



CAL Invitational Swim Meet
Hosted by California Aquatics
January 16 - 17, 2016

This meet has been pre-approved by USA and Pacific Swimming. Times from this meet may be used to enter future USA-Swimming Meets.

Approval Number: AP 16-1

In granting this approval 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.

Enter Online: <http://ome.swimconnection.com/pc/CAL20160116>

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: Mike Davis

Head Starter: Leo Lin

Administrative Referee: Clint Benton

Meet Director: Yuri Suguiyama

Meet Marshal: Aaron Schulman

For entry questions contact Mike Davis – mekidadad1@yahoo.com

LOCATION: Spieker Aquatics Complex, 2301 Bancroft Way, Berkeley, CA 94720

COURSE: OUTDOOR 25 YARD pool with up to 14 lanes available for competition. An additional [2] 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 7'0" at the start end and 9'0" at the turn end.

TIME: Meet will begin at 9:00 AM each day with warm-ups from 7:00 to 8:45 AM each day. Finals will begin 1 ½ hours after the conclusion of the trials, but not before 1:00 PM.

RULES:

- This meet is open to both USA-Swimming registered swimmers and non-USA-S registered swimmers.
- 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 will swim fast to slow.**
- Swimmers may compete in a maximum of three (3) events per day.
- All the 500 Freestyle and 400 IM heats will be swum as timed finals events during the preliminaries session. All other individual events are Trials and Finals (Championship and Consolation Finals)

- All Relay Events are Timed Finals and will swim during the FINALS session.
- 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: Swimmers must be certified by a USA-S member coach as being proficient in performing a racing start; if not, swimmer 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.
- Propane heaters are not 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.

ELIGIBILITY:

- Swimmers under the age of 12 are not eligible to compete. The swimmer's age will be the age of the swimmer on the first day of the meet.
- Entries with "NO TIME" will not be ACCEPTED
- Swimmers must meet the entry Time Standard listed in the event table in at least 1 event.
- 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 and special accommodations on entry times and seeding per Pacific Swimming policy.

CHECK-IN: This meet will be pre-seeded. **400 IM and 500 Free swimmers will be required to check in. Check in for these 2 events will close at 10 AM each day.**

SCRATCHES: Any swimmer not reporting for or competing in a preliminary heat when finals are scheduled shall not be penalized.

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 consolation finals or 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.

ENTRY FEES: \$6.50 per individual event; \$6.50 per relay entry.

ONLINE ENTRIES: Entries will be accepted via online entry only. To enter online go to <http://ome.swimconnection.com/pc/CAL20160116> 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. Online entries will be accepted through midnight WEDNESDAY January 13, 2015. **Relay entries will be taken on deck until 11:00AM each day.**

Schedule of Events

Saturday, January 16 th				
Event #	Women's Times	Event	Event #	Men's Times
1	No Standard	200 Free Relay*	2	No Standard
3	2:24.79	200 I.M.	4	2:12.29
5	27.69	50 Freestyle	6	24.79
7	2:22.99	200 Butterfly	8	2:11.39
9	1:05.39	100 Backstroke	10	59.79
11	2:42.79	200 Breaststroke	12	2:28.09
13	5:43.99	500 Freestyle*	14	5:21.19
15	No Standard	400 Medley Relay*	16	No Standard

Sunday, January 17 th				
Event #	Women's Times	Event	Event #	Men's Times
17	No Standard	200 Medley Relay*	18	No Standard
19	59.99	100 Freestyle	20	54.19
21	2:21.19	200 Backstroke	22	2:09.89
23	1:05.29	100 Butterfly	24	58.99
25	1:15.69	100 Breaststroke	26	1:07.89
27	2:09.29	200 Freestyle	28	1:58.59
29	5:07.29	400 I.M.*	30	4:43.99
31	No Standard	400 Free Relay*	32	No Standard

*Indicates Timed Final Event. All 400 IM/ 500 Free heats will be swum fast to slow in Preliminaries session. All Relay Events will swim in the Finals Session.

**Note – Swimmers must have met the listed minimum time standard in at least one (1) individual event entered.