

**2016 Fred Siegrist Memorial Summer's End Swim Classic**  
**Short Course Meet hosted by the Walnut Creek Aquabears**  
**August 6 and 7, 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. 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.* **Approved Meet Number: pending**

**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, psych sheets and live meet results. By entering this meet, the athlete or his/her guardian consents to this publication.

**USE OF AUDIO & 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 electronic devices, including but not limited to film and digital cameras, cell phones and tablets, 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:**      Head Referee: Leo Lin                              Head Starter: Holly Taifer  
                          Head Marshal: Kevin Taylor                      Admin Referee: Chris Ottati and Kathy Kaminek  
                          Meet Director: Eddie Contreras, 925-706-7377, [aguabears@gmail.com](mailto:aguabears@gmail.com)

**LOCATION:** Diablo Valley College Aquatic Center, 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. Parking permits are required. Do not park in "Faculty Staff" spaces.

**COURSE:** Outdoor, heated 25 yard pool, up to **13** lanes all deep water with non-turbulent lane lines. Colorado automatic timing system with three buttons 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:** Meet begins at 9:00 a.m. each day (check-in begins at 7:30 a.m., general warm-up from 7:30- 8:45 a.m.). Special extended warm-up from 8:45-8:55 a.m. for 8 & under swimmers only

- RULES:**
- Current USA Swimming rules will govern the meet. Pacific Swimming Safety Guidelines and Warm-up Procedures will be in effect. A copy of these procedures will be posted at the pool.
  - All events are timed finals.
  - All events will swim fast to slow.
  - **Entries will be accepted until the estimated time line reaches 6 hours on Saturday and Sunday.**
  - 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 mandatory scratches.
  - Swimmers in the 500 Free must provide their own timers and lap counters.
  - All coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner.

**UNACCOMPANIED SWIMMERS:** Any USA-S athlete-member competing at the meet must be accompanied by a USA-S 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 Swimming member coach as being proficient in performing a racing start, or must start each race from within 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 at Diablo Valley College.
- Sale and use of alcoholic beverages is prohibited at Diablo Valley College.
- No glass containers are allowed in the meet venue which includes at least the pool deck and the locker room area.
- Propane heaters are prohibited, except for snack bar/meet operations.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Deck setup is limited to officials and coaches. Space for coach setup with good visibility may be limited and teams are encouraged to share table/tent space where possible.
- All shelters must be properly secured.
- 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:**

- Open to all USA-S and recreational swimmers.
- Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming policy.
- Entries with "NO TIME" will not be accepted.
- Please enter your best estimated time for the 13-14 and 15&Over age groups in the following events: 100 I.M., 50 Fly, 50 Back, 50 Breast.
- For ages 9 and over, swimmers in the **Gold Division** must have met at least the listed USA-S Motivational "A" time standard. Swimmers in the **Silver 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 **Bronze Division**. *There will be no divisions for the 13-14 and 15&Over age groups in the following events: 100 I.M., 50 Fly, 50 Back, 50 Breast.*
- For ages 8 and under, swimmers in the **Gold Division** must have met at least the listed Pacific Swimming "PC-A" time standard. Swimmers in the **Silver Division** must have met at least the listed "PC-B" time standard. All entry times slower than the listed "B" time standard will be in the **Bronze Division**.  
Swimmers 19 and over may participate in 15&Over and 9&Over events, but will not be awarded nor score points.
- "A" Medals will be awarded to swimmers achieving the "A" time standard in an event for the first time.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRY FEES:** \$5.50 per individual event, plus \$8.00 per swimmer pool/water surcharge. A check for the total amount must accompany each entry. Make check payable to: Walnut Creek Aquabears. There will be no refunds. Entries will not be accepted unless accompanied with the full fee amount.

**ONLINE ENTRIES:** To enter online, go to <http://ome.swimconnection.com/pc/wcab20160806> 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, July 27, 2016.** *If you are a recreational league swimmer, click on the "Guide me how to enter a swimmer to this meet" tab. In the following screen, ignore "Swimming Association," and click NO to the question "Is your swimmer registered with USA Swimming?" Enter the swimmer's information on the next screen, and enter your TEAM'S abbreviated name.*

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be completely filled out, including best short course time for each event. Entry times must be submitted in yards. 'No time' entries will be accepted. **Entries must be postmarked by midnight Monday, July 25, 2016, or hand delivered by 5:00 p.m. on Wednesday, July 27, 2016.** No late entries will be accepted. No refunds will be made. Enclose a self addressed stamped postcard if you wish to confirm entry.

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

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

**CHECK-IN:** This meet will be deck seeded. Swimmers must check-in at the check-in table. Close for 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. Swimmers who do not check-in will not be allowed to compete in the event.

