

**OAKLAND UNDERCURRENT SWIM TEAM
PACIFIC SWIMMING SHORT COURSE C/B/BB+ MEET**

Saturday, October 15 - Sunday, October 16, 2016

Enter Online: <http://ome.swimconnection.com/pc/ONDA20161015>

CLUBS: ONDA, ALGA, BEAR, EBSD, ECG, HILL, MONT, OAK, AAA, PST, SAIL, FF, OTST, EBA



SANCTION: Held under USA/Pacific Swimming Sanction No. **16-138**

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, and psych sheets. **The results of this meet may be posted in real time on the Internet.**

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: Peter McNamara | Head Starter: Holly Taifer |
| Meet Marshal: James Craft | Admin Official: Lisa Kaplan |
| Meet Director: Janet Green ondaswimming@gmail.com | (510) 394-4115 |

LOCATION: Trefethen Aquatic Center at Mills College in Oakland, California. Mills is located immediately off of Highway 580 in Oakland at the junction of 580 (MacArthur Freeway) and Highway 13 (Warren Freeway), approximately seven miles from the Bay Bridge.

DIRECTIONS: From Downtown Oakland: Take the second MacArthur Blvd. exit (after High St.). Bear right onto MacArthur Blvd. The Mills gate is immediately ahead on your left.

From Concord/Walnut Creek: Take I-680 south to Highway 24 west. Come through the tunnel. Take Highway 13 south toward Hayward. Take the San Francisco exit onto I-580 west. Stay in the exit lane and immediately take the MacArthur/High St. exit. Turn right at the stop sign, then left again at the light. Mills College entrance is on your left.

From Hayward and South Bay: Take I-580 west to the MacArthur/High St. exit just after the junction with Highway 13. Turn left at the stop sign and proceed under the freeway overpass. Turn left at the light onto MacArthur Blvd. The Mills gate is immediately ahead on your left.

COURSE: 25 yard, outdoor heated pool with up to 8 lanes used for competition. Separate lanes for warm-up and warm-down. The minimum water depth, measured in accordance with Article 103.2.3, is 7'3" at the start end and 7'3" feet 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 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 athletes only will be held from 8:45 to 8:55 AM. Check-in begins at 7:30 a.m. on Saturday and Sunday each day.

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 4 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 athletes' age and gender.
- If local conditions warrant, 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 ATHLETES: Any USA Swimming 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 Swimming 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 Swimming 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 Swimming Club Member-Coach.

RACING STARTS: Any athlete entered in the meet must be certified by a USA Swimming 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 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, in 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 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:

- Athletes must be current members of USA Swimming 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.
- Athletes in the "BB" Division must have met at least the listed "BB" time standard. Athletes 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, athletes in the "A" division must have met at least the listed "A" time standard.
- 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 any 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 *September 10, 2016*. Entries from members of assigned "year round" Zone 2 clubs postmarked or entered online by 11:59 PM. on *September 16, 2016* 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 *September 23, 2016* and 11:59 PM *September 30, 2016* 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 form by listing a club 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/onda20161015> 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 athlete 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 Wednesday, **October 5th, 2016**, or until the meet has reached capacity, whichever comes first.

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athletes' best time. Entries must be postmarked by midnight, Monday, **October 3rd, 2016**, or hand delivered by 6:30 PM, Wednesday, **October 5th, 2016**. No late entries will be accepted. No entries received after the meet has reached capacity will be accepted. Requests for confirmation of receipt of entries should include a self-addressed, stamped envelope.

Make check payable to: O.C.P.P.

**Mail entries to: ONDA Meet Director
4115 Oakmore Rd.
Oakland, CA 94602**

**Hand deliver entries to: Janet Green
4115 Oakmore Rd.
Oakland, CA 94602**

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 shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

AWARDS: First through eighth places in each division (C, B & BB) will be awarded for the 9-10, 11-12, 13-14, 15-16, 17-18 age groups. First through eighth place in each division (PC-C, PC-B, and PC-A) will be awarded for the 8 & Under age group. All athletes 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 athletes 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 meet program will be available for \$5.00.

