

## SHORT COURSE SENIOR-II TRIALS AND FINALS MEET

Hosted by Walnut Creek Aquabears

Co-sponsored by Pacific Swimming

December 4 to 6, 2015

Enter Online: <http://ome.swimconnection.com/pc/wcab20151204>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-174**

*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. The results of this meet will be posted in real time on the Internet at <http://www.aquabears.org>.

**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:**

<b>Meet Referee:</b> Leo Lin	<b>Head Starter:</b> Holly Taifer
<b>Meet Marshal:</b> Kevin Taylor	<b>Admin Official:</b> Marie Lin
<b>Meet Director:</b> Eddie Contreras, <a href="mailto:aquabears@gmail.com">aquabears@gmail.com</a> (925) 706-7377	

**LOCATION:** Diablo Valley College Aquatic Center, 321 Golf Club Road, Pleasant Hill, CA 94523

**DIRECTIONS:** From Interstate-680, take the Willow Pass Road exit and turn west onto Willow Pass Road. Turn right onto Contra Costa Boulevard. Turn left on Golf Club Road. Turn left at the first light into Diablo Valley College. Immediately turn left again. The Aquatics Center is south of the tennis courts. Bring quarter for parking on Friday.

**COURSE:** Outdoor, heated 25 yard pool, up to 8 lanes all deep water with non-turbulent lane lines. Colorado automatic timing system with three buttons will be used. Separate warm up area available. The minimum water depth, measured in accordance with Article 103.2.3, is 7'-6" at the start end and 7'-6" at the turn end. The competition pool has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming.

**TIME:** Friday – Meet begins at 5:30 p.m. (check-in begins at 4:00 p.m., general warm-up from 4:00-5:15 p.m.). Saturday and Sunday – Prelims begin at 9:00 a.m. (check-in begins at 7:30 a.m., general warm-up from 7:30- 8:45 a.m.) and Finals begin no earlier than 4:00 p.m.

**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 prelims and finals, except the 400 I.M., 500 Free, 1000 Free, and 1650 Free, which are timed finals.
- All events will swim fast to slow.
- Finals sessions will include Bonus Final, Consolation Final and Championship Final swum in that order, with 8 swimmers qualifying for each final heat.
- Swimmers may compete in a maximum of three (3) events per day, including bonus events.
- 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.
- Swimmers must provide their own timers and lap counters for the 500, 1000, and 1650 Free.
- Swimmers must provide their own timers for the 400 I.M.
- The 400 I.M., 500 Free, 1000 Free, and 1650 Free will be swum fastest to slowest, alternating women and men.
- **Entries will be accepted for the Friday night session until the estimated timeline reaches 2.5 hours.**
- **Entries will be accepted for the Saturday and Sunday sessions until the estimated timeline reaches 5.5 hours.**

**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 at Diablo Valley College.

- Sale and use of alcoholic beverages is prohibited at Diablo Valley College.
- No glass containers are allowed in the meet venue.
- Only swimmers, coaches, officials, and volunteers will be allowed on the pool deck.
- Changing into or out of swimsuits other than in locker rooms or other 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.
- Coaches Pop-ups will be allowed on the pool deck. All other team areas must be in areas not on the pool 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 under the age of 12 years are not eligible to compete.
- Swimmers must meet the Senior 2 time standards as outlined by Pacific Swimming time verification procedures. No refunds will be given if a time cannot be proven.
- Swimmers may enter up to two (2) bonus events. Swimmers must meet the minimum Senior Open time standard for bonus events.
- 12 year old swimmers may not enter bonus events.
- Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- No time conversions will be accepted.
- Entries with "NO TIME" will be rejected.
- The 400 I.M., 500 Free, 1000 Free, and 1650 Free are excluded from bonus events.
- Entry times submitted for this meet will be checked against the SWIMS database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. **Entry times must have been achieved after June 1, 2014 and prior to the closing date of entries for the meet, November 25, 2015.** If the time cannot be proven prior to the meet, the swimmer will not be allowed to check-in for the event until the entry time has been proven. When possible, the coaches will be notified of the swimmers who have not proven their entry time. No refunds will be given if a time cannot be proven.

**SEEDING:** Event seeding will be in the following order: conforming short course yards (SCY), non-conforming long course meters, and non-conforming short course meters (LCM), Bonus (SCY), Bonus (LCM), as per USA Swimming rules 207.11.7B. See Rules for distance events seeding.

**CHECK-IN:** The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the meet. Close of check-in for all events shall be no more than 60 minutes before time of the start of the first heat of the event. Swimmers who do not check-in will not be allowed to compete in the event.

**SCRATCH RULE:** Swimmers entered in a Trials & Finals meet that is seeded on the deck that have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim an event will result in being barred from the rest of his/her events that day including relays. If the swimmer qualified for a final before missing an event they may swim that final.

