

**POST-NCS LCM & SCY SENIOR WALK-ON MEET**

**HOSTED BY WALNUT CREEK AQUABEARS**

co-sponsored by Pacific Swimming

**SUNDAY, MAY 15, 2016**

Enter online at <http://ome.swimconnection.com/pc/wcab20160515>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **16-067**

Time Trials Sanction No. **16-068**

*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 will be posted in real time on the Internet at <http://www.aquabears.org>.

**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:**

<b>Meet Referee:</b> Leo Lin and John King	<b>Head Starter:</b> Eric Fetterman
<b>Meet Marshal:</b> Kevin Taylor	<b>Admin Referee:</b> Amy Gonzales
<b>Meet Director:</b> Todd Krohn, <a href="mailto:aquabears@sbcglobal.net">aquabears@sbcglobal.net</a> , 925-939-5990	

**LOCATION:** Diablo Valley College Pool, 321 Golf Club Road, Pleasant Hill, CA 94523

**DIRECTIONS:** From Interstate-680, take the Willow Pass Road exit and turn west onto Willow Pass Road. Turn right onto Contra Costa Boulevard. Turn left on Golf Club Road. Turn left at the first light into Diablo Valley College. Immediately turn left again. The Aquatics Center is south of the tennis courts.

**COURSE: LCM Sessions:** Outdoor, heated 25 yard pool, up to 7 lanes all deep water with non-turbulent lane lines. Colorado automatic timing system will be used. Separate warm up lane available. The minimum water depth, measured in accordance with Article 103.2.3, is 13'-0" at the start end and 4'-0" at the turn end. The competition pool has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming.

**SCY Session:** Outdoor, heated 25 yard pool, up to 8 lanes all deep water with non-turbulent lane lines. Colorado automatic timing system will be used. Separate warm up area available. The minimum water depth, measured in accordance with Article 103.2.3, is 7'-6" at the start end and 7'-6" at the turn end. The competition pool has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming.

**TIME:**

**Session 1 (LCM):** Competition will begin at 9:00 a.m., with warm-ups from 7:30 to 8:45 a.m.

**Session 2 (LCM Time Trials):** Competition will begin immediately following the conclusion of Session 1.

**Session 2 (SCY):** Competition will not start before 1:00 p.m., with a minimum of 45 minutes of warm-up once the pool has been changed to SCY.

**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.
- Athletes may compete in a maximum of **six (6)** individual events (all sessions combined).
- All athletes 9<sup>th</sup> grade to post grads are eligible to participate.
- Athletes in 8<sup>th</sup> grade and below will not be allowed to swim and no refunds will be given.

- 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 meet referee may combine men's and women's heats if the timeline warrants.
- Athletes must provide their own lap counters for the 500 Free.
- The 800 Free and 1500 Free will be swum alternating heats of each event. Athletes must provide their own timers and lap counters for the 800 and 1500 Free.

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

**UNACCOMPANIED ATHLETES:** 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:** Athletes 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 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 at Diablo Valley College.
- No glass containers are allowed in the meet venue.
- Only athletes, coaches, officials, and volunteers will be allowed on the pool deck.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- No tents, ez-ups, or chairs are allowed on the pool deck, except for those for coaches along the side of the pool.
- 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:** • 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 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.

- This meet is a post high school champs shave and taper meet, therefore the meet is restricted to athletes who are in ninth grade and older. USA Swimming cards and student body cards may be checked.
- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- Entries with **"NO TIME"** will be rejected.

**CHECK-IN:** The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. Close of check-in for all 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. Athletes who do not check-in will not be allowed to compete in the event.

**SCRATCH RULE:** Athletes entered in a timed final individual event that is seeded on the deck that have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim an event will result in being barred from their next individual event in which the athlete is entered on that day or the next meet day, whichever is first.

**ENTRY FEES:** \$6.50 per individual event plus a \$10.00 per athlete participation fee. 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/wcab20160515> 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 Friday, May 13.**

**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, Wednesday, May 11, or hand delivered by the conclusion of the prelims session of the NCS meet on Friday, May 13.** 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 self-addressed envelope.

**Make check payable to:** Walnut Creek Aquabears

**Mail entries to:** WCAB Meet Entries, 1374 Lupine Court, Concord, CA 94521

**Hand-deliver entries to:** WCAB entries box in the office at the NCS meet

**TIME TRIALS ENTRIES:** Entries for this session will be deck entered only and are open only to athletes already entered in the meet. Entries for this session will close ten minutes after the conclusion of Event 24. Athletes may compete in no more than **one (1)** event in this session.

**AWARDS:** None.

**ADMISSION:** Free. Meet programs will be posted at the pool, online at <http://www.aquabears.org>, and provided to coaches and officials.

**HOSPITALITY:** Hospitality available for coaches, officials, timers, and volunteers. Lunches will be provided for coaches and working deck officials. There will be a snack bar.

## ORDER OF EVENTS

<b>Session 1 – LCM</b> Starts at 9:00 a.m.		
Girls Event #	Event	Boys Event #
1	200 Breast	2
3	100 Free	4
5	200 Back	6
7	200 Fly	8
9	200 Free	10
11	200 I.M.	12
13	100 Back	14
15	400 Free	16
17	100 Breast	18
19	100 Fly	20
21	400 I.M.	22
23	50 Free	24
25	800 Free**	
	1500 Free**	26

Athletes may compete in no more than **three (3)** events in this session.

\*\*Athletes in Events 25-26 must provide their own timers and lap counters. These events will be swum fastest to slowest, alternating heats of each event.

<b>Session 2 – LCM Time Trials</b> Starts ten minutes after the conclusion of Session 1		
Girls Event #	Event	Boys Event #
101	200 Breast	102
103	100 Free	104
105	200 Back	106
107	200 Fly	108
109	200 Free	110
111	200 I.M.	112
113	100 Back	114
115	400 Free	116
117	100 Breast	118
119	100 Fly	120
121	400 I.M.	122
123	50 Free	124

Athletes may compete in no more than **one (1)** event in this session.

**Entries for this session will be deck entered only and are open only to athletes already entered in the meet.**

**Entries for this session will close ten minutes after the conclusion of Event 24.**

<b>Session 3 – SCY</b> Starts no earlier than 1:00 p.m., with a minimum of 45 minutes of warm-up once the pool has been changed to SCY.		
Girls Event #	Event	Boys Event #
201	200 Breast	202
203	100 Free	204
205	200 Back	206
207	200 Fly	208
209	200 Free	210
211	200 I.M.	212
213	100 Back*	214
215	100 Breast	216
217	100 Fly	218
219	400 I.M.	220
221	50 Free	222
223	500 Free**	224

Athletes may compete in no more than **three (3)** events in this session.

\*If requested, a 10 minute break may be added at the conclusion of event 214.

\*\*Athletes in Events 223-224 must provide their own lap counters.

POST-NCS SCY & LCM SENIOR MEET  
 HOSTED BY WALNUT CREEK AQUABEARS  
 co-sponsored by Pacific Swimming  
 SUNDAY, MAY 15, 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 / SCM				
						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
# of entries _____ x \$6.50 = \$ _____  Participation Fee                      \$ 10.00  Total    \$ _____													
Coach:													
Athlete's Address:													
Home Phone:							Cell Phone:						
Email:													