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 athletes 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 athletes entered in meet per club 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 Athletes over 100 | +1 |

EVENT SUMMARY

| SATURDAY | | | | SUNDAY | | | |
|----------|--------|--------|-------------------|--------|--------|--------|------------------|
| 8 & UN | 9-10 | 11-12 | 13-UP | 8 & UN | 9-10 | 11-12 | 13-UP |
| 50 BR | 50 BR | 100 BR | 200 BR | 50 FR | 50 FR | 200 FL | 200 BK |
| 25 FR | 100 FR | 100 FR | 50 FR | 25 FL | 200 FR | 50 FR | 100 FR |
| 50 FL | 50 FL | 200 IM | 200 IM | 50 BK | 50 BK | 50 BK | 100 BR |
| 25 BK | 100 BK | 200 BK | 100 BK | 25 BR | 100 BR | 200 BR | 100 FL |
| 100 IM | 100 IM | | 500 FR (GIRLS) | | | 200 FR | 500 FR (BOYS) |

EVENTS

| Saturday, October 15 th 2016 | | |
|---|----------------------|-----------------|
| GIRLS EVENT # | EVENT | BOYS EVENT # |
| 1 | 13-UP 200 Breast | 2 |
| 3 | 11-12 100 Breast | 4 |
| 5 | 9-10 50 Breast | 6 |
| 7 | 8 & UN 50 Breast | 8 |
| 9 | 13-UP 50 Free | 10 |
| 11 | 11-12 100 Free | 12 |
| 13 | 9-10 100 Free | 14 |
| 15 | 8 & UN 25 Free | 16 |
| 17 | 13-UP 200 IM | 18 |
| 19 | 11-12 200 IM | 20 |
| 21 | 9-10 50 Fly | 22 |
| 23 | 8 & UN 50 Fly | 24 |
| 25 | 13-UP 100 Back | 26 |
| 27 | 9-10 100 Back | 28 |
| 29 | 11-12 200 Back | 30 |
| 31 | 8 & UN 25 Back | 32 |
| 33 | 9-10 100 IM | 34 |
| 35 | 8 & UN 100 IM | 36 |
| 37 | 13-UP 500 Free GIRLS | - |

| Sunday, October 16 th 2016 | | |
|---------------------------------------|---------------------|-----------------|
| GIRLS EVENT # | EVENT | BOYS EVENT # |
| 39 | 13-UP 200 Back | 40 |
| 41 | 11-12 200 Fly | 42 |
| 43 | 9-10 50 Free | 44 |
| 45 | 8 & UN 50 Free | 46 |
| 47 | 13-UP 100 Free | 48 |
| 49 | 11-12 50 Free | 50 |
| 51 | 9-10 200 Free | 52 |
| 53 | 8 & UN 25 Fly | 54 |
| 55 | 13-UP 100 Breast | 56 |
| 57 | 11-12 50 Back | 58 |
| 59 | 9-10 50 Back | 60 |
| 61 | 8 & UN 50 Back | 62 |
| 63 | 13-UP 100 Fly | 64 |
| 65 | 11-12 200 Breast | 66 |
| 67 | 9-10 100 Breast | 68 |
| 69 | 8 & UN 25 Breast | 70 |
| 71 | 11-12 200 Free | 72 |
| - | 13-UP 500 Free BOYS | 74 |

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 OAKLAND UNDERCURRENT SWIM TEAM(ONDA) Rocktoberfest 2016 Short Course C/B/BB+ Meet Saturday, October 15th – Sunday October 16th, 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 | | | | |
| | | | | | | : . | | | 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 | | | | | | | | | | | | | |
| Athlete's Address | | | | | | | | | | | | | |
| Home Phone | | | | | | | Cell Phone | | | | | | |
| Email | | | | | | | | | | | | | |