

PACIFIC SWIMMING ZONE 2 – SHORT COURSE ‘LAST CHANCE’ B/A+ MEET

March 6 – March 8, 2015

Hosted by Oakdale Aquatics

Enter Online: <http://ome.swimconnection.com/pc/OA20150306>



SANCTION: Held under USA/Pacific Swimming Sanction No. **15-035**

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: Randy May **Head Starter:** Charlotte Rooney
Meet Marshal: Russ Van Cleave **Admin Official:** Jackie Park
Meet Director: Ron Thompson, ronnyt@prodigy.net, (209)-380-0115

LOCATION: Oakdale High School Aquatic Center, 739 West G Street, Oakdale, CA 95361.

DIRECTIONS: From East bound HWY 108: Make right onto S. Wood Ave. Make left onto W. H Street. Make right onto Hinkley Ave. From South bound HWY 120: Make right onto F Street (HWY 108). Make left onto S. Wood Ave. Make left onto W. H Street. Make right onto Hinkley Ave.

PARKING: Parking is in the Oakdale High School parking lot and surrounding streets. **No RV parking allowed in the high school parking lot.** Overnight parking is not allowed. Enter pool at the gate located near the north end of the football stadium and the gym.

COURSE: Outdoor, heated 25 yard pool with up to 9 lanes available for competition. An additional 5 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'-6" at the start end and 7'-6" 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: Friday Competition begins at 4:30 PM, with warm-ups from 3:30 – 4:15 PM. Meet will begin at 9:00 AM each day with warm-ups from 7:30 – 8:45 AM. 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 up to 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.
- Swimmers must provide their own timers for the 400 IM, and their own lap counters and timers for the 500 Free and 1650 Free.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

ATTENTION HIGH SCHOOL SWIMMERS: 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
- 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.
- Oakdale High School policy states there is no food on the deck, only water.
- No set up allowed on deck.

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 USA-S Motivational "B" time standard.
- All entries must meet the minimum USA-S Motivational B time requirement for the swimmer's age and gender.
- Entries with **"NO TIME" will be REJECTED.**
- 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 January 30, 2015. Entries from members of Zone 2 teams postmarked or entered online by 11:59 p.m. on February 13, 2015 will be given 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. **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/OA20150306> 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, February 25, 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, February 23, 2015 or hand delivered by 6:30 p.m. Wednesday, February 25, 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: Oakdale Swim Team

Mail entries to: Oakdale Swim Team, Attn: Meet Director
P.O. Box 1008
Oakdale, CA 95361

Hand deliver entries to: Ron Thompson
739 West G Street
Oakdale, CA 95361

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. **Check-in for the 1650 free will close at 12:00 PM Sunday.**

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: The first 8 places will be awarded for 8 & UN, 11-12, 13-14, 15-16, 17-18 age groups. All PC-B swimmers achieving a PC-A time will be awarded a standard "A" medal, regardless of place achieved in the event. No awards given for swimmers 19 years of age and older. Note: Individuals awards must be picked up at the meet. We will not mail or distribute awards after the meet.

ADMISSION: Free. A meet program will be available for a reasonable price

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

Friday, March 6, 2015

10 & U	11-12	13-18
500 Free	400 IM	400 IM
	500 Free	500 Free

Saturday, March 7, 2015

10 & U	11-12	13-18
200 Free	200 Free	200 Free
100 Breast	100 Breast	100 Breast
50 Back	50 Back	200 Back
100 Fly	200 Back	100 Fly
100 Free	100 Fly	100 Free
100 IM	100 Free	
	100 IM	

Sunday, March 8, 2015

10 & U	11-12	13-18
200 IM	200 IM	200 IM
50 Free	50 Free	50 Free
50 Breast	50 Breast	200 Breast
100 Back	200 Breast	100 Back
50 Fly	100 Back	200 Fly
	50 Fly	1650 Free
	200 Fly	
	1650 Free	

Events For Friday, March 6, 2015

Girls	A Time Standard	Event Description		A Time Standard	Boys
1*	5:33.09	11-12	400 IM	5:25.79	2*
	5:15.89	13-14		4:55.69	
	5:07.29	15-16		4:43.99	
	5:04.99	17-18		4:37.29	
3**	6:48.39	10 & Under	500 Free	6:42.29	4**
	6:07.99	11-12		6:02.59	
	5:52.99	13-14		5:33.89	
	5:43.99	15-16		5:21.19	
	5:42.29	17-18		5:15.69	

*Swimmers must have the "A" Time Standard to swim the 400 I.M. Swimmers must provide their own timers for the 400 I.M.

**Swimmers must have the "A" Time Standard to swim the 500 Free. Swimmers must provide their own timers and lap timers for the 500 Free. These events will be swum together, but awarded separately. The 400 I.M. and the 500 Free will be swum alternating girls and boys heats.

