

Ellis Aquatics Penguin Plunge  
PACIFIC SWIMMING Short Course C/B/A+ MEET  
Co-Sponsored by Pacific Swimming  
March 29-30, 2014  
Enter Online: <http://ome.swimconnection.com/pc/EA20140329>



**SANCTION:** Held under USA Pacific Swimming Sanction No. **14-033**

*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, psych sheets and live meet results.

**USE OF AUDIO AND VIDEO:** 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:**

<i>Meet Referee: Charlie Gonzales</i>	<i>Head Starter: Randy May</i>
<i>Admin Official: Clint Benton</i>	<i>Meet Marshal: Clayton Basepayne</i>
<i>Meet Director: Michele Loomis – 209-833-0562 micheleloomis@comcast.net</i>	

**LOCATION:** Pinkie Phillips Aquatic Center, Merrill F. West High School, 1775 W Lowell Ave, Tracy, CA 95376.

**DIRECTIONS:** *From Bay Area*, take the 205 toward Tracy, take exit 6 Grant Line Exit. Turn Right onto Grant Line Road. Turn Right onto Corral Hollow, left onto W. Lowell Ave, school entrance is second left. Enter the parking lot adjacent to the football stadium. The pool is at the end of the parking lot. *From I-5*, take the 205 exit, and then take the Tracy BLVD Exit #8, turn left. Go about 1 mile to W. Lowell, turn right. Turn right into the school parking lot at the School Sign. Parking lot adjacent to the football stadium, the pool is at the end of the parking lot

**COURSE:** Outdoor heated 50 meter pool with up to 15 competition lanes, Warm up area will be available. 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 7'0" at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

**TIME:** Meet begins at 9:00 AM each day, warm-ups from 7:30 am to 8:45 AM each day. A special warm-up time for 8 and under swimmers only will be held from 8:45 am to 8:55 am.

**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, **and will be swum fastest to slowest.**
- Swimmers may compete in 4 events per day.
- All swimmers 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 swimmers age and gender.
- 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 500 Freestyle swimmers must provide their own timers and counters.
- All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

**ATTENTION HIGH SCHOOL SWIMMERS (February through May):** If you are a high school swimmer in season, you need to be Unattached from this meet. It is the swimmers responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA)

**UNACCOMPANIED SWIMMERS:** 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.

**RACING STARTS:** 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.

**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.
- All shelters must be properly secured. No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- 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.

**ELIGIBILITY:**

- 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.

- 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. All entry times slower than the listed "PC-B" time standard will be in the "C" Division.

- Entries with "**NO TIME**" will be accepted.

- 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 special accommodations on entry times and seeding per Pacific Swimming policy.

- Swimmers 19 years of age and over may compete in the meet for time only, no awards. Such swimmers must have met the time standards for the 17-18 age groups.

- The swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRY PRIORITY:** Meet entries will not be accepted any earlier than February 22, 2014. Entries from members of "year round" Zone 2 teams postmarked or entered online by 11:59 p.m. on March 8, 2014 will be given 1<sup>st</sup> 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: Swimmers who falsify their entry form by listing a team 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:** \$2.75 per event, \$8.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

**Make check payable to:** Ellis Aquatics

**Mail with entries to:** Vicki O'Neill  
Swim Meet Entries  
2959 Perry LN  
Tracy, CA 95376

**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, **Monday, March 17, 2014** or hand delivered to the Vicki O’Neill by 6:30 p.m. **Wednesday, March 19, 2014**. 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.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/EA20140329> 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, March 19, 2014**.

**CHECK-IN:** 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 meet. Swimmers who do not check-in will not be allowed to compete in the event.

**SCRATCHES:** 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.

**AWARDS:** Ribbons 1st – 8th place for PC-A, PC-B & PC-C divisions. 13-18 swimmers will be awarded as 13-14, 15-16 and 17-18 age groups. There will be NO awards for swimmers over 19.

