

**PACIFIC SWIMMING SR-I Short & Long Course Meet**  
**HIGH SCHOOL SWIMMERS POST NCS WALK-ON MEET – MAY 19, 2013**  
hosted by **ORINDA AQUATICS**

co-sponsored by **Pacific Swimming**

Enter online @ Swim Connection: <http://ome.swimconnection.com/pc/oapb20130519>



**PACIFIC  
SWIMMING**

**ATTENTION: BE SURE TO READ AND UNDERSTAN THE ENTRY DEADLINES FOR EACH SESSION!**

**SANCTION:** Held under USA/Pacific Swimming Sanction Number: **13-113**

*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.

**USE OF AUDIO AND VIDEO:** Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms. Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission to do so is given by the Meet Referee.

**MEET OFFICIALS:**

|                                                                                                                                                                     |                                     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| Meet Referee: <b>Leo Lin</b>                                                                                                                                        | Head Starter: <b>Marie Lin</b>      |
| Meet Director: <b>Renee Owyong</b><br>Email: <a href="mailto:r.owyong@att.net">r.owyong@att.net</a> (preferred)<br>Phone: <b>510.339.8841</b> no calls after 8:00PM | Head Marshal: <b>Jeffrey Jacobs</b> |

**LOCATION: SODA AQUATIC CENTER at CAMPOLINDO HIGH SCHOOL:** 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. **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.**

**COURSE: SC Session:** Outdoor 25-Yard competition pool up to 10 lanes with electronic timing system. The minimum water depth as measured in accordance with article 103.2.3 is 10' on the primary start end and 7' on the secondary start end of the competition pool. **LC Session:** Outdoor 50-meter competition pool with 8 lanes with electronic timing system. The minimum water depth as measured in accordance with article 103.2.3 is 10' on the primary start end and 7' on the secondary start end of the competition pool. A Separate warm-up pool will be available. A separate pool will be available for warm-down during the meet. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

**TIME: Session 1 (SCY):** Meet begins at 9:00 AM. The competition course will be open for warm-ups from 7:30 to 8:45 a.m.

**Session 2 (LCM):** Competition will begin no earlier than 1 hour after the completion of Session 1 and not before 12:00PM.

**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 the Course.

•All events are timed finals.

•Swimmers can compete in a maximum of **FIVE (5) events for the day (both sessions combined).**

•If local conditions warrant it, the Meet Referee, with concurrence of the Meet Director may require a mandatory scratch down. Immediate cash refunds will be made for mandatory scratches.

•**All coaches and deck officials must wear their USA swimming membership cards in a visible manner.**

•All events will be seeded fastest to slowest.

**DECK CHANGING:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in the locker rooms or designated areas is not appropriate and is strongly discouraged.

**UNACCOMPANIED SWIMMERS:** 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:** Any swimmer entered in this meet, unaccompanied by a USA Swimming member coach, 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:** •Sale and use of alcoholic beverages and smoking and the use of other tobacco products is prohibited in all areas of the meet venue during the meet.  
•Coaches, parents, siblings and officials may not use the pool.  
•Glass containers of any kind are not allowed in pool area. All pets are prohibited in the pool area.

**ELIGIBILITY:** •Swimmers must be current members of USA-S. 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.  
•The meet is limited to those swimmers who have met the 2013 Pacific Senior I time standards.  
•**"No time" entries will not be accepted .**  
•**This is a post high season shave/taper meet and as such is restricted to swimmers who are in the ninth grade and above.**  
•**USA Swimming Registration Cards and Student Body Cards may be checked.**  
•High school swimmers with disabilities 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.

**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.

**ENTRIES:** **All Sessions of this meet require individuals to pre-entry using one of the methods listed – All entry deadlines will be enforced:**

**Session 1 & 2: Option 1 – Online Meet Entries: Deadline by 11:59 PM, Thursday, May 16<sup>th</sup>.**

Enter online at: <http://swimconnection.com/pc/oapb20130519> to receive immediate confirmation of acceptance via email. **The "billing information" email should be brought to the meet as proof of entry.** Online entry requires payment by credit card using the secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fee. Please note that the processing fee is a separate fee from the entry fee. Online meet entry fees are paid to Swim Connection LLC. Use of this system is completely voluntary. Online Meet Entry is not required or expected by Pacific Swimming.

**Online entries will be restricted to swimmers who are in 9<sup>th</sup> grade and above (swimmers entering online will be required to show student ID cards at the meet). Swimmers who enter online and are in 8<sup>th</sup> grade or below will be removed from the meet and will not be given refunds.**

**Session 1 & 2: Option 2 – Surface Mail Entries:** Individual Consolidated Entry Forms must be completely filled out including best short course time or long course time for each event. If your qualifying time is in yards, enter a yard time and put a Y after the time. If the qualifying time is in Long Course Meters enter the LCM time a put an L after the time. 'No Time' entries will not be accepted. **Entries must be postmarked by midnight, Monday, May 13<sup>th</sup>, 2013. No late entries.**

**Session 1 & 2: Option 3 – Paper Entry at NCS Championships:** Individual entries can be turned in to the **Meet Entries box in the administrative office at the North Coast Section Meet by the conclusion of the NCS meet on Saturday, May 18<sup>th</sup>.** **This is the last deadline for entering the short course session of the meet (Session 1).**

**Session 2 Only: Walk-on Entry on the day of the meet:** Walk-on entries will be accepted the day of the meet for Session 2 (Long Course) ONLY. The entry deadline for Session 2 walk-on entries is 12:00PM on the day of the meet.

