

**SAN RAMON VALLEY LIVERMORE AQUATICS
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
DECEMBER 12-13, 2015**

ENTER ONLINE: <http://ome.swimconnection.com/pc/SRVL20151212>

TEAMS: SRVL, AAA, AIA, ALGA, BEAR, HILL, WCAB, MONT, OAPB, SAIL, ONDA, OTST, PST, NWA, OAKW, TERA, EBA, FF, OAK



SANCTION: Held under USA/Pacific Swimming Sanction No. **15-171**

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: | David Benjamin | Head Starter: | Charlie Gonzales |
| Meet Marshal: | Jayne Riley | Admin Official: | Amy Gonzales |
| Meet Director: | Becca Burke, beccaburke@yahoo.com | | or 510-329-3275 |

LOCATION: San Ramon Olympic Pool & Aquatic Park, 9900 Broadmoor Dr., San Ramon, CA 94583

DIRECTIONS: Located next to California High School. From 680, take Bollinger Canyon exit, turn west on Bollinger Canyon. Turn left (south) on San Ramon Valley Blvd. and go approximately 2 miles. Turn left (east) on Montevideo Dr., go approximately 1/2 mile, turn right at stop sign onto Broadmoor Dr., go approximately 1/4 mile to pool located on left side. Parking is available BEHIND the school in the south parking lot, and on some neighborhood streets. Permit parking only on Broadmoor Drive from 9871-9897 and on Weymouth Court 7 days a week. Other surrounding streets have additional parking restrictions. Parking spaces between front of pool entrance and tennis courts is for Coaches and Officials ONLY.

COURSE: Outdoor, heated 50 meter by 25 yard pool, with up to 16 competition lanes," or "up to 16 lanes available for competition. Separate warm up area available. The minimum water depth, measured in accordance with Article 103.2.3, is 4 feet at the start end and the turn end. The competition course has been certified in accordance with Article 104.2.2C(4). The 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 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.
- **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, and all areas of St. Mary's High School 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 heaters are permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- FRAMES ONLY for canopies will be allowed overnight on lawn areas. NO OTHER personal belongings can be left on lawn areas.
- 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.

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 "BB" Division must have met at least the listed "BB" 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. For 8&U, swimmers in the "A" division must have met at least the listed "A" time standard.
- Entries with "**NO TIME**" will 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: Meet entries will not be accepted any earlier than **November 7, 2015**. Entries from members of assigned "year round" Zone 2 teams postmarked or entered online by 11:59 p.m. on November 13, 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 **November 14, 2015** and 11:59 pm **November 20, 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. No refunds will be made, except mandatory scratch downs.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/SRVL20151212> 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, **December 2, 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, **Monday, November 30, 2015** or hand delivered by 6:30 p.m. Wednesday, **December 2, 2015.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: SRVLA

**Mail or hand deliver entries to: SRVLA Meet Entries
7598 Interlachen Ave
San Ramon, CA 94583**

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 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 9-10, 11-12, 13-14, 15-16, 17-18 age groups in each division (C/B/BB). 8 & U will be awarded in each division (PC-A, PC-B, and PC-C). All swimmers achieving an A time for the first time will be awarded a standard A medal, regardless of place achieved in the event. No awards will be given for swimmers 19 years of age and older. Note: Individual awards must be picked up at the meet. We will not mail or distribute awards after the meet.

ADMISSION: Free. A '2 DAY' 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. All participating teams are expected to provide lane timers based upon the number of swimmers registered to swim each day. Team timing lanes for Saturday and Sunday will be assigned and coaches will be notified of assignments during the week prior to the meet.

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 | | | |
|----------------------|-------------|--------------|--------------|
| 8 & Under | 9-10 | 11-12 | 13-18 |
| 25 BR | 200 FR | 200 FR | 200 FR |
| 25 FL | 100 FL | 100 FL | 200 FL |
| 50 BK | 50 BK | 50 BK | 100 BK |
| 50 FR | 100 BR | 100 BR | 100 BR |
| | 50 FR | 50 FR | 50 FR |
| OPEN 500 FR Girls | | | |

| SUNDAY | | | |
|----------------------|-------------|--------------|--------------|
| 8 & Under | 9-10 | 11-12 | 13-18 |
| 50 BR | 50 BR | 50 BR | 200 BR |
| 25 BK | 100 BK | 100 BK | 200 BK |
| 100 IM | 100 IM | 100 IM | 200 IM |
| 25 FR | 100 FR | 100 FR | 100 FR |
| | 50 FL | 50 FL | 100 FL |
| OPEN 500 FR Boys | | | |

EVENTS

| SATURDAY, DECEMBER 12 | | |
|------------------------------|-------------------|----------------|
| EVENT # | EVENT | EVENT # |
| 1 | 13-18 200 FR | 2 |
| 3 | 11-12 200 FR | 4 |
| 5 | 9-10 200 FR | 6 |
| 7 | 8&U 25 BR | 8 |
| 9 | 13-18 200 FL | 10 |
| 11 | 11-12 100 FL | 12 |
| 13 | 9-10 100 FL | 14 |
| 15 | 8&U 25 FL | 16 |
| 17 | 13-18 100 BK | 18 |
| 19 | 11-12 50 BK | 20 |
| 21 | 9-10 50 BK | 22 |
| 23 | 8&U 50 BK | 24 |
| 25 | 13-18 100 BR | 26 |
| 27 | 11-12 100 BR | 28 |
| 29 | 9-10 100 BR | 30 |
| 31 | 8&U 50 FR | 32 |
| 33 | 13-18 50 FR | 34 |
| 35 | 11-12 50 FR | 36 |
| 37 | 9-10 50 FR | 38 |
| 39 | OPEN Girls 500 FR | |

| SUNDAY, DECEMBER 13 | | |
|----------------------------|------------------|----------------|
| EVENT # | EVENT | EVENT # |
| 41 | 13-18 200 BR | 42 |
| 43 | 11-12 50 BR | 44 |
| 45 | 9-10 50 BR | 46 |
| 47 | 8&U 50 BR | 48 |
| 49 | 13-18 200 BK | 50 |
| 51 | 11-12 100 BK | 52 |
| 53 | 9-10 100 BK | 54 |
| 55 | 8&U 25 BK | 56 |
| 57 | 13-18 200 IM | 58 |
| 59 | 11-12 100 IM | 60 |
| 61 | 9-10 100 IM | 62 |
| 63 | 8&U 100 IM | 64 |
| 65 | 13-18 100 FR | 66 |
| 67 | 11-12 100 FR | 68 |
| 69 | 9-10 100 FR | 70 |
| 71 | 8&U 25 FR | 72 |
| 73 | 13-18 100 FL | 74 |
| 75 | 11-12 50 FL | 76 |
| 77 | 9-10 50 FL | 78 |
| | OPEN Boys 500 FR | 80 |

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

| Pacific Swimming – Hosted by San Ramon Valley Livermore Aquatics SHORT COURSE C/B/A+ MEET December 12-13, 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 | | | | | | | | | | | | | |