CROW CANYON SHARKS
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
SEPTEMBER 19-20, 2015
Enter Online: http://ome.swimconnection.com/pc/CROW20150919
Assigned to this meet: CROW, BSW,DA,EA,EBA,OAPB,LAC,LBD,PLS,RA,RAM,SRVL,TIGR,TRIV,OA,FF,CCAD

SANCTION: Held under USA/Pacific Swimming Sanction No. **15-126**
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:* Leo Lin   *Head Starter:* Holly Taifer
                 Meet Marshal: Carl Taibl   *Admin Official:* Marie Lin
                 Meet Director: Naim Heddadji nheddadji@yahoo.com 925-548-9001
                              Mehdi Saghafi msandcdg@sbcglobal.net 510-295-8470

LOCATION: Dougherty Valley High School 1050 Albion Road, San Ramon, CA 94582

DIRECTIONS: Highway 24 East to I-680 South, take exit 34 Bollinger Canyon Road exit toward DVC San Ramon Valley Campus, turn left at Bollinger Canyon Road, turn left at Albion Road. From I-580 East, take exit 448 to merge onto I-680 North, take exit 34 Bollinger Canyon Road exit, turn right at Bollinger Canyon Road, turn left at Albion Road. *Do not park where no parking signs or permit parking only signs are posted. You will ticketed or towed.*

COURSE: Outdoor 25 yard pool with up to 10 lanes available for competition. An additional 6 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 4 ½ feet at the start end and 4 ½ 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 9:00 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 to 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 a maximum of **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 entering the Open 500 Freestyle must meet the listed minimum time standard (Girls – 6:48.39; Boys – 6:42.29). Swimmers entering the Open 400 IM must meet the listed minimum time standard (Girls – 5:33.09; Boys – 5:25.79).
- **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: Any swimmer entered in the meet must be certified by a USA-S member-coach as being proficient in performing a racing start, or must start each race from within the water. When unaccompanied by a member-coach, 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 Canopy set up on the pool deck
- 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 NOT be ACCEPTED.**
- 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 any 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: *CROW,BSW,DA,EA,EBA,OAPB,LAC,LBD,PLS,RA,RAM,SRVL,TIGR,TRIV,OA,FF,CCAD*
Meet entries will not be accepted any earlier then *August 15, 2015.* Entries from members of "year round" Zone 2 teams postmarked or entered online by 11:59 p.m. on *August 22, 2015* will be given 1st priority acceptance. Entries from members of all Zone 2 teams (year round and seasonal) postmarked or entered online between 12:00 am *August 23, 2015* and 11:**59** *August 29, 2015* will be given 2nd 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/CROW20150919** 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, **September 9, 2014 at 11:59 p.m.**

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, **September 7th** or hand delivered by 6:30 p.m. Wednesday, **September 9, 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 **stamped** self-addressed envelope.

Make check payable to: **Sharks Swim Team**
Mail/Hand deliver entries to: **Naim Heddadji**
                                  6057 W Branch Rd
                                  San Ramon, CA 94582

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 will be awarded to the 1$_{st}$-8th place finishers in the 'A', 'B' and 'C' divisions for each event for the following age groups 8 & Under, 9-10, 11-12, 13-14, 15-16 and 17-18. 'A' medals will be awarded to swimmers with an entry times lower than 'A' achieving a USA-S 'A' (8 & U PC-A) time standard for the first time. Ribbons will be available to be picked up by swimmers, coaches or a representative during the meet. Ribbons not picked up will not be mailed.

ADMISSION: Free. A '2 DAY' program will be available for $4.00

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. No Canopy set up on the pool deck.

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**
25 FL	100 IM	200 IM	200 IM	50 BR	50 BR	100 BR	200 BR
25 BR	100 BR	100 FL	200 FL	50 BK	100 BK	200 BK	100 BK
25 BK	50 BK	50 BK	200 BK	50 FL	50 FL	200 FL	50 FR
25 FR	100 FR	200 BR	100 BR	50 FR	50 FR	50 FR	200 FR
100 FR		100 FR	100 FR		200 FR	200 FR	
OPEN 500 FR				Open 400IM			

- o Girls minimum 500 free time 6:48.39 and minimum 400IM time of 5:33.09
- o Boys minimum 500 free time 6:42.29 and minimum 400IM time of 5:25.79

==Teams assigned to the timing chair will continue timing for 500 Free and 400 IM.==

EVENTS

Saturday September 19, 2015		
EVENT #	EVENT	EVENT #
1	13-18 200 I.M.	2
3	11-12 200 I.M.	4
5	9-10 100 I.M.	6
7	8&UN 25 Fly	8
9	13-18 200 Fly	10
11	11-12 100 Fly	12
13	9-10 100 Breast	14
15	8&UN 25 Breast	16
17	13-18 200 Back	18
19	11-12 50 Back	20
21	9-10 50 Back	22
23	8-UN 25 Back	24
25	13-18 100 Breast	26
27	11-12 200 Breast	28
29	8&UN 25 Free	30
31	10&UN 100 Free	32
33	13-18 100 Free	34
35	11-12 100 Free	36
37	Open 500 Free	38

Sunday September 20, 2015		
EVENT #	EVENT	EVENT #
39	13-18 200 Breast	40
41	11-12 100 Breast	42
43	10&UN 50 Breast	44
45	13-18 100 Back	46
47	11-12 200 Back	48
49	9-10 100 Back	50
51	8-UN 50 Back	52
53	11-12 200 Fly	54
55	10&UN 50 Fly	56
57	13-18 50 Free	58
59	11-12 50 Free	60
61	10&UN 50 Free	62
63	13-18 200 Free	64
65	11-12 200 Free	66
67	9-10 200 Free	68
69	Open 400 IM	70

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

	Pacific Swimming – Hosted by CROW C/B/A+ Meet September 19-20, 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