**ADMISSION:** Free. A program will be available for a nominal fee

**REFRESHMENTS:** 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.

**MISCELLANEOUS:** No overnight parking is allowed. *No pets allowed on school grounds. No set up on pool deck except for designated areas for coaches. There will be limited parking for coaches and officials near the pool.*

**MINIMUM OFFICIALS RULE:** 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.

# of swimmers entered in meet per team per day	# of trained and carded officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 Swimmers over 100	+1

**EVENTS SUMMARY:**

SATURDAY				SUNDAY			
8/UN	9-10	11-12	13/O	8/UN	9-10	11-12	13/O
100 IM	100 IM	100 IM	200 IM	50 BR	200 IM	400 IM	400 IM
50 FR	200 FR	200 FR	100 FR	25 BK	50 BR	100 BR	100 BR
50 BK	50 FL	50 FL	200 FL	100 FR	50 BK	100 BK	200 FR
25 BR	100 BR	200 BR	200 BR	25 FL	100 FR	100 FR	100 BK
25 FR	50 FR	50 FR	50 FR		100 FL	100 FL	100 FL
500 FR (GIRLS)				500 FR (BOYS)			

**EVENTS:**

Saturday, March 29, 2014			Sunday, March 30, 2014		
Event #	Event	Event #	Event #	Event	Event #
1	13 & UP 200 IM	2	43	13 & UP 400 IM	44
3	11-12 100 IM	4	45	11-12 400 IM	46
5	9-10 100 IM	6	47	9-10 200 IM	48
7	8 & UN 100 IM	8	49	13 & UP 100 Breast	50
9	13& UP 100 Free	10	51	11-12 100 Breast	52
11	11-12 200 Free	12	53	9-10 50 Breast	54
13	9-10 200 Free	14	55	8 & UN 50 Breast	56
15	8 & UN 50 Free	16	57	13 & UP 200 Free	58
17	13 & UP 200 Fly	18	59	11-12 100 Back	60
19	11-12 50 Fly	20	61	9-10 50 Back	62
21	9-10 50 Fly	22	63	8 & UN 25 Back	64
23	8 & UN 50 Back	24	65	13 & UP 100 Back	66
25	13 & UP 200 Breast	26	67	11-12 100 Free	68
27	11-12 200 Breast	28	69	9-10 100 Free	70
29	9-10 100 Breast	30	71	8 & UN 100 Free	72
31	8 & UN 25 Breast	32	73	13 & UP 100 Fly	74
33	13 & UP 50 Free	34	75	11-12 100 Fly	76
35	11-12 50 Free	36	77	9-10 100 Fly	78
37	9-10 50 Free	38	79	8 & UN 25 Fly	80
39	8 & UN 25 Free	40	---	Open 500 Free	82
41	Open 500 Free	---			

**Girl's 500 Freestyle will be swum on Saturday. Boy's 500 Freestyle will be swum on Sunday.**

**All 500 Freestyle swimmers must provide their own timers and counters.**

**\*Minimum qualification time for 500 FR is 9-10 Pacific Swimming B time: Girls/Boys – 8:28.19  
Swimmers not meeting the 500 Free minimum time criteria will be removed from that event, with no refund.**

13-18 individual events will be swum together but scored separately as 13-14, 15-16 and 17-18

Boys' event #34 and Girls' event #65 left off intentionally.

**For Hotel information please visit our website at: [www.Ellisaquatics.net](http://www.Ellisaquatics.net)**

<b>Pacific Swimming ZONE 2 SHORT COURSE</b> <b>PENGUIN PLUNGE C/B/A+ Meet</b> <b>March 29-30, 2014</b> <b>Consolidated Entry Form</b>												
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				
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					: .			SCY / LCM				
					: .			SCY / LCM				
# of entries _____ x \$2.75 = \$ _____ Participation Fee 8.00 Total \$ _____												
<b>Mail to:</b> Ellis Aquatics, Vicki O'Neill 2959 Perry LN, Tracy CA 95376												
Coach												
Swimmer's Address												
Home Phone						Cell Phone						
Email												