

**WALNUT CREEK AQUABEARS  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
NOVEMBER 1 & 2, 2014**



**ENTER ONLINE:** <http://ome.swimconnection.com/pc/WCAB20141101>

**Z2 PRIORITY TEAMS: AAA, AIA, ALGA, BEAR, BSW, EBSD, HILL, MONT, NWA, OAKW, OAPB, ONDA, OTST, PST, SAIL, SRVL, TERA, WCAB**

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **14-182**

*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.

**MEET PERSONNEL:**

|  |   |
|--|---|
| <i>Meet Referee:</i> John King   | <i>Head Starter:</i> David Benjamin               |
| <i>Meet Marshal:</i> Kevin Taylor  | <i>Admin Official:</i> Chris Ottati/Kathy Kaminek |
| <i>Meet Director:</i> Eddie Contreras, <a href="mailto:aquabears@gmail.com">aquabears@gmail.com</a> , 925-706-7377 |   |

**LOCATION:** Clarke Memorial Swim Center in Heather Farm Park, 1750 Heather Drive, Walnut Creek, CA 94598

**DIRECTIONS:** **From northbound Interstate-680**, take the Ygnacio Valley Road exit and turn east onto Ygnacio Valley Road. Turn left on North San Carlos Drive. Turn right on Heather Drive, the swim center is on the right. **From southbound Interstate-680**, take the North Main Street exit, stay to the right, and head south on North Main Street. Turn left of Ygnacio Valley Road. Turn left on North San Carlos Drive. Turn right on Heather Drive, the swim center is on the right.

**ATTENTION:** No Friday night set-up allowed. Gates will not open until 7:15 a.m. on Saturday

**COURSE:** Outdoor 50m x 25y pool with up to 16 lanes available for competition. An additional 6 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 4'-0" at the start end and 4'-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 09:00 AM each day with warm-ups from 07:30 to 08:45 AM each day. A special warm-up time for 8 and under swimmers only will be held from 08:45 to 08:55 AM.

**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 swimmers 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 swimmers age and gender.
- Swimmers entered in the 13-18 and 11-12 400 yard IM events (Events #29 – 32) must provide their own lane timers.
- 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.
- Coaches, Parents and Siblings may not use the pool.

**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 in the "A" Division must have met at least USA Swimming Motivational "A" minimum time standard. Swimmers in the "B" Division must have met at least the listed "B" minimum time standard. All entry times slower than the listed "B" time standard will be in the "C" Division.
- Entries with "**NO TIME**" will not be accepted
- Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding and special accommodations on entry times and seeding per Pacific Swimming policy.
- Swimmers 19 years of age and over may compete in the meet for time only, no awards. Such swimmers must have met standards for the 17-18 age group.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

**ZONE 2 ENTRY PRIORITY:** Meet entries will not be accepted any earlier than **Saturday, September 27**. Entries of swimmers from assigned Zone 2 "year round" team in "good standing" postmarked or entered online by 11:59 p.m. on **Saturday, October 4**, will be given 1<sup>st</sup> priority acceptance. Entries from the members of Zone 2 teams (year-round and seasonal) postmarked or entered on-line between 12:00 am on **Sunday, October 5**, and 11:59 p.m. on **Saturday, October 11**, will be given 2<sup>nd</sup> 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:** Swimmers who falsify their entry form by listing a team 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 Pacific Swimming Review Committee for disciplinary action.

**ENTRY FEES:** \$4.00 per event plus an \$8:00 participation fee per swimmer. 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/WCAB20141101> 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 22, 2014

**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, October 20, 2014 or hand delivered by 6:30 p.m. Wednesday, October 22, 2014. 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 c/o Laurie Benton  
1374 Lupine Court  
Concord, CA 94518

**Hand deliver entries to:** Laurie Benton  
1374 Lupine Court  
Concord, CA 94518

**CHECK-IN:** The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Close of check-in for all individual 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 seeded and will not be allowed to compete in that event.

**SCRATCHES:** Any swimmers not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized.

**AWARDS:** Awards will be given to top 8 finishers in the following age groups in each division (C, B, A): 8 & under, 9-10, 11-12, 13-14, 15-16 and 17-18 age groups. "A" medals will be awarded to swimmers achieving a new "A" time regardless of place achieved in event. No awards will be given to swimmers age 19 years or older. All Individual awards must be picked up at the meet. No awards will be mailed or distributed after the meet.

**ADMISSION:** Free. A two-day program will be available at a reasonable cost.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. Please respect neighbors surrounding the swim facility and parking areas for officials.

