

HILLS HURRICANE SWIMMING
PACIFIC SWIMMING ZONE 2 SHORT COURSE C/B/BB+ MEET

March 19 - 20, 2016

Enter Online: <http://ome.swimconnection.com/PC/hill20160319>



PACIFIC
SWIMMING

HEAT/LANE ASSIGNMENTS and LIVE RESULTS: <http://results.teamunify.com/pchhs/index.html>

SANCTION: Held under USA/Pacific Swimming Sanction No. **16-038**

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 may be posted in real time on the internet at <http://results.teamunify.com/pchhs/index.html>.

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:

<i>Meet Referee:</i> Peter McNamara	<i>Head Starter:</i> Leo Lin
<i>Meet Marshal:</i> Eve Maidenberg	<i>Admin Official:</i> Carol Cottom
<i>Meet Director:</i> Jenny Shears, jenny.shears@me.com , 415-823-6771 (prefer email)	

LOCATION: SODA AQUATIC CENTER at CAMPOLINDO HIGH SCHOOL: 300 Moraga Road, Moraga, California. **Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed. No overnight/RV parking allowed.**

DIRECTIONS: Highway 24 West-take Central Lafayette Exit, turn right on Deer Hill Rd, Right on First St, Right on Mount Diablo Blvd, Left on Moraga Rd, and right on Campolindo Dr. Highway 24 East-take Orinda Exit, turn right on Moraga Way, left on Glorietta Blvd, right on Rheem Blvd, left on Moraga Rd, left on Campolindo Dr. Pool is located behind high school. Parking lot located on left.

COURSE: Outdoor 25-Yard competition pool with up to 16 lanes available for competition with electronic timing system. A separate pool may be available for warm-up/down during the meet. The minimum water depth as measured in accordance with article 103.2.3 is 10' on the primary start end and 7' on the secondary start end of the competition pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

TIME: Meet begins at 9:00 a.m. on Saturday and Sunday, with warm ups from 7:30 a.m. to 8:45 a.m. Special extended warm-up on Saturday and Sunday for 8 & under athletes only 8:45 to 8:55 am. Check-in begins at 7:00am on Saturday and Sunday.

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 be swum fastest to slowest.
- Event seeding will be in the following order: conforming short course yards (SCY), non-conforming long course meters (LCM), and non-conforming short course meters (SCM) - USA Swimming rules 207.11.7B.
- **Athletes may compete in a maximum of four (4) individual events per day.**
- **All athletes 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 athlete's 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.**
- The 500 Free will be held as an "open" event with all athletes swimming fastest to slowest. The open event will not be awarded. **Athletes entering in the 500 Free must meet the 10-and-under USA-S Motivational B time standard for their**

gender (Girls: 8:30.49, Boys: 8:22.79). Any athlete who can meet or exceed the entry time may enter the event regardless of age. Entry times for OPEN events with a minimum time standard that cannot be proven using the Pacific Swimming database may be verified by a complete set of meet results or verified by the athlete's coach, either of which may be presented upon check-in. (Refer to PacSwim Rule 4A2). **Athletes entering the 500 Free must provide their own timers and counters.**

ATTENTION HIGH SCHOOL ATHLETES: If you are a high school athlete in season, you need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

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 athlete or the athlete's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the athlete 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 athlete entered in this meet that is unaccompanied by a USA Swimming member coach must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start the race in the water. It is the responsibility of the athlete or the athlete'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 athletes, 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 are exempt per applicable laws.
- Coaches, Parents and Siblings may not use the pool

ELIGIBILITY:

- Athletes 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 athlete with the registration and times database. The meet host will check all athlete registrations against the SWIMS database, and if an athlete is found not 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.
- Athletes in the "BB" Division must have met at least USA Swimming Motivational "BB" minimum time standard. Athletes in the "B" Division must have met at least the listed "B" minimum time standard. All entry times slower than the listed "B" time standard will be in the "C" Division.
- 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 athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding and special accommodations on entry times and seeding per Pacific Swimming policy.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such athletes must have met standards for the 17-18 age group.
- The athlete's age will be the age of the athlete on the first day of the meet.

