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Live results	<a href="http://www.myswimming.info/journeytojos/results/11222013">http://www.myswimming.info/journeytojos/results/11222013</a> Download the <a href="#">Live Results</a> or <a href="#">MeetMobile</a> app for your phone and configure the link beforehand.

<b>SANCTION:</b>	Held under USA Pacific Swimming Sanction No. <b>13-221</b> <i>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.</i>	
<b>NOTICE:</b>	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.	
<b>USE OF AUDIO &amp; VISUAL:</b>	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.	
<b>OFFICIALS:</b>	<b>Meet Referee:</b> David Benjamin	<b>Admin Referee:</b> Charlotte Rooney
	<b>Head Starter:</b> David Cottam	<b>Meet Marshal:</b> Leslie Lum
	<b>Meet Director:</b> Eric Delore, <a href="mailto:ericdelore@comcast.net">ericdelore@comcast.net</a> , (510) 390-4015	
<b>LOCATION:</b>	<b>SODA AQUATIC CENTER at CAMPOLINDO HIGH SCHOOL:</b> 300 Moraga Road, Moraga, California. 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. <b>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.</b>	
<b>PARKING:</b>	PLEASE OBSERVE ALL POSTED PARKING REGULATIONS. A parking fee of \$2.00 is required on Friday and Saturday. Permit dispensers are located in Lots E and B. They are yellow and located on the light poles. Authorized holders of DMV disabled plates or placards may park in designated disabled spaces and must display a valid parking permit on the dashboard. The parking fee machine accepts \$1.00 bills and coins. You can be ticketed if you don't pay! There is no charge for parking on Sunday.	
<b>COURSE:</b>	25 yard x 50 meter outdoor, heated pool. Up to 16 competition lanes available, to be allocated based on number of entries received. Electronic timing equipment will be used.  <b>Water Depth:</b> The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 4' at the start end and 4' at the turn end.  <b>Pool Certification:</b> The competition pool has been certified in accordance with 104.2.2C(4). A copy of such certification is on file with USA Swimming. A warm-up area will be available during the meet. Locker rooms with showers are available.	



<b>TIME:</b>	<p>Meet begins at 5:00 p.m. on Friday, November 22, with warm-ups from 4:00 to 4:50 p.m. Meet begins at 9:00 a.m. on Saturday and Sunday, with warm ups from 7:30 a.m. to 8:45 a.m. <b>Special extended warm-up on Saturday and Sunday for 8 &amp; under swimmers only 8:45 to 8:55 am.</b> Check-in begins at 4:00 p.m. on Friday and at 7:30 a.m. on Saturday and Sunday.</p>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• Current USA Swimming and Pacific Swimming Rules will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk-of-the-Course. All events are timed finals.</li> <li>• All events will be swum fastest to slowest.</li> <li>• <b>All swimmers ages 12 and under should complete competition within four (4) hours.</b></li> <li>• <b>Swimmers may compete in a maximum of four (4) individual events per day.</b></li> <li>• Entries will be accepted until the number of splashes exceeds the estimated time line, per the Four Hour Rule, based on swimmer's age and gender.</li> <li>• 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.</li> <li>• Swimmers competing in the 400 IM event must provide their own timers.</li> <li>• Swimmers competing in the 500 and 1650 Freestyle events must provide their own timers and lap counters.</li> <li>• The 1650 Freestyle event is open only to swimmers aged 11-14 who have achieved an A time in that event.</li> <li>• <b>All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.</b></li> </ul>
<b>UNACCOMPANIED SWIMMERS:</b>	<p>Any USAS 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 USAS 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 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 USAS Club Member-Coach.</p>
<b>RACING STARTS:</b>	<p>The swimmer 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 swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p>
<b>RESTRICTIONS:</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.</li> <li>• All shelters must be properly secured. No glass containers are allowed in the meet venue.</li> <li>• No propane heater is permitted except for snack bar/meet operations.</li> <li>• Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.</li> </ul>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Swimmers 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 swimmer with the registration and times database. The meet host must check all swimmer 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.</li> <li>• <b><i>This meet is open to swimmers aged 14 and under who have met the A or B standard in the events they wish to swim, with the exception that the 1650 Freestyle event is open only to swimmers aged 11-14 who have achieved an A time in that event.</i></b></li> <li>• Swimmers in the "A" Division must have met at least the listed "PC-A" time standard. Swimmers in the "B" Division must have met at least the listed "PC-B" time standard.</li> <li>• Entries with "NO TIME" will not be accepted.</li> <li>• 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. The swimmer's age will be the age of the swimmer on the first day of the meet.</li> <li>• 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.</li> </ul>
<b>ENTRY PRIORITY:</b>	<p>Meet entries will not be accepted any earlier then October 18<sup>th</sup>, 2013. Entries from members of "year round" Zone 2 teams in "good standing" postmarked or entered online by 11:59 p.m. on October 25<sup>th</sup>, 2013 will be given 1st priority acceptance. Entries from members of all Zone 2 teams in "good standing" (year round and seasonal) postmarked or entered online between 12:00 am October 25<sup>th</sup>, 2013 and 11:59 pm November 1st, 2013 will be given 2nd priority</p>