**MINIMUM OFFICIALS:**

| Club swimmers entered in session | Trained and carded officials requested |
|----------------------------------|--|
| 1-10                             | 0                                      |
| 11-25                            | 1                                      |
| 26-50                            | 2                                      |
| 51-75                            | 3                                      |
| 76-100                           | 4                                      |
| 100 or more                      | Every 20 swimmers above 100 +1         |

**Pacific Swimming Diversity Camp** – November (8 or 9) Date and Location to be determined.  
Check the Pacswim.org website for an announcement, or contact [kyoshiwara@pacswim.org](mailto:kyoshiwara@pacswim.org)

**EVENT SUMMARY**

| SATURDAY  |            |            |            | SUNDAY    |           |            |            |
|-----------|------------|------------|------------|-----------|-----------|------------|------------|
| 8 & UN    | 9-10       | 11-12      | 13-18      | 8 & UN    | 9-10      | 11-12      | 13-18      |
| 100 IM    | 200 IM     | 100 Fly    | 100 Fly    | 100 Free  | 100 Free  | 200 Free   | 200 Free   |
| 50 Fly    | 50 Fly     | 100 Breast | 200 Breast | 50 Back   | 50 Back   | 100 Back   | 100 Back   |
| 50 Breast | 100 Breast | 50 Free    | 50 Free    | 25 Breast | 50 Breast | 200 Breast | 100 Breast |
| 50 Free   | 50 Free    | 400 IM     | 400 IM     | 25 Fly    | 100 Fly   | 50 Fly     | 200 Fly    |

EVENTS

| Saturday, November 1 |                     |              |
|----------------------|---------------------|--------------|
| Girls event #        | EVENT               | Boys Event # |
| 1                    | 9-10 200 IM         | 2            |
| 3                    | 8 & under 100 IM    | 4            |
| 5                    | 13-18 100 Fly       | 6            |
| 7                    | 11-12 100 Fly       | 8            |
| 9                    | 9-10 50 Fly         | 10           |
| 11                   | 8 & under 50 Fly    | 12           |
| 13                   | 13-18 200 Breast    | 14           |
| 15                   | 11-12 100 Breast    | 16           |
| 17                   | 9-10 100 Breast     | 18           |
| 19                   | 8 & under 50 Breast | 20           |
| 21                   | 13-18 50 Free       | 22           |
| 23                   | 11-12 50 Free       | 24           |
| 25                   | 9-10 50 Free        | 26           |
| 27                   | 8 & under 50 Free   | 28           |
| 29                   | 13-18 400 IM        | 30           |
| 31                   | 11-12 400 IM        | 32           |

| Sunday, November 2 |                    |              |
|--------------------|--------------------|--------------|
| Girls event #      | EVENT              | Boys Event # |
| 33                 | 13-18 200 Free     | 34           |
| 35                 | 11-12 200 Free     | 36           |
| 37                 | 9-10 100 Free      | 38           |
| 39                 | 8 & under 100 Free | 40           |
| 41                 | 13-18 100 Back     | 42           |
| 43                 | 11-12 100 Back     | 44           |
| 45                 | 9-10 50 Back       | 46           |
| 47                 | 8 & under 50 Back  | 48           |
| 49                 | 13-18 100 Breast   | 50           |
| 51                 | 11-12 200 Breast   | 52           |
| 53                 | 9-10 50 Breast     | 54           |
| 55                 | 8& under 25 Breast | 56           |
| 57                 | 13-18 200 Fly      | 58           |
| 59                 | 11-12 50 Fly       | 60           |
| 61                 | 9-10 100 Fly       | 62           |
| 63                 | 8& under 25 Fly    | 64           |

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

**\*Swimmers in event 29 through 32, 13-18 and 11-12 400 IM, must provide their own timers.**

| Pacific Swimming – Hosted by Livermore Aquacowboys<br>C/B/A+ , November 1 & 2<br>Consolidated Entry Form        |                   |  |                 |  |  |            |            |  |                |  |  |  |  |
|---|-------------------|--|-----------------|--|--|------------|------------|--|----------------|--|--|--|--|
| Name: Last,   |                   |  | First           |  |  |            | Middle     |  |                |  |  |  |  |
| Club Abbr.  |                   |  | UNATT TEAM ABBR |  |  |            | Club Name  |  |                |  |  |  |  |
| Age   |                   |  | Date of Birth   |  |  |            | Sex<br>M F |  | LSC – (PC, SN) |  |  |  |  |
| USA-#   |                   |  |                 |  |  |            |            |  |                |  |  |  |  |
| 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 = \$ _____<br>Participation Fee      \$ 8:00<br>Total                      \$ _____ |                   |  |                 |  |  |            |            |  |                |  |  |  |  |
| Coach   |                   |  |                 |  |  |            |            |  |                |  |  |  |  |
| Swimmer's Address   |                   |  |                 |  |  |            |            |  |                |  |  |  |  |
| Home Phone  |                   |  |                 |  |  |            | Cell Phone |  |                |  |  |  |  |
| Email   |                   |  |                 |  |  |            |            |  |                |  |  |  |  |