



NORTHBAYAQUATICS

North Bay Aquatics, Emery Weed Fundraiser

PACIFIC SWIMMING SHORT COURSE MEET

Sunday, October 12, 2014

Open only to AAA, CROW, EBSD, El Cerrito Gators, NBA, and ONDA

Enter Online: <http://ome.swimconnection.com/pc/NBA20141012>



SANCTION: Held under USA/Pacific Swimming Sanction No. **14-169**

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: Charlie Gonzales	Head Starter: Peter Winkler
Meet Marshal: Christine deGuzman	Admin Official: Amy Gonzales
Meet Director: Mehdi Saghafi mednchris@gmail.com	510.295.8470

LOCATION: El Cerrito Community Pool, 7007 Moeser Lane, El Cerrito, CA.

DIRECTIONS: The pool is located at the intersection of Ashbury Ave and Moeser Lane, several blocks uphill from San Pablo Ave. **From I-80 East**, take the Central Ave exit. Turn right onto Central Ave, left onto San Pablo Ave and right onto Moeser. **From I-80 West**, take the Cutting Blvd exit, turn left onto Cutting, right onto San Pablo Ave and left onto Moeser.

COURSE: 25 yard, outdoor heated pool with up to 8 lanes used for competition. Separate lanes for warm-up and warm-down. The minimum water depth, measured in accordance with Article 103.2.3, is 13 feet at the start end and 7 feet 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 AM with warm-ups from 7:30 to 8:45 AM. A special warm-up time for 8 and under swimmers only will be held from 8:45 to 8:55AM.

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 a **MAXIMUM 5** events.
- 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.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

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.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.
- 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 "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**
- 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.

ENTRY PRIORITY: This meet is open only to AAA, CROW, EBSD, El Cerrito Gators, NBA, and ONDA, and unattached swimmers associated with the named teams.

**** 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 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/NBA20141012> 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, **OCTOBER 8, 2014.**

MAILED OR HAND DELIVERED ENTRIES: No individual mail entry is accepted. Coach may submit a team entry to meet director.

CHECK-IN: The meet will be pre-seeded. An electronic copy will be emailed to the coaches for distribution. Several copies will be posted at the meet.

SCRATCHES: Any swimmers not reporting for or competing in an individual timed final event shall not be penalized.

AWARDS: None.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: No snack Bar or hospitality. Coffee and pastry and water will be provided for officials and coaches.

EVENTS

Girls	Event	Boys
1	Open 100 Free	2
3	Open 100IM	4
5	Open 100 Breast	6
7	Open 50 Breast	8
9	Open 100 Back	10
11	Open 50 Back	12
13	Open 100 Fly	14
15	Open 50 Fly	16
17	Open 200 IM	18
19	Open 50 Free	20



Emery Weed served as inspiration to the El Cerrito and Oakland swim community throughout his many years of lifeguarding and swim lessons. He touched many through his love for the sport of swimming as well as his kind and loving spirit. Emery was always able to find the positive aspects in life even after being diagnosed with brain cancer in November 2013. Unfortunately, after a rigorous battle with his illness, he left us peacefully on Sunday, September 7, 2014. Emery and his infectious laugh will be forever missed in the swimming community and we thank you for participating in today's event.