be available during the meet.

HOSPITALITY: Lunch and limited hospitality will be available to all working officials and coaches.

Pacific Swimming Diversity Camp - November (8 or 9) Date and Location to be determined.
Check the Pacswim.org web for an announcement, or contact kyoshiwara@pacswim.org

EVENTS SUMMARY

Friday				Saturday			
8&Under	9-10	11-12	13&Over	8&Under	9-10	11-12	13&Over
50 Free	100 Free	200 Free	200 Free	100 I.M.	100 I.M.	100 I.M.	200 I.M.
				25 Back	50 Back	100 Back	100 Back
				25 Breast	50 Breast	100 Breast	100 Breast
				25 Fly	50 Fly	100 Fly	100 Fly

By competing in all events, 9-10, 11-12, and 13-18 swimmers will have established a score in USA Swimming's IMReady Program.

ORDER OF EVENTS

Friday, October 3

Girls Event #	Event Description	Boys Event #
1	13&Over 200 Free	2
3	11-12 200 Free	4
5	9-10 100 Free	6
7	8&Under 50 Free	8

Saturday, October 4

Girls Event #	Event Description	Boys Event #
9	13&Over 200 I.M.	10
11	11-12 100 I.M.	12
13	9-10 100 I.M.	14
15	8&Under 100 I.M.	16
17	13&Over 100 Back	18
19	11-12 100 Back	20
21	9-10 50 Back	22
23	8&Under 25 Back	24
25	13&Over 100 Breast	26
27	11-12 100 Breast	28
29	9-10 50 Breast	30
31	8&Under 25 Breast	32
33	11&Over 100 Fly	34
35	11-12 100 Fly	36
37	9-10 50 Fly	38
39	8&Under 25 Fly	40

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 Consolidated Entry Form

Name: Last, First Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M F	LSC – (PC, SN)
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USA-#															
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Event #	Distance / Stroke	Entry Time	Circle one
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

# of entries _____ x \$4.00	= \$ _____
Participation Fee	\$ 8.00
Total	\$ _____

Coach

Swimmer's
Address

Home Phone	Cell Phone
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Email