

ORINDA AQUATICS
PACIFIC SWIMMING SHORT COURSE SENIOR OPEN MEET
OCTOBER 19 & 20, 2019
Enter online: <http://ome.swimconnection.com/pc/oapb20191019>



Attention: No Friday night set-up allowed. Gates will not open until 7:00 on Saturday Morning

ENTRIES WILL REMAIN OPEN UNTIL THE ESTIMATED TIMELINE (before the 1650) FOR EACH SESSION REACHES 5.5 HOURS

SANCTION: Held under USA/Pacific Swimming Sanction Number: **19-140**

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. By entering the meet, the athlete or his/her guardian consents to this publication.

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:

Meet Referee: Mary Ruddell	Head Starter: Markus Deane
Head Marshal: Wendy Smith	Admin Official: Carol Cottam
Meet Director: Jane Healy - janehealy@msn.com	

LOCATION: Soda Aquatic Center at Campolindo High School: 300 Moraga Road, Moraga, California.

DIRECTIONS: **Highway 24 West**-take Central Lafayette Exit, turn right on Deer Hill Rd, Right on First St, Right on Mount Diablo Blvd, Left on Moraga Rd, and right on Campolindo Dr. **Highway 24 East**-take Orinda Exit, turn right on Moraga Way, left on Glorietta Blvd, right on Rheem Blvd, left on Moraga Rd, left on Campolindo Dr. Pool is located behind high school. Parking lot located on left. **Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed. No overnight/RV parking allowed.**

COURSE: Outdoor 25-Yard competition pool with up to 16 lanes with electronic timing system. A separate pool may be available for warm-down during the meet. The minimum water depth as measured in accordance with article 103.2.3 is 10' on the primary start end and 7' on the secondary start end of the competition pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

TIME: Meet begins at 9:00 AM each day. The competition course will be open for warm-ups from 7:30 to 8:45 a.m.

RULES:

- Current USA and Pacific Swimming rules, including Minor Athlete Abuse Prevention Policy ("MAAPP") and warm-up procedures shall govern the meet. A copy of these procedures will be posted at the Clerk-of-Course. All Athletes age 18 and older must have completed the Athlete Protection Training to be allowed to compete.
- All events are timed finals.
- All events will swim fast to slow. Athletes in the 500 free must provide their own lap counters. Athletes must provide timers and lap counters for the 1650 free.
- Athletes may compete in 4 events per day.
- 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.
- **ENTRIES WILL REMAIN OPEN UNTIL THE ESTIMATED TIMELINE (before the 1650) FOR EACH SESSION REACHES 5.5 HOURS.**

UNACCOMPANIED ATHLETES: USAS 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

USAS 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 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 USAS Club Member-Coach.

RACING STARTS: Any athlete entered in this meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming 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.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Deck Changes are 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 are exempt per applicable laws.
- Operation of a drone or any other flying apparatus is prohibited over the venue (pools, athlete/coach area, spectator area and open ceiling locker rooms) any time athletes, coaches, official and/or spectators are present.
- Coaches, Officials, Parents and Siblings may not use the pool

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 age 13&over are eligible to enter this meet. There is no proof of time required. Entry times should be the athlete's actual short course time and not the minimum standard.
- Athletes age 11&12 years must meet the SR-OPEN time standard as outlined by Pacific Swimming time verification procedures. No refunds will be given for times that cannot be proved.
- 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 under the age of 11 are not eligible to compete.
- Entries with "**NO TIME**" will be rejected.
- No time conversions will be accepted.

SEEDING: Event seeding will be in the following order: conforming short course yards (SCY), non-conforming long course meters (LCM), and non-conforming short course meters (SCM) - USA Swimming rules 207.12.7B.

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 individual 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 seeded and will not be allowed to compete in that event.

SCRATCH RULE: Athletes entered in a timed final individual event that is seeded on the deck and who 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 their next individual event.

ENTRY FEES: \$6.50 per event plus an \$8.00 participation fee per athlete. 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/OAPB20191019> 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 **Wednesday, Oct. 9th, 2019 (unless meet reaches capacity prior to that date).**

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 times. Entries must be entered using the current Pacific Swimming procedure and be postmarked by midnight, **Monday, Oct. 7th, 2019** or hand delivered by 6:30 p.m. **Wednesday, Oct. 9th, 2019.** 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: [Orinda Aquatics](#)

Mail/Hand Deliver entries to: [Jane Healy, 15 Pimentel Court, Moraga, CA 94556](#)

AWARDS: None.

ADMISSION: Free. A two-day program may be available for 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.

Women’s Events			EVENTS:	Men’s Events		
SCY	LCM			SCY	LCM	
SR Open Time Standard			Saturday, October 19, 2019	SR Open Time Standard		
5:32.89	6:18.79	1	400 IM (women)			
			500 Free (men)	2	5:47.89	5:12.79
2:32.99	2:55.79	3	200 Back	4	2:20.69	2:41.39
1:10.69	1:19.99	5	100 Fly	6	1:03.89	1:12.69
2:19.99	2:39.49	7	200 Free (women)			
			200 IM (men)	8	2:23.29	2:45.49
29.99	34.29	9	50 Free	10	26.89	30.19
2:56.39	3:21.19	11	200 Breast	12	2:40.49	3:04.09
21:27.19	22:09.69	13	1650 Free (women)			
Sunday, October 20, 2019						
6:12.69	5:34.69	15	500 Free (women)			
			400 IM (men)	16	5:07.69	5:51.59
2:34.89	2:55.89	17	200 Fly	18	2:22.29	2:41.49
1:10.79	1:22.29	19	100 Back	20	1:04.69	1:15.49
2:36.79	3:00.29	21	200 IM (women)			
			200 Free (men)	22	2:08.39	2:27.89
1:04.99	1:14.09	23	100 Free	24	58.69	1:07.39
1:21.99	1:33.89	25	100 Breast	26	1:13.59	1:25.49
			1650 Free (men)	28	20:13.29	20:43.39

Athletes in the 500 must provide their own lap counter.

Athletes in the 1650 must provide own timer and lap counter.

All events swim fastest to slowest

[Athletes age 11&12 must meet the Senior Open Time Standards](#)

**Orinda Aquatics Short Course Senior Open
Co-sponsored by Pacific Swimming
October 19 & 20, 2019
Consolidated Entry Form**

NAME (Last, First, MI):

LSC Code :PC

CLUB ABBR:

IF UNATT
Team Abbrev:

CLUB NAME:

AGE

DATE OF BIRTH

AMOUNT PAID
\$

**USA-S
REG #**

SEX:

Boy

Girl

Age Group:

EVENT #	PLEASE CIRCLE	DISTANCE/STROKE	ENTRY TIME
	SCY/LCM		: .
	SCY/LCM		: .
	SCY/LCM		: .
	SCY/LCM		: .
	SCY/LCM		: .
	SCY/LCM		: .
	SCY/LCM		: .
	SCY/LCM		: .
	SCY/LCM		: .
	SCY/LCM		: .
	SCY/LCM		: .

of events _____ x \$6.50= _____

Participation Fee = + \$8:00

Total Amount Due _____

Coach:

Athlete's
Address

Contact Phone #

Contact Email:

Checks payable to Orinda Aquatics