

**WALNUT CREEK AQUABEARS**  
**PACIFIC SWIMMING ZONE 2 SHORT COURSE 14&UNDER 'LAST CHANCE' B/A+ MEET**  
**NOVEMBER 20 - 22, 2015**  
Enter Online: <http://ome.swimconnection.com/pc/wcab20151120>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-163**

*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.

**MEET PERSONNEL:**  
**Meet Referee:** David Benjamin      **Head Starter:** Eric Fetterman  
**Meet Marshal:** Kevin Taylor      **Admin Official:** Chris Ottati, Kathy Kaminek  
**Meet Director:** Eddie Contreras [aquabears@gmail.com](mailto:aquabears@gmail.com), (925) 706-7377

**LOCATION:** Clarke Memorial Swim Center in Heather Farm Park, 1750 Heather Drive, Walnut Creek, CA 94598

**DIRECTIONS:** **From northbound Interstate-680**, take the Ygnacio Valley Road exit and turn east onto Ygnacio Valley Road. Turn left on North San Carlos Drive. Turn left on Heather Drive, the swim center is on the right. **From southbound Interstate-680**, take the North Main Street exit, stay to the right, and head south on North Main Street. Turn left of Ygnacio Valley Road. Turn left on North San Carlos Drive. Turn left on Heather Drive, the swim center is on the right.

**COURSE:** Outdoor 50m x 25y pool with up to 16 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'-0" at the start end and 4'-0" 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 5:30 PM on Friday with warm-ups from 4:00 to 5:15 PM. Meet will begin at 9:00 AM on Saturday and Sunday 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 8:55 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 **FIVE (5)** 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.**
- Swimmers must provide their own timers and lap counters for the 500 Free and 1650 Free.

**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 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.
- Coach's canopies only will be allowed along the sides of the pool.

**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 USA Swimming Motivational "A" minimum time standard. Swimmers in the "B" Division must have met at least the listed "B" minimum time standard.
- To compete in 10 & Under events, swimmers 8 and younger must have met the 10&Under "B" minimum time standard for their 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 any special accommodations on entry times and seeding per Pacific Swimming policy.
- 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 earlier than *Friday, October 16, 2015*. Entries from members of "year round" Zone 2 teams postmarked or entered online by 11:59 p.m. on *Thursday, October 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 on *Friday, October 23, 2015* and 11:59 pm *Thursday, October 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 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. No refunds will be made, except mandatory scratch downs.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/wcab20151120> 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 11:59 p.m. on **Wednesday, November 11, 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, November 9, 2015**, or hand delivered by 6:30 p.m. **Wednesday, November 11, 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 or hand-deliver entries to: WCAB Meet Entries c/o Laurie Benton**  
**1374 Lupine Court**  
**Concord, CA 94521**

**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 session. 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. 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 that they have checked in for shall not be penalized.

**AWARDS:** "A" medals will be awarded to swimmers achieving a new "A" time regardless of place achieved in event.

**ADMISSION:** Free. A meet program will be available at a reasonable cost.

**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.

<b>Club swimmers entered in session</b>	<b>Trained and carded officials requested</b>
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 Swimmers over 100	+1

**EVENTS SUMMARY**

Friday, 11/20/15			Saturday, 11/21/15					Sunday, 11/22/15				
13-14	11-12	10&Un	13-14	11-12	10&Un	9-10	8&Un	13-14	11-12	10&Un	9-10	8&Un
400 IM	400 IM	500 Free	200 Free	200 Free	200 Free	50 Back	25 Free	200 IM	200 IM	200 IM	50 Free	50 Free
500 Free	500 Free		100 Brst	100 Brst	100 Brst	100 Free	50 Back	50 Free	50 Free	100 Back	50 Brst	50 Brst
			200 Back	50 Back	100 Fly	100 IM	25 Back	200 Brst	50 Brst		50 Fly	25 Brst
			100 Fly	200 Back			100 Free	100 Back	200 Brst			50 Fly
			100 Free	100 Fly			100 IM	200 Fly	100 Back			25 Fly
			1650 Fr*	100 Free				1650 Fr*	50 Fly			
				100 IM					200 Fly			
				1650 Fr*					1650 Fr*			

**Friday, November 20, 2015**

Girls Event #	Event Description	Boys Event #
1	13-14 400 I.M.	2
	11-12 400 I.M.	
3	13-14 500 Free	4
	11-12 500 Free	
	10&Un 500 Free	

**Saturday, November 21, 2015**

Girls Event #	Event Description	Boys Event #
5	13-14 200 Free	6
7	11-12 200 Free	8
9	10&Un 200 Free	10
11	8&Un 25 Free	12
13	13-14 100 Breast	14
15	11-12 100 Breast	16
17	10&Un 100 Breast	18
19	11-12 50 Back	20
21	9-10 50 Back	22
23	8&Un 50 Back	24
25	13-14 200 Back	26
27	11-12 200 Back	28
29	8&Un 25 Back	30
31	13-14 100 Fly	32
33	11-12 100 Fly	34
35	10&Un 100 Fly	36
37	13-14 100 Free	38
39	11-12 100 Free	40
41	9-10 100 Free	42
43	8&Un 100 Free	44
45	11-12 100 IM	46
47	9-10 100 IM	48
49	8&Un 100 IM	50
51	13-14 1650 Free	
	11-12 1650 Free	

**Sunday, November 22, 2015**

Girls Event #	Event Description	Boys Event #
53	13-14 200 IM	54
55	11-12 200 IM	56
57	10&Un 200 IM	58
59	13-14 50 Free	60
61	11-12 50 Free	62
63	9-10 50 Free	64
65	8&Un 50 Free	66
67	11-12 50 Breast	68
69	9-10 50 Breast	70
71	8&Un 50 Breast	72
73	13-14 200 Breast	74
75	11-12 200 Breast	76
77	8&Un 25 Breast	78
79	13-14 100 Back	80
81	11-12 100 Back	82
83	10&Un 100 Back	84
85	11-12 50 Fly	86
87	9-10 50 Fly	88
89	8&Un 50 Fly	90
91	13-14 200 Fly	92
93	11-12 200 Fly	94
95	8&Un 25 Fly	96
	13-14 1650 Free	98
	11-12 1650 Free	

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

WALNUT CREEK AQUABEARS PACIFIC SWIMMING ZONE 2 SHORT COURSE 14&UNDER 'LAST CHANCE' B/A+ MEET NOVEMBER 20 - 22, 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													