**FINALS – POSITIVE CHECK-IN** Swimmers may check-in or declare their intent to swim finals for that day at the beginning competition for that day. Swimmers must check-in or declare their intent to compete in bonus finals, consolation finals, or championship finals

within 30 minutes of the posting of results. In the case where a swimmer declares their intent to swim they must declare their final intention within 30 minutes after the posting of results for their last individual preliminary event. Swimmers not returning to declare their intention will be seeded into the event. In a positive check-in trials & finals meets any swimmer checking in for a bonus final, consolation final, or final race in an individual event who fails to show in said bonus final, consolation final, or championship final race prior to calling the alternate shall be barred from further competition for the remainder of the meet. If the No-Show occurs on the last day that the swimmer is entered in an individual event in the meet, and no other individual event penalty is applicable, the swimmer shall then be fined \$100.00. The final will be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.

**ENTRY FEES:** \$6.50 per individual event plus an \$8.00 per swimmer participation fee. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/wcab20151204> 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, **November 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 entered using the current Pacific Swimming procedure and be postmarked by midnight, Monday, **November 23, 2015,** or hand delivered by 6:30 p.m. Wednesday, **November 25, 2015.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Walnut Creek Aquabears**

**Mail entries to: WCAB Senior II T&F Meet  
1374 Lupine Court  
Concord, CA 94521**

**Hand delivers entries to: WCAB Senior II T&F Meet  
1374 Lupine Court  
Concord, CA 94521**

**AWARDS:** None.

**ADMISSION:** Free. A 3-day program will be available for reasonable price.

**HOSPITALITY:** Hospitality available for coaches, officials, timers, and volunteers. Lunches will be provided for coaches and working deck officials. There will be a snack bar.

**ORDER OF EVENTS**

**Friday, December 4**

*Entries will be accepted until the estimated timeline for this session reaches 2.5 hours*

Girls Event #	Bonus Time Standard (Senior Open)	Time Standard (Senior 2)	Event Description	Time Standard (Senior 2)	Bonus Time Standard (Senior Open)	Boys Event #
1	-	5:07.29	400 I.M.	4:43.99	-	2
3	-	5:43.99	500 Free	5:21.19	-	4

The 500 Free and 400 I.M. are timed finals and will be swum fastest to slowest, alternating women and men. Swimmers must provide timers and lap counters for the 500 Free. Swimmers must provide timers for the 400 I.M.

**Saturday, December 5**

*Entries will be accepted until the estimated timeline for this session reaches 5.5 hours*

Girls Event #	Bonus Time Standard (Senior Open)	Time Standard (Senior 2)	Event Description	Time Standard (Senior 2)	Bonus Time Standard (Senior Open)	Boys Event #
5	2:19.99	2:09.29	200 Free	1:58.59	2:08.39	6
7	1:10.79	1:05.39	100 Back	59.79	1:04.69	8
9	2:34.89	2:22.99	200 Fly	2:11.39	2:22.29	10
11	29.99	27.69	50 Free	24.79	26.89	12
13	2:56.39	2:42.79	200 Breast	2:28.09	2:40.49	14
15	-	11:52.39	1000 Free			
			1650 Free	18:39.99	-	16

The 1650 Free and 1000 Free are timed finals and will be swum fastest to slowest, alternating women and men. Swimmers must provide timers and lap counters for the 1650 and 1000 Free.

**Sunday, December 6**

*Entries will be accepted until the estimated timeline for this session reaches 5.5 hours*

Girls Event #	Bonus Time Standard (Senior Open)	Time Standard (Senior 2)	Event Description	Time Standard (Senior 2)	Bonus Time Standard (Senior Open)	Boys Event #
17	1:21.99	1:15.69	100 Breast	1:07.89	1:13.59	18
19	2:32.99	2:21.19	200 Back	2:09.89	2:20.69	20
21	1:04.99	59.99	100 Free	54.19	58.69	22
23	2:36.79	2:24.79	200 I.M.	2:12.29	2:23.29	24
25	1:12.39	1:05.29	100 Fly	58.99	1:03.89	26
27	-	19:48.19	1650 Free			
			1000 Free	11:05.99	-	28

The 1650 Free and 1000 Free are timed finals and will be swum fastest to slowest, alternating women and men. Swimmers must provide timers and lap counters for the 1650 and 1000 Free.

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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 / SCM									
						: .			SCY / LCM / SCM									
						: .			SCY / LCM / SCM									
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<p align="center"># of entries _____ x \$6.50 = \$ _____</p> <p align="center">+ Participation Fee                    \$ 8.00</p> <p align="center">= Total                                        \$ _____</p>																		
Coach																		
Home Phone						Cell Phone												
E-Mail Address																		