

**MONTCLAIR SWIM TEAM  
PACIFIC SWIMMING ZONE TWO SHORT COURSE 14 & UNDER RELAY MEET  
SUNDAY, MAY 17, 2015**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-062**

*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:**

|                        |   |                        |                       |
|------------------------|---|------------------------|-----------------------|
| <i>Meet Referee:</i>   | <b>David Benjamin</b>   | <i>Head Starter:</i>   | <b>Mehdi Saghafi</b>  |
| <i>Meet Marshal:</i>   | <b>Andy Arnold</b>  | <i>Admin Official:</i> | <b>Peter McNamara</b> |
| <i>Meet Directors:</i> | <b>Ms. Renske Lynde, 510-697-2963 <a href="mailto:renske.lynde@gmail.com">renske.lynde@gmail.com</a></b>    |                        |                       |
|                        | <b>Ms. Lesley Podesta, 510-508-3509, <a href="mailto:lesley@chezpodesta.com">lesley@chezpodesta.com</a></b> |                        |                       |

**LOCATION:** Mills College, Trefethen Aquatic Center, 5000 MacArthur Blvd, Oakland, CA 94613. Mills College is at the junction of Highways 580 and 13.

**DIRECTIONS: From Downtown Oakland:** Take the second MacArthur Blvd. exit (after High St.). Bear right onto MacArthur Blvd. The Mills gate is immediately ahead on your left. **From Concord/Walnut Creek:** Take I-680 south to Highway 24 west. Come through the tunnel. Take Highway 13 south toward Hayward. Take the San Francisco exit onto I-580 west. Stay in the exit lane and immediately take the MacArthur/High St. exit. Turn right at the stop sign, then left again at the light. Mills College entrance is on your left. **From Hayward and South Bay:** Take I-580 west to the MacArthur/High St. exit just after the junction with Highway 13. Turn left at the stop sign and proceed under the freeway overpass. Turn left at the light onto MacArthur Blvd. The Mills gate is immediately ahead on your left.

**COURSE: OUTDOOR 25 YARD** pool with up to **8** lanes available for competition. An additional **4** 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 7'3" at the start end and 7'3" 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 9:00AM with warm-ups from 7:30-8:45AM. There will be an 8 & Under warm up from 8:45-8:55.

**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.
- All swimmers ages 12 and under should complete competition within four (4) hours.
- All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down by removing one or more set(s) of relays. Refunds will be mailed to participating teams within two weeks.
- The meet will be closed when a team entry received pushes the total number of swimmers over 500; later teams' entries will be returned.

**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.
- No animals may be allowed on the venue premises.
- All shelters must be properly secured.
- Changing into or out of swimsuits other than in locker rooms or designated areas is 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.

**ELIGIBILITY:**

- Swimmers must be current members of USA-S and be attached to an entering team. If this is not done, it may be difficult to match the swimmer with the registration. 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.
- 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.
- Swimmers must be 14 and under
- Entries with **"NO TIME" will be ACCEPTED.**
- 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 12, 2015. Entries of "year round" Zone 2 teams postmarked by April 19, 2015 will be given 1<sup>st</sup> priority acceptance. Entries from members of all Zone 2 teams (year round and seasonal) postmarked between April 19, 2015 and April 26, 2015 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 or hand delivered by the entry deadline will be considered in the order that they were received. **NOTE: Each unregistered swimmer must come with (1) a completed USA Swimming registration form and (2) a check for \$83 made payable to "Pacific Swimming" or cash.**

**ENTRY FEES:** \$9.00 per relay event plus an \$8.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request. Refunds will not be given for "no-shows" or for entered relays that do not swim.

**ENTRY INSTRUCTIONS:** Entries for each team must come in a single package on the attached Consolidated Athlete Entry Form and Event entry form. Please photocopy the consolidated athlete entry form before completing if you will need to enter more than 25 swimmers. Forms must be filled out completely and printed clearly with specified information for all participating swimmers in advance. **Neither swimmers nor relays may be added after the entry deadline.** Entry times are not required. Entries may be submitted by mail or hand delivery.

Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmer names. Entries must be postmarked by Monday, May 4, 2015 or hand delivered by 6:30 p.m. Wednesday, May 6, 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, stamped envelope.