ENTRY PRIORITY: Meet entries will not be accepted any earlier than **February 12th**. Entries from members of the assigned "year round" Zone 2 clubs postmarked or entered online by 11:59 p.m. on **February 19th**, will be given 1st priority acceptance. Entries

from members of all Zone 2 clubs (year round and seasonal) postmarked or entered online between 12:00 am **February 20th** and 11:59 pm **February 26th**, 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: Athletes who falsify their entry 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 athlete. 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/hill20160319> 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 an athlete by Pacific Swimming. Online entries will be accepted through 11:59pm **Wednesday, March 9th, 2016, unless meet capacity is met earlier than March 9th, in which case online entries will be closed once meet capacity is met.**

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athlete's best time. Entries must be postmarked by midnight, **Monday, March 7th, 2016**, or hand delivered by 6:30 p.m. **Wednesday, March 9th, 2016**. No late entries will be accepted. Requests for confirmation of receipt of entries must include a self-addressed envelope.

Make check payable to: Hills Hurricane Swimming
Mail/Hand deliver entries to: Hills Hurricane Swimming 2400 Manzanita Dr. Oakland, CA 94611

CHECK-IN: The meet will be deck seeded. Athletes 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. Athletes who do not check in will not be seeded and will not be allowed to compete in that event.

SCRATCHES: Any athletes not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

AWARDS: Awards will be given to top 8 finishers in the following age groups: 8&UN, 9-10, 11-12, 13-14, 15-16 and 17-18. Ribbons will be awarded for C/B/BB divisions. All athletes achieving a PC-A time will be awarded a standard A medal, regardless of place achieved in the event. No awards given for athletes 19 years of age and older. **Note: Individual awards must be picked up at the meet. We will not mail or distribute them 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.

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 club per day of the meet. Those clubs 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
100 IM	100 IM	100 IM	200 IM	100Free	50 Fly	200 Fly	200 Fly
50 Free	50 Free	50 Free	50 Free	50 Breast	50 Breast	50 Breast	200 Breast
25 Fly	100 Fly	100 Fly	100 Fly	25 Back	50 Back	100 Back	100 Back
25 Breast	100 Breast	100 Breast	100 Breast	25 Free	100 Free	100 Free	100 Free
	500 Free*	500 Free*	500 Free*		500 Free*	500 Free*	500 Free*

* Athletes entering in the 500 free must meet the 10-and-under "B" time standard (Girls: 8:30.49, Boys: 8:22.79).

EVENTS

Saturday, March 19

Event #	Event	Event #
1	13+ 200 I.M.	2
3	11-12 100 I.M.	4
5	9-10 100 I.M.	6
7	8-UN 100 I.M.	8
9	13+ 50 Free	10
11	11-12 50 Free	12
13	9-10 50 Free	14
15	8-UN 50 Free	16
17	13+ 100 Fly	18
19	11-12 100 Fly	20
21	9-10 100 Fly	22
23	8-UN 25 Fly	24
25	13+ 100 Breast	26
27	11-12 100 Breast	28
29	9-10 100 Breast	30
31	8-UN 25 Breast	32
33	*OPEN 500 Free	

Sunday, March 20

Event #	Event	Event #
35	13+ 200 Fly	36
37	11-12 200 Fly	38
39	9-10 50 Fly	40
41	8-UN 100 Free	42
43	13+ 200 Breast	44
45	11-12 50 Breast	46
47	9-10 50 Breast	48
49	8-UN 50 Breast	50
51	13+ 100 Back	52
53	11-12 100 Back	54
55	9-10 50 Back	56
57	8-UN 25 Back	58
59	13+ 100 Free	60
61	11-12 100 Free	62
63	9-10 100 Free	64
65	8-UN 25 Free	66
	*OPEN 500 Free	68

* Athletes entering in the 500 free must meet the 10-and-under "B" time standard (Girls: 8:30.49, Boys: 8:22.79).

Girls 500 Freestyle will be swum on Saturday. Boys 500 Freestyle will be swum on Sunday
All 500 Freestyle athletes must provide their own timers and lap counters.

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

Pacific Swimming – Hosted by Hills Hurricane Swimming (HILL) Short Course C/B/A+ Meet March 19-20, 2016 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				
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						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													