**SCRATCHES:** Any swimmer 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:**

- Individual Events will be awarded in the following ages: 6&Under, 7, 8, 9, 10, 11, 12, 13, 14, 15-18.
  - Distinctive medals for 1st through 3rd places in each division (Gold, Silver, and Bronze), Ribbons for 4th through 8th places in each division (Gold, Silver, and Bronze), and Heat Winner Ribbons. A swimmer's entry time determines which division they will be awarded in.
  - Individual High Point Awards will be given for the highest scoring boy and girl in the following age groups: 6&Under, 7, 8, 9, 10, 11, 12, 13, 14, 15-18.
  - Relay Events will be awarded in the following ages: 8&Under, 9-10, 11-12, 13-14, 15-18. Distinctive medals for 1st place, Ribbons for 2nd and 3rd places.
  - Team High Point Trophies will be awarded to the top three scoring teams in two divisions, according to the number of entries received.
  - Individual awards must be picked up at the meet. We will not mail or distribute them after the meet.

**SCORING:** All events will be scored 1st through 8th places. Points for individual events will be 9, 7, 6, 5, 4, 3, 2, and 1. Points for relay events will be 18, 14, 12, 10, 8, 6, 4, and 2.

**ADMISSION:** Free. A program will be available for a reasonable price.

**SNACK BAR & HOSPITALITY:** A full snack bar will be in operation each day. Lunch & beverages will be served to deck officials and coaches. Snacks and beverages will be served to timers throughout the day.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours.

## EVENT SUMMARY

### Saturday, August 6

15&Ov	13-14	11-12	9-10	8&Un
100 IM	100 IM	100 IM	100 IM	100 IM
100 Fly	100 Fly	100 Fly	100 Fly	25 Fly
50 Back	50 Back	50 Back	50 Back	50 Back
100 Brst	100 Brst	100 Brst	100 Brst	25 Brst
50 Free	50 Free	50 Free	50 Free	50 Free
500 Free	500 Free	500 Free	500 Free	

### Sunday, August 7

15&Ov	13-14	11-12	9-10	8&Un
200 Free	200 Free	200 Free	200 Free	100 Free
50 Fly	50 Fly	50 Fly	50 Fly	50 Fly
100 Back	100 Back	100 Back	100 Back	25 Back
50 Brst	50 Brst	50 Brst	50 Brst	50 Brst
100 Free	100 Free	100 Free	100 Free	25 Free

## SCHEDULE OF EVENTS:

### Saturday, August 6

Girls Event #	Event Description	Boys Event #
1	15&Ov 100 I.M.	2
3	13-14 100 I.M.	4
5	11-12 100 I.M.	6
7	9-10 100 I.M.	8
9	8&Un 100 I.M.	10
11	15&Ov 100 Fly	12
13	13-14 100 Fly	14
15	11-12 100 Fly	16
17	9-10 100 Fly	18
19	8&Un 25 Fly	20
21	15&Ov 50 Back	22
23	13-14 50 Back	24
25	11-12 50 Back	26
27	9-10 50 Back	28
29	8&Un 50 Back	30
31	15&Ov 100 Breast	32
33	13-14 100 Breast	34
35	11-12 100 Breast	36
37	9-10 100 Breast	38
39	8&Un 25 Breast	40
41	15&Ov 50 Free	42
43	13-14 50 Free	44
45	11-12 50 Free	46
47	9-10 50 Free	48
49	8&Un 50 Free	50
51	15&Ov 500 Free*	52
53	13-14 500 Free*	54
55	11-12 500 Free*	56
57	9-10 500 Free*	58

### Sunday, August 7

Girls Event #	Event Description	Boys Event #
61	15&Ov 200 Free	62
63	13-14 200 Free	64
65	11-12 200 Free	66
67	9-10 200 Free	68
69	8&Un 100 Free	70
71	15&Ov 50 Fly	72
73	13-14 50 Fly	74
75	11-12 50 Fly	76
77	9-10 50 Fly	78
79	8&Un 50 Fly	80
81	15&Ov 100 Back	82
83	13-14 100 Back	84
85	11-12 100 Back	86
87	9-10 100 Back	88
89	8&Un 25 Back	90
91	15&Ov 50 Breast	92
93	13-14 50 Breast	94
95	11-12 50 Breast	96
97	9-10 50 Breast	98
99	8&Un 50 Breast	100
101	15&Ov 100 Free	102
103	13-14 100 Free	104
105	11-12 100 Free	106
107	9-10 100 Free	108
109	8&Un 25 Free	110

\*\*Swimmers must provide their own timers and lap counters for the 500 Free.

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August 6 and 7, 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					
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								: .					
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# of entries _____ x <b>\$5.50</b> = \$ _____ Participation Fee <b>\$ 8.00</b> Total                                \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													