**Make check payable to: Montclair Swim Team**

**Mail/hand deliver entries to:** Ms. Renske Lynde  
951 Alvarado Road  
Berkeley, CA 94705  
510-697-2963

**SEEDING:** The following priority will be used to approximate fastest-to-slowest order for the seeding of each event:

1. "A" relays from teams with subordinate entries
2. "A" relay solo entries
3. "B" relays from teams with subordinate entries
4. "B" relay solo entries
5. Etc...

**CHECK-IN:** The meet will be pre-seeded. Individual swimmers need not check in unless they need to register. Coaches, however, must pick up their relay cards before the start of the meet in order to include names.

**SCRATCHES:** Relay teams that must withdraw from an event after it is seeded are requested to inform the referee immediately.

**AWARDS:** The events will be scored 1st through 8th places. Points will be given as follows: 18-14-12-10-8-6-4-2. Distinctive awards will be given for 1st through 3rd in each event. Team trophies will be awarded for 1st through 3rd places based on total points.

**ADMISSION:** Free. A program will be available for a reasonable price. Program will be posted at several locations at the venue and copies will be handed out to coaches.

**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.

**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

| 8-Under                         | 9-10                            | 11-12                           | 13-14                           |
|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| 100 Medley Relay                | 200 Medley Relay                | 200 Medley Relay                | 400 Medley Relay                |
| 100 Free Relay                  | 200 Free Relay                  | 200 Free Relay                  | 400 Free Relay                  |
| 100 Fly Relay*                  | 200 Fly Relay*                  | 200 Fly Relay*                  | 200 Fly Relay*                  |
| 100 Breast Relay*               | 200 Breast Relay*               | 200 Breast Relay*               | 200 Breast Relay*               |
| 200 Free-Back Relay*□           | 200 Free-Back Relay*□           | 200 Free-Back Relay*□           | 200 Free-Back Relay*□           |
| 100 Dolphin Relay*❖             | 100 Dolphin Relay*❖             | 100 Dolphin Relay*❖             | 100 Dolphin Relay*❖             |
| Age Progressive 250 Free Relay□ | Age Progressive 250 Free Relay□ | Age Progressive 250 Free Relay□ | Age Progressive 250 Free Relay□ |

\* Indicates "Mixed" Relay allowed. This is any combination of boys and girls within an age group, including 4 boys or 4 girls.

□ "Free-Back" indicates each swimmer does freestyle the first 25 yards, then backstroke the next 25 yards. A flip-turn is permitted.

❖ For the dolphin relay, the first swimmer MUST begin from a backstroke start. The next three must begin from a dive. Only a breaststroke arm stroke is allowed when breathing. There is no limit to the distance each swimmer may go underwater.

□ Age progressive relay will be swum as: 8-Under 25 yards; 10-under 50 yards; 12-under 75 yards; 14-under 100 yards

