

Zone 2 Assigned Clubs: ONDA, ALGA, PST, HILL, MONT, OAK, OAKW (Fall), BEAR, AAA, ECG, ESD, SAIL, NWA, OAPB

SANCTION: Held under USA/Pacific Swimming Sanction No. **19-165**

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. **The results of this meet may be posted in real time on the Internet to Meet Mobile.**

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: Christopher Lam	Head Starter: David Kaplan
Meet Marshal: Pam Mackey	Admin Official: Laurie Jones
Meet Director: Janet Green (ondaswimming@gmail.com)	

LOCATION: Laney College Aquatic Center. 900 Fallon St., Oakland, CA 94607.

DIRECTIONS: From Concord/Walnut Creek: Take 24W continue on to 980W, take the Jackson St. exit, merge on to 5th St., make a left at Oak St., turn right on to 10th St. Pool is on right hand side between tennis courts and the building. Parking is available behind the Kaiser Convention Center building.

From Hayward and South Bay: Take I-880N and take the Oak St. exit, toward Lakeside Drive, turn right at Oak St., then turn right on 10th Street. Pool is on the right-hand side between tennis courts and the building. Parking is available behind the Kaiser Convention Center building.

COURSE: 25 yard outdoor, heated pool. Up to 8 competition lanes will be available. A warm-up pool will be available during the meet. A Colorado electronic timing system and scoreboard will be used. The minimum water depth for the course, measured in accordance with Article 103.2.3, is 6'-0" at the start end and 12'-0" at the turn end of this pool. The competition course has not been certified in accordance with Article 104.2.2C (4).

TIME: Meet will begin at 9:00 AM each day with warm-ups from 7:30 AM 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 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 athlete's age and gender.
- 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.**
- **Athletes in the 500 & 1000 Free must provide their own timers and lap counters.**

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.

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 are 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 (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.

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 in the "BB" Division must have met at least USA Swimming Motivational "BB" minimum time standard. Athletes 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. For 8&U, athletes in the "A" division must have met at least the listed "A" time standard.
- 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.
- Athletes 13 & over are eligible to enter 500 Freestyle without proof of time. Entry times should be the athlete's actual time and not the minimum standard. "No Time" will not be accepted.
- To enter the 500 FR: Athletes 12 & under shall meet the 11-12 "B" motivational time standard as outlined by Pacific Swimming time verification procedures. No refunds shall be given if a time cannot be proven.

ENTRY PRIORITY: Meet entries will not be accepted any earlier than **November 9th, 2019**. Entries from members of assigned "year-round" Zone 2 clubs postmarked or entered online by 11:59 PM on **November 15th, 2019** will be given 1st priority acceptance. Entries from members of all Zone 2 clubs (year-round and seasonal) postmarked or entered online between 12:00 AM **November 16th, 2019** and 11:59 PM on **November 24th** will be given 2nd 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.

ENTRY FEES: \$4.00 per event plus an \$8.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

ONLINE ENTRIES: To enter online go to www.fastswims.com to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a processing fee for this service, 6.5% of the total Entry Fees plus \$0.75 per transaction, regardless of number of athletes. 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, **December 4th, 2019**, or until the meet has reached capacity, whichever comes first.

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 time. Entries must be postmarked by midnight, Monday, **December 2nd, 2019** or hand delivered by 6:30 p.m. Wednesday, **December 4th, 2019**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: O.C.P.P. Mail/Hand Deliver entries to: Janet Green, 4115 Oakmore Rd, Oakland, CA 94602

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 remaining 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 in the event and will not be allowed to compete in that event.

SCRATCHES: Any athletes not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

AWARDS: First through eighth places in each division (C, B & BB) will be awarded for the 9-10, 11-12, 13-14 age groups. First through eighth place in each division (PC-C, PC-B, and PC-A) will be awarded for the 8 & Under age group. All athletes achieving an A time for the first time will be awarded a standard A medal, regardless of place achieved in the event. No awards will be given for athletes 19 years of age and older. **The 1000 FR and 500 FR events will not be awarded.** Note: Individual awards must be picked up at the meet. We will not mail or distribute awards after the meet.

ADMISSION: Free. A '2 DAY' program will be available on www.fastswims.com for \$5.00.

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. Lane timing assignments will be posted on Zone 2 website and sent to Club coaches.

MINIMUM OFFICIALS: The Meet Referee shall conduct an inventory of Officials and shall compare the number of athletes entered against the number of Officials that worked representing each club per day of the meet. Those clubs who have not provided sufficient Officials in a day of the meet, in accordance with the table below, will be fined \$100 per missing Official per day.

Number of athletes entered in meet per club per day	Number of trained and carded officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 Athletes over 100	+1

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & Under	9-10	11-12	13 & Over	8 & Under	9-10	11-12	13 & Over
	200 Free	100 Free	200 Free	25 Back	100 Back	200 Back	200 Back
50 Back	50 Back	50 Back	100 Back	25 Fly	100 Fly	50 Fly	200 Fly
50 Fly	50 Fly	200 Fly	100 Fly	50 Free	100 Free	200 Free	
25 Breast	50 Breast	50 Breast	100 Free	50 Breast	100 Breast	100 Breast	100 Breast
100 IM	100 IM	200 IM	200 IM	25 Free	50 Free	50 Free	50 Free
			1000 Free	Open 500 Free			

EVENTS

SATURDAY, DECEMBER 14		
EVENT #	EVENT	EVENT #
1	13 & over 200 Free	2
3	11-12 100 Free	4
5	9-10 200 Free	6
7	13 & over 100 Back	8
9	11-12 50 Back	10
11	10 & under 50 Back	12
13	13 & over 100 Fly	14
15	11-12 200 Fly	16
17	10 & under 50 Fly	18
19	13 & over 100 Free	20
21	11-12 50 Breast	22
23	9-10 50 Breast	24
25	8 & under 25 Breast	26
27	13 & over 200 IM	28
29	11-12 200 IM	30
31	10 & under 100 IM	32
33	13 & over 1000 Free	34

SUNDAY, DECEMBER 15		
EVENT #	EVENT	EVENT #
35	13 & over 200 Back	36
37	11-12 200 Back	38
39	9-10 100 Back	40
41	8 & under 25 Back	42
43	13 & over 200 Fly	44
45	11-12 50 Fly	46
47	9-10 100 Fly	48
49	8 & under 25 Fly	50
51	11-12 200 Free	52
53	9-10 100 Free	54
55	8 & under 50 Free	56
57	13 & over 100 Breast	58
59	11-12 100 Breast	60
61	9-10 100 Breast	62
63	8 & under 50 Breast	64
65	13 & over 50 Free	66
67	11-12 50 Free	68
69	9-10 50 Free	70
71	8 & under 25 Free	72
73	Open 500 Free	74

Athletes participating in the 13 & over 1000 Freestyle (33 & 34) or Open 500 Freestyle (73 & 74) events must provide their own timers and counters.

Athletes 13 & over are eligible to enter 500 Freestyle without proof of time. Entry times should be the athlete's actual time and not the minimum standard. "No Time" will not be accepted.

To enter 500 Freestyle - Athletes 12 & under shall meet the 11-12 "B" motivational time standard as outlined by Pacific Swimming time verification procedures. No refunds shall be given if a time cannot be proven.

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

Pacific Swimming – Oakland Undercurrent S.T. Short Course C/B/BB+ December 14-15 2019 Consolidated Entry Form															
Name: Last, First Middle															
Club Abbr.			UNATT CLUB 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				
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# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____															
Coach															
Athlete's Address															
Home Phone								Cell Phone							
Email															