	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.	
<b>ENTRY FEES:</b>	<b>\$2.75 per event and an \$8.00 participation fee per swimmer.</b> Entries will be rejected if payment is not sent at time of request.	
	<b>Make check payable to:</b>	Alameda Island Aquatics
	<b>Mail with entries to:</b>	Swim Meet Entries Attn: Rebecca Boles 875-A Island Drive, #190 Alameda, CA 94502-6768 email: <a href="mailto:rboles@berkeley.edu">rboles@berkeley.edu</a>
<b>ENTRIES:</b>	<p><b>Mailed or Hand-Delivered Entries:</b> 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, <b>Monday, November 11<sup>th</sup>, 2013</b> or hand delivered to 875-A Island Drive, #190 Alameda, CA 94502-6768 by 6:30 p.m., <b>Wednesday, November 13<sup>th</sup>, 2013</b>. No late entries will be accepted. No refunds will be made, except mandatory scratch downs. See <a href="http://www.myswimming.info/journeytojos2013/mm4teamentryfull.pdf">http://www.myswimming.info/journeytojos2013/mm4teamentryfull.pdf</a> to confirm your entries.</p> <p><b>Online Entries:</b> To enter online go to <a href="http://ome.swimconnection.com/PC/AIA20131122">http://ome.swimconnection.com/PC/AIA20131122</a> 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. <b>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, November 13, 2013, unless meet capacity is met earlier than November 13, in which case online entries will be closed once meet capacity is met.</b></p>	
<b>CHECK-IN:</b>	The meet will be deck seeded. Swimmers 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. Swimmers who do not check-in will not be allowed to compete in the event.	
<b>SCRATCHES:</b>	Any swimmers 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.	
<b>AWARDS:</b>	The first 8 places will be awarded for 8&UN, 9-10, 11-12, 13-14 age groups. Ribbons will be awarded for B/A divisions. All B swimmers achieving a PC-A time will be awarded a standard A medal, regardless of place achieved in the event. <b>Note: Individual awards <u>must be picked up at the meet. We will not mail or distribute them after the meet.</u></b>	
<b>ADMISSION:</b>	Admission is free.	
<b>REFRESHMENTS:</b>	A snack bar will be available serving hot breakfast, hot lunches, salads and other nutritious items and beverages. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.	
<b>MISCELLANEOUS:</b>	A two-day program will be available for sale at a reasonable price.	

<b>MINIMUM OFFICIALS RULE:</b>	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 team per day of the meet. Those teams 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.	
	<b>Number of swimmers entered in meet per team</b>	<b>Number of trained and carded officials required</b>
	1-10	0
	11-25	1
	26-50	2
	51-75	3
	76-100	4
	Every 20 Swimmers over 100	+1

**EVENTS SUMMARY**

	<b>8 &amp; Under</b>	<b>9-10</b>	<b>11-12</b>	<b>13-14</b>
<b>FRIDAY, NOV 22</b>		500 FR	400 IM	400 IM
			500 FR	500 FR
<b>SATURDAY, NOV 23</b>	25 FR	200 FR	200 FR	200 FR
	50 BK	100 BR	100 BR	100 BR
	25 BK	50 BK	50 BK	200 BK
	100 FR	100 FL	200 BK	100 FL
	100 IM	100 FR	100 FL	100 FR
		100 IM	100 FR	1650 FR (GIRLS)
			100 IM	
<b>SUNDAY, NOV 24</b>			1650 FR (GIRLS)	
	50 FR	200 IM	200 IM	200 IM
	500 BR	50 FR	50 FR	50 FR
	25 BR	50 BR	50 BR	200 BR
	50 FL	100 BK	200 BR	100 BK
	25 FL	50 FL	100 BK	200 FL
			50 FL	1650 FR (BOYS)
			200 FL	
		1650 FR (BOYS)		

**Events: Friday, November 22<sup>nd</sup>, 2013**

<b>Girls</b>		<b>Age</b>	<b>/</b>	<b>Event</b>	<b>Boys</b>	
<b>Event #</b>	<b>PC-B Time</b>				<b>PC-B Time</b>	<b>Event #</b>
<b>1</b>	6:36.29	<b>11-12</b>	<b>/</b>	<b>400 IM</b>	6:36.89	<b>2</b>
	6:14.49	<b>13-14</b>	<b>/</b>	<b>400 IM</b>	6:02.99	
<b>3</b>	8:28.19	<b>9-10</b>	<b>/</b>	<b>500 Free</b>	8:28.19	<b>4</b>
	7:09.59	<b>11-12</b>	<b>/</b>	<b>500 Free</b>	7:07.19	
	6:46.59	<b>13-14</b>	<b>/</b>	<b>500 Free</b>	6:33.69	

=> All 400 IM swimmers must provide their own timers.

