

**SAN RAMON VALLEY LIVERMORE AQUATICS PENGUIN PLUNGE**

**PACIFIC SWIMMING LONG COURSE C/B/A+ MEET**

**APRIL 25-26, 2015**

Enter Online: <http://ome.swimconnection.com/pc/SRVL20150425>

**Zone 2 Priority: SRVL, AAA, AIA, ALGA, BEAR, CROW, CSRM, EBA, EBSD, FF, HILL, MONT, OAPB, ONDA, OTST, OAKW, PST, SAIL**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-067**

*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:** David Benjamin    **Head Starter:** Peter McNamara  
**Meet Marshal:** Amy Cramer        **Admin Official:** Charlotte Rooney  
**Meet Director:** Becca Burke, [beccaburke@yahoo.com](mailto:beccaburke@yahoo.com)

**LOCATION:** San Ramon Olympic Pool & Aquatic Park, 9900 Broadmoor Dr., San Ramon, CA 94583

**DIRECTIONS:** Located next to California High School. From 680, take Bollinger Canyon exit, turn west on Bollinger Canyon. Turn left (south) on San Ramon Valley Blvd. and go approximately 2 miles. Turn left (east) on Montevideo Dr., go approximately 1/2 mile, turn right at stop sign onto Broadmoor Dr., go approximately 1/4 mile to pool located on left side. Parking is available BEHIND the school in the south parking lot, and on some neighborhood streets. Permit parking only on Broadmoor Drive from 9871-9897 and on Weymouth Court 7 days a week. Other surrounding streets have additional parking restrictions. Parking spaces between front of pool entrance and tennis courts is for Coaches and Officials ONLY. **PLEASE READ SIGNS CAREFULLY AND DO NOT PARK WHERE "NO PARKING" SIGNS OR "PERMIT PARKING ONLY" SIGNS ARE POSTED. YOU WILL RECEIVE A TICKET!!!!**

**COURSE:** Outdoor, heated 25 yard pool, with up to 8 lanes available for competition. An additional 10 lanes will be available for warm-up/cool down throughout the competition. The minimum water depth, measured in accordance with Article 103.2.3, is 4 feet at the start end and the turn end. The competition course has been certified in accordance with Article 104.2.2C(4). The copy of the certification is on file with USA Swimming.

**TIME:** Meet will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. A special warm-up time for 8 and under swimmers only will be held from 8:45-8:55 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.
- 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.
- All 800 Freestyle swimmers must provide their own timers and counters
- All 800 Freestyle swimmers must have achieved a minimum 7:13.59 (girls) and 7:19.79 (boys) in the 400 Freestyle in order to enter.

**ATTENTION HIGH SCHOOL SWIMMERS (February through May):** If you are a high school swimmer in season, you need to be Unattached from this meet. It is the swimmers responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**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 and removed from lawn areas Saturday evening; frames ONLY can be left overnight.
- Changing into or out of swimsuits other than in locker rooms or designated areas is prohibited.
- No pets allowed on school property.
- 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.

- Swimmers in the A Division must have met at least the listed USA-S Motivational A time standard. Swimmers in the B Division must have met at least the listed B time standard. All entry times slower than the listed B time standard will be in the C Division.
- Entries with "**NO TIME**" will 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.

**ENTRY PRIORITY:** Meet entries will not be accepted any earlier than April 4, 2015. Entries from members of Zone 2 teams postmarked or entered online by 11:59 p.m. on April 11, 2015, will be given 1st priority acceptance. All entries from members of Zone 2 teams received after that date, and 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 the Pacific Swimming Review Committee for disciplinary action.**

**ENTRY FEES:** \$4.00 per event plus a \$10.00 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/srvl20150425> 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, April 15, 2015** or until the meet is closed due to reaching capacity under four-hour rule.

**MAILED 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 April 13, 2015** 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:** SRVLA  
**Mail entries to:** Meet Entries  
 7598 Interlachen Ave  
 San Ramon, CA 94583

**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 shall not be penalized. Swimmers who must withdraw from an event after it is seeded are requested to inform the referee immediately.

**AWARDS:** Ribbons 1st – 8th place for A, B & C divisions. 13-18 swimmers will be awarded as 13-14, 15-16 and 17-18 age groups. There will be NO awards for swimmers over 19.

**ADMISSION:** Free. A 2 Day program will be available for \$5.00

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition, serving hot breakfast, hot lunches, salads and other nutritious items and beverages. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours.

**MINIMUM OFFICIALS:** The Meet Referee shall conduct an inventory of Officials and shall compare the number of swimmers entered against the number of Officials that worked representing each team per day of the meet. Those teams 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 swimmers entered in meet per team 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 Swimmers over 100	+1

**EVENT SUMMARY**

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
100 Free	200 Free	200 Free	200 Free	50 Free	200 IM	400 IM	400 IM
50 Breast	100 Back	100 Back	200 Breast	50 Fly	50 Free	50 Free	200 Fly
50 Back	50 Back	50 Back	100 Back		50 Fly	50 Fly	50 Free
	100 Free	200 IM	200 IM		100 Breast	200 Breast	100 Breast
		100 Free	100 Free				
	<b>Open 800</b>	<b>Free-Girls</b>			<b>Open 800</b>	<b>Free-Boys</b>	

## EVENTS

Saturday April 25, 2015

Girls Event #	Event	Boys Event #
1	13 & Over 200 Free	2
3	11-12 200 Free	4
5	9-10 200 Free	6
7	8 & Under 100 Free	8
9	13 & Over 200 Breaststroke	10
11	9-10 100 Backstroke	12
13	11-12 100 Backstroke	14
15	13 & Over 100 Backstroke	16
17	8 & Under 50 Breaststroke	18
19	9-10 50 Backstroke	20
21	11-12 50 Backstroke	22
23	8 & Under 50 Backstroke	24
25	11-12 200 IM	26
27	13 & Over 200 IM	28
29	9-10 100 Free	30
31	11-12 100 Free	32
33	13 & Over 100 Free	34
35	OPEN 800	

Sunday April 26, 2015

Girls Event #	Event	Boys Event #
37	13 & Over 400 IM	38
39	11-12 400 IM	40
41	9-10 200 IM	42
43	13 & Over 200 Fly	44
45	11-12 50 Free	46
47	9-10 50 Free	48
49	8 & Under 50 Free	50
51	13 & Over 50 Free	52
53	11-12 50 Fly	54
55	9-10 50 Fly	56
57	8 & Under 50 Fly	58
59	13 & Over 100 Breaststroke	60
61	11-12 200 Breaststroke	62
63	9-10 100 Breaststroke	64
	OPEN 800	66

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

**Girl's 800 Freestyle will be swum on Saturday. Boy's 800 Freestyle will be swum on Sunday.**

**All 800 Freestyle swimmers must provide their own timers and counters.**

**\*All swimmers in the 800 Freestyle must meet a minimum 7:13.59 (girls)/7:19.79 (boys) in the 400 Freestyle in order to enter. Swimmers not meeting the 800 Free minimum time criteria will be removed from that event, with no refund.**

13-18 individual events will be swum together but scored separately as 13-14, 15-16 and 17-18

Pacific Swimming – Hosted by SRVLA Long Course April 25-26, 2015 Consolidated Entry Form													
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				
						: .			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        \$ 10.00 Total                                \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													