

ELLIS AQUATICS PENGUIN PLUNGE  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
MARCH 28-29, 2015

Enter Online: <http://ome.swimconnection.com/pc/EA20150328>

Z2 PRIORITY TEAMS: EA, TIGR, RAM, OA, RA, BSW, TERA, WCAB, NWA, CROW, HOX, SRVL, CSRM, OAKW, OAPB, MONT, HILL, PST, LBD, BTA, CCAD



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-050**

*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> Randy May	<i>Head Starter:</i> Charlie Gonzales
<i>Meet Marshal:</i> Chris Martin	<i>Admin Official:</i> Amy Gonzales/Jennifer Winter
<i>Meet Director:</i> Michele Loomis, <a href="mailto:micheleloomis@comcast.net">micheleloomis@comcast.net</a>	

**LOCATION:** Pinkie Phillips Aquatic Center, Merrill F. West High School, 1775 W Lowell Ave, Tracy, CA 95376.

**DIRECTIONS:** From Bay Area, take the 205 toward Tracy, take exit 6 Grant Line Exit. Turn Right onto Grant Line Road. Turn Right onto Corral Hollow, left onto W. Lowell Ave, school entrance is second left. Enter the parking lot adjacent to the football stadium. The pool is at the end of the parking lot. From I-5 take the 205 exit, and then take the Tracy BLVD Exit #8, turn left. Go about 1 mile to W. Lowell, turn right. Turn right into the school parking lot at the School Sign. Parking lot adjacent to the football stadium, the pool is at the end of the parking lot

**COURSE:** Outdoor heated 50 meter pool with up to 15 competition lanes. Separate warm up/cool down area will be available. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 7'0" at the start end and 7'0" at the turn end. 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 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 four (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 500 Freestyle swimmers must provide their own timers and counters
- All swimmers entering the Open 500 Freestyle must meet the minimum 8:28.19 time standard.

**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.
- Changing into or out of swimsuits other than in locker rooms or designated areas is prohibited.
- No pets allowed on school property.
- Set up in designated area only, swimmers are not allowed on any part of the campus except the area adjacent to the pool.
- 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 (exception – Open 500 Freestyle, see rules)**.
- 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 **February 21, 2015**. Entries from members of Zone 2 teams that are listed above for priority postmarked or entered online by 11:59 p.m. on **March 7, 2015** will be given 1<sup>st</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 from 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 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/EA20150328> 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 **March 18, 2015**.

**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, **March 16, 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: Ellis Aquatics**

**Mail/Hand-Deliver entries to: EA Parent Club**

**793 S. Tracy BLV # 182**

**Tracy, CA 95376**

**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 18.

**ADMISSION:** Free. A **2 Day** program will be available for **\$2.00**

**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 and volunteers.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. No pets allowed on school grounds. No set up on pool deck except for designated areas for coaches. There will be limited parking for coaches and officials near the pool.

**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 IM	100 IM	400 IM	400 IM	50 Breast	200 IM	200 IM	200 IM
50 Free	200 Free	200 Free	100 Free	25 Back	50 Breast	100 Breast	100 Breast
50 Back	50 Fly	50 Fly	200 Fly	100 Free	100 Back	200 Back	200 Free
25 Breast	100 Breast	50 Back	200 Breast	50 Fly	100 Free	100 Free	200 Back
25 Free	50 Free	200 Breast	50 Free		100 Fly	200 Fly	100 Fly
		50 Free					
<b>Open 500 Free-Girls</b>				<b>Open 500 Free-Boys</b>			

EVENTS

SATURDAY, MARCH 28, 2015		
EVENT #	EVENT	EVENT #
1	13 & O 400 IM	2
3	11 – 12 400 IM	4
5	9 – 10 100 IM	6
7	8 & U 100 IM	8
9	13 & O 100 FREE	10
11	11 – 12 200 FREE	12
13	9 – 10 200 FREE	14
15	8 & U 50 FREE	16
17	13 & O 200 FLY	18
19	11 – 12 50 FLY	20
21	9 – 10 50 FLY	22
23	8 & U 50 BACK	24
25	11 – 12 50 BACK	26
27	13 & O 200 BREAST	28
29	11 – 12 200 BREAST	30
31	9 – 10 100 BREAST	32
33	8 & U 25 BREAST	34
35	13 & O 50 FREE	36
37	11 – 12 50 FREE	38
39	9 – 10 50 FREE	40
41	8 & U 25 FREE	42
43	OPEN 500 FREE*	

SUNDAY, MARCH 29, 2015		
EVENT #	EVENT	EVENT #
45	13 & O 200 IM	46
47	11 – 12 200 IM	48
49	9 – 10 200 IM	50
51	13 & O 100 BREAST	52
53	11 – 12 100 BREAST	54
55	9 – 10 50 BREAST	56
57	8 & U 50 BREAST	58
59	13 & O 200 FREE	60
61	11 – 12 200 BACK	62
63	9 – 10 100 BACK	64
65	8 & U 25 BACK	66
67	13 & O 200 BACK	68
69	11 – 12 100 FREE	70
71	9 – 10 100 FREE	72
73	8 & U 100 FREE	74
75	13 & O 100 FLY	76
77	11 – 12 200 FLY	78
79	9 – 10 100 FLY	80
81	8 & U 50 FY	82
	OPEN 500 FREE*	84

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

**Girl's 500 Freestyle will be swum on Saturday. Boy's 500 Freestyle will be swum on Sunday.  
All 500 Freestyle swimmers must provide their own timers and counters.**

**\*Minimum qualification time for Open 500 FR is Girls/Boys – 8:28.19  
Swimmers not meeting the 500 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

**For Hotel information please visit our website at:  
[www.Ellisaquatics.net](http://www.Ellisaquatics.net)**

Pacific Swimming – Hosted by Ellis Aquatics Short Course March 28-29, 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        \$ 8.00 Total                            \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													