Events For Saturday, March 7, 2015

Girls	B Time Standard	A Time Standard	Event Description		A Time Standard	B Time Standard	Boys
5	2:41.19	2:18.19	11-12	200 Free	2:14.79	2:37.19	6
7	3:20.19	2:36.39	10 & Under	200 Free	2:31.29	3:09.09	8
9	2:33.89	2:11.99	13-14	200 Free	2:03.89	2:24.49	10
	2:30.79	2:09.29	15-16		1:58.59	2:18.29	
	2:29.19	2:07.89	17-18		1:56.59	2:15.99	
11	1:58.79	1:32.39	10 & Under	100 Breast	1:30.19	1:53.69	12
13	1:35.79	1:21.69	11-12	100 Breast	1:19.29	1:33.59	14
15	1:29.39	1:16.59	13-14	100 Breast	1:10.79	1:22.59	16
	1:28.29	1:15.69	15-16		1:07.89	1:19.19	
	1:25.89	1:13.59	17-18		1:06.29	1:17.39	
17	38.79	33.29	11-12	50 Back	33.09	38.99	18
19	1:02.99	51.99	8 & Under	50 Back	51.99	1:02.99	20
	48.59	37.99	9-10		37.79	48.59	
21	2:48.39	2:24.29	13-14	200 Back	2:15.79	2:38.39	22
	2:44.79	2:21.19	15-16		2:09.89	2:31.59	
	2:42.59	2:19.39	17-18		2:06.29	2:27.39	
23	2:59.49	2:33.79	11-12	200 Back	2:30.29	2:55.29	24
25	1:55.49	1:25.29	10 & Under	100 Fly	1:24.79	1:54.09	26
27	1:17.69	1:06.59	13-14	100 Fly	1:01.89	1:12.19	28
	1:16.19	1:05.29	15-16		58.99	1:08.79	
	1:14.99	1:04.29	17-18		57.69	1:07.29	
29	1:26.29	1:12.49	11-12	100 Fly	1:10.59	1:24.49	30
31	2:00.99	1:39.99	8 & Under	100 Free	1:39.99	2:00.99	32
	1:30.69	1:11.39	9-10		1:10.19	1:28.49	
33	1:13.59	1:03.09	11-12	100 Free	1:01.89	1:12.19	34
35	1:11.39	1:01.19	13-14	100 Free	56.89	1:06.29	36
	1:09.99	59.99	15-16		54.19	1:03.29	
	1:09.39	59.49	17-18		53.19	1:02.09	
37	1:25.29	1:13.09	11-12	100 IM	1:11.09	1:23.19	38
39	2:12.29	1:49.29	8 & Under	100 IM	1:49.29	2:12.29	40
	1:43.39	1:21.39	9-10		1:20.39	1:40.39	

Events For Sunday, March 8, 2015

Girls	B Time Standard	A Time Standard	Event Description		A Time Standard	B Time Standard	Boys
41	3:40.39	2:54.19	10 & Under	200 IM	2:53.69	3:38.89	42
43	3:02.49	2:36.39	11-12	200 IM	2:33.79	3:00.99	44
45	2:53.19	2:28.49	13-14	200 IM	2:18.79	2:41.89	46
	2:48.89	2:24.79	15-16		2:12.29	2:34.29	
	2:47.29	2:23.39	17-18		2:09.09	2:30.59	
47	53.29	43.99	8 & Under	50 Free	43.99	53.29	48
	39.49	31.89	9-10		31.39	38.49	
49	34.09	29.39	11-12	50 Free	28.39	33.09	50
51	32.89	28.19	13-14	50 Free	25.99	30.39	52
	32.29	27.69	15-16		24.79	28.99	
	31.99	27.49	17-18		24.29	28.29	
53	43.69	37.49	11-12	50 Breast	36.89	43.79	54
55	1:10.19	57.99	8 & Under	50 Breast	57.99	1:10.19	56
	53.59	41.99	9-10		41.89	53.19	
57	3:13.99	2:46.29	13-14	200 Breast	2:34.69	3:00.49	58
	3:09.99	2:42.79	15-16		2:28.09	2:52.79	
	3:06.89	2:40.19	17-18		2:23.29	2:47.09	
59	3:25.79	2:56.39	11-12	200 Breast	2:49.39	3:17.69	60
61	1:45.09	1:21.79	10 & Under	100 Back	1:20.09	1:41.39	62
63	1:26.29	1:12.69	11-12	100 Back	1:10.79	1:24.09	64
65	1:18.29	1:07.09	13-14	100 Back	1:03.09	1:13.59	66
	1:16.29	1:05.39	15-16		59.79	1:09.69	
	1:15.29	1:04.59	17-18		58.09	1:07.69	
67	1:06.59	54.99	8 & Under	50 Fly	54.99	1:06.59	68
	47.99	36.69	9-10		36.19	46.69	
69	37.29	31.89	11-12	50 Fly	31.69	37.69	70
71	2:52.39	2:27.79	13-14	200 Fly	2:17.49	2:40.39	72
	2:46.79	2:22.99	15-16		2:11.39	2:33.29	
	2:44.59	2:21.09	17-18		2:08.69	2:30.19	
73	3:02.39	2:36.39	11-12	200 Fly	2:32.69	2:58.09	74
75**		21.26.99	11-12	1650 Free	21:11.79		76**
		20.12.19	13-14		19:15.69		
		19.48.19	15-16		18.39:99		
		19:48.19	17-18		18.23.89		

**Swimmers must have the "A" Time Standard to swim the 1650 Free. Swimmers must provide their own timers and lap timers for the 1650 Free. Swimmers wishing to swim the 1000 Free may get an initial split in the 1650 Free. The 1650 Free will be swum alternating girls and boys heats.

PACIFIC SWIMMING ZONE 2 – SHORT COURSE ‘LAST CHANCE’ B/A+ MEET Hosted by Oakdale Aquatics March 6 – March 8, 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			
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							: .			SCY / LCM			
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													