## EVENT ENTRY FORM

**Team:** \_\_\_\_\_ **Team Code:** \_\_\_\_\_ **Zone:** \_\_\_\_\_

| Event | Age Group                                   | Gender | Yards                 | Stroke                     | # of teams entered |
|-------|---|--------|-----------------------|----------------------------|--------------------|
| 1     | 8-under                                     | Girls  | 100                   | Medley                     |                    |
| 2     | 8-under                                     | Boys   | 100                   | Medley                     |                    |
| 3     | 9-10  | Girls  | 200                   | Medley                     |                    |
| 4     | 9-10  | Boys   | 200                   | Medley                     |                    |
| 5     | 11-12                                       | Girls  | 200                   | Medley                     |                    |
| 6     | 11-12                                       | Boys   | 200                   | Medley                     |                    |
| 7     | 13-14                                       | Girls  | 400                   | Medley                     |                    |
| 8     | 13-14                                       | Boys   | 400                   | Medley                     |                    |
| 9     | 8-under                                     | Girls  | 100                   | Free                       |                    |
| 10    | 8-under                                     | Boys   | 100                   | Free                       |                    |
| 11    | 9-10  | Girls  | 200                   | Free                       |                    |
| 12    | 9-10  | Boys   | 200                   | Free                       |                    |
| 13    | 11-12                                       | Girls  | 200                   | Free                       |                    |
| 14    | 11-12                                       | Boys   | 200                   | Free                       |                    |
| 15    | 13-14                                       | Girls  | 400                   | Free                       |                    |
| 16    | 13-14                                       | Boys   | 400                   | Free                       |                    |
| 17    | 8-under                                     | Mixed* | 100                   | Fly                        |                    |
| 18    | 9-10  | Mixed* | 200                   | Fly                        |                    |
| 19    | 11-12                                       | Mixed* | 200                   | Fly                        |                    |
| 20    | 13-14                                       | Mixed* | 200                   | Fly                        |                    |
| 21    | 8-under                                     | Mixed* | 100                   | Breast                     |                    |
| 22    | 9-10  | Mixed* | 200                   | Breast                     |                    |
| 23    | 11-12                                       | Mixed* | 200                   | Breast                     |                    |
| 24    | 13-14                                       | Mixed* | 200                   | Breast                     |                    |
| 25    | 8-under                                     | Mixed* | 200                   | Free-Back                  |                    |
| 26    | 9-10  | Mixed* | 200                   | Free-Back                  |                    |
| 27    | 11-12                                       | Mixed* | 200                   | Free-Back                  |                    |
| 28    | 13-14                                       | Mixed* | 200                   | Free-Back                  |                    |
| 29    | 8-under                                     | Mixed* | 100                   | Dolphin                    |                    |
| 30    | 9-10  | Mixed* | 100                   | Dolphin                    |                    |
| 31    | 11-12                                       | Mixed* | 100                   | Dolphin                    |                    |
| 32    | 13-14                                       | Mixed* | 100                   | Dolphin                    |                    |
| 33    | 8-under<br>10-under<br>12-under<br>14-under | Girls  | 25<br>50<br>75<br>100 | Age<br>Progressive<br>Free |                    |
| 34    | 8-under<br>10-under<br>12-under<br>14-under | Boys   | 25<br>50<br>75<br>100 | Age<br>Progressive<br>Free |                    |

\*Indicates "Mixed" Relay allowed. This is any combination of boys and girls within an age group, including 4 boys or 4 girls.

## CONSOLIDATED ATHLETE ENTRY FORM

|  |       |
|--|-------|
| Total Number of Relay Teams (from previous page)                 | 1)    |
| Total Relay Entry Fee (box 1 x \$9.00)                           | 2)    |
| Total Swimmers' Entry Fee (Total # of swimmers entered x \$8.00) | 3)    |
| Total Fees to be Paid (box 2 + box 3)                            | Total |

**(Photocopy before completing if you will be entering more than 25 swimmers)**

**Team:** \_\_\_\_\_ **Team Code:** \_\_\_\_\_

**Coach:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**\*IF SWIMMER IS NOT REGISTERED ENTER THE SWIMMER'S BIRTHDATE**

| No. | Age | Last Name, First Name, Middle Initial | M/F |
|-----|-----|---------------------------------------|-----|
| 1   | /26 |                                       |     |
| 2   | /27 |                                       |     |
| 3   | /28 |                                       |     |
| 4   | /29 |                                       |     |
| 5   | /30 |                                       |     |
| 6   | /31 |                                       |     |
| 7   | /32 |                                       |     |
| 8   | /33 |                                       |     |
| 9   | /34 |                                       |     |
| 10  | /35 |                                       |     |
| 11  | /36 |                                       |     |
| 12  | /37 |                                       |     |
| 13  | /38 |                                       |     |
| 14  | /39 |                                       |     |
| 15  | /40 |                                       |     |
| 16  | /41 |                                       |     |
| 17  | /42 |                                       |     |
| 18  | /43 |                                       |     |
| 19  | /44 |                                       |     |
| 20  | /45 |                                       |     |
| 21  | /46 |                                       |     |
| 22  | /47 |                                       |     |
| 23  | /48 |                                       |     |
| 24  | /49 |                                       |     |
| 25  | /50 |                                       |     |

**Total "Swimmers Entry Fee" (same as box 3 above) = [ #Swimmers x \$8.00 per swimmer ] = \$ \_\_\_\_\_**