=> All 500 Freestyle swimmers must provide their own timers and lap counters.

Events: Saturday November 23<sup>rd</sup>, 2013

Girls		Age	/	Event	Boys	
Event #	PC-B Time				PC-B Time	Event #
5	2:46.29	11-12	/	200 Free	2:46.49	6
7	3:11.09	9-10	/	200 Free	3:11.09	8
9	2:32.29	13-14	/	200 Free	2:26.79	10
11	23.49	8 & Un	/	25 Free	23.49	12
13	1:37.69	11-12	/	100 Breast	1:39.29	14
15	1:52.29	9-10	/	100 Breast	1:54.79	16
17	1:31.99	13-14	/	100 Breast	1:27.49	18
19	40.39	11-12	/	50 Back	41.09	20
21	45.49	9-10	/	50 Back	46.69	22
23	1:02.99	8 & Un	/	50 Back	1:02.99	24
25	2:54.19	13-14	/	200 Back	2:56.29	26
27	3:07.59	11-12	/	200 Back	3:07.59	28
29	28.49	8 & Un	/	25 Back	28.49	30
31	1:41.99	9-10	/	100 Fly	1:41.99	32
33	1:19.49	13-14	/	100 Fly	1:16.09	34
35	1:26.59	11-12	/	100 Fly	1:28.69	36
37	2:00.99	8 & Un	/	100 Free	2:00.99	38
39	1:25.69	9-10	/	100 Free	1:25.69	40
41	1:14.69	11-12	/	100 Free	1:13.89	42
43	1:10.39	13-14	/	100 Free	1:06.99	44
45	1:27.09	11-12	/	100 IM	1:27.79	46
47	1:39.79	9-10	/	100 IM	1:39.79	48
49	2:12.29	8 & Un	/	100 IM	2:12.29	50
51	PC-A: 24:11.99	11-12	/	1650 Free	Boys 1650 Free will be held on Sunday as event 98	
	PC-A: 21:15.99	13-14	/	1650 Free		

=> Girls 1650 Freestyle will be swum on Saturday. Mens 1650 Freestyle will be swum on Sunday  
 => All 1650 Freestyle swimmers must provide their own timers and lap counters.

Events: Sunday November 24<sup>th</sup>, 2013

Girls		Age	/	Event	Boys	
Event #	PC-B Time				PC-B Time	Event #
53	3:31.79	9-10	/	200 IM	3:31.79	54
55	3:06.19	11-12	/	200 IM	3:08.89	56
57	2:54.09	13-14	/	200 IM	2:46.99	58
59	53.29	8 & Un	/	50 Free	53.29	60
61	39.09	9-10	/	50 Free	38.99	62
63	34.59	11-12	/	50 Free	33.89	64
65	32.39	13-14	/	50 Free	30.69	66
67	52.29	9-10	/	50 Breast	52.19	68
69	45.59	11-12	/	50 Breast	46.49	70
71	1:10.19	8 & Un	/	50 Breast	1:10.19	72
73	3:17.29	13-14	/	200 Breast	3:08.59	74
75	3:30.19	11-12	/	200 Breast	3:30.59	76
77	31.49	8 & Un	/	25 Breast	31.49	78
79	1:39.19	9-10	/	100 Back	1:39.29	80
81	1:26.29	11-12	/	100 Back	1:27.79	82
83	1:20.19	13-14	/	100 Back	1:17.49	84
85	1:06.59	8 & Un	/	50 Fly	1:06.59	86
87	44.29	9-10	/	50 Fly	44.29	88
89	38.49	11-12	/	50 Fly	39.05	90
91	3:06.39	13-14	/	200 Fly	3:01.49	92
93	3:13.59	11-12	/	200 Fly	3:25.69	94
95	27.39	8 & Un	/	25 Fly	27.39	96
Girls 1650 Free will be held on Saturday as event 51		11-12	/	1650 Free	PC-A: 23:27.99	98
		13-14	/	1650 Free	PC-A: 21:04.99	

=> Girls 1650 Freestyle will be swum on Saturday. Mens 1650 Freestyle will be swum on Sunday  
 => All 1650 Freestyle swimmers must provide their own timers and lap counters.