**Relay Entry:** Relay can be pre-entered online or deck entered at meet. Deck entered deadline for relays is 9:00AM.

**Entry Fees:** \$5.50 per individual event, \$16.00 per relay, plus a \$10 per swimmer participation fee. A check for the total amount must accompany each entry. Checks should be made payable to Orinda Aquatics. There are no refunds. Entries will not be accepted unless accompanied with the full fee amount.

**ADMISSION:** Admission is free.

**HOSPITALITY/SNACK BAR:** Lunches and refreshments will be provided for officials and coaches only. Timers will be served snacks and drinks. A snack bar will be available.

**AWARDS:** None

#### SESSION 1 – Short Course Session

| Girls Event # | Event                            | Boys Event # |
|---------------|----------------------------------|--------------|
| 1             | 200 Yard Breaststroke            | 2            |
| 3             | 100 Yard Freestyle               | 4            |
| 5             | 200 Yard Backstroke              | 6            |
| 7             | 200 Yard Butterfly               | 8            |
| 9             | 200 Yard Medley Relay            | 10           |
| 11            | 200 Yard Freestyle               | 12           |
| 13            | 400 Yard Individual Medley       | 14           |
| 15            | 400 Yard Freestyle Relay         | 16           |
| 17            | 100 Yard Backstroke              | 18           |
| 19            | 500 Yard Freestyle               | 20           |
| 21            | 100 Yard Breaststroke            | 22           |
| 23            | 100 Yard Butterfly               | 24           |
| 25            | 200 Yard Free Relay              | 26           |
| 27            | 200 Yard Individual Medley       | 28           |
| 29            | 50 Yard Freestyle                | 30           |
| 31            | 400 Medley Relay                 | 32           |
| 33            | 1650 Yard Freestyle (1000 Free)* | 34           |

\*Initial split for the 1000 Yard Free will be offered within the 1650 Free. Swimmers must provide their own timers and lap counters for the 1650 Freestyle.

#### SESSION 2 – Long Course Session

| Girls Event # | Event                            | Boys Event # |
|---------------|----------------------------------|--------------|
| 101           | 200 Meter Breaststroke           | 102          |
| 103           | 100 Meter Freestyle              | 104          |
| 105           | 200 Meter Backstroke             | 106          |
| 107           | 200 Meter Butterfly              | 108          |
|               |                                  |              |
| 111           | 200 Meter Freestyle              | 112          |
| 113           | 400 Meter Individual Medley      | 114          |
|               |                                  |              |
| 117           | 100 Meter Backstroke             | 118          |
| 119           | 400 Meter Freestyle              | 120          |
| 121           | 100 Meter Breaststroke           | 122          |
| 123           | 100 Meter Butterfly              | 124          |
|               |                                  |              |
| 127           | 200 Meter Individual Medley      | 128          |
| 129           | 50 Meter Freestyle               | 130          |
|               |                                  |              |
| 133           | 1500 Meter Freestyle (800 Free)* | 134          |

\*Initial split for the 800 Meter Free will be offered within the 1500 Free. Swimmers must provide their own timers and lap counters for the 1500 Freestyle.

|                                                                                                                                                                                                  |                 |  |  |                          |            |  |  |                   |            |  |  |  |  |  |  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|--|--|--------------------------|------------|--|--|-------------------|------------|--|--|--|--|--|--|
| <b>Pacific Swimming Sr I Short Course &amp; Long Course Meet</b><br><b>High School Swimmers Post NCS Walk-on Meet</b><br><b>Orinda Aquatics – May 19, 2013</b><br><b>Consolidated Entry Card</b> |                 |  |  |                          |            |  |  |                   |            |  |  |  |  |  |  |
| <b>NAME (Last, First, MI):</b>                                                                                                                                                                   |                 |  |  |                          |            |  |  |                   |            |  |  |  |  |  |  |
| LSC Code (PC, CC, SN):                                                                                                                                                                           |                 |  |  |                          |            |  |  |                   |            |  |  |  |  |  |  |
| CLUB ABBR:                                                                                                                                                                                       |                 |  |  | IF UNATT<br>Team Abbrev: |            |  |  | CLUB NAME:        |            |  |  |  |  |  |  |
| AGE                                                                                                                                                                                              |                 |  |  | DATE OF BIRTH            |            |  |  | AMOUNT PAID<br>\$ |            |  |  |  |  |  |  |
| USA-S<br>REG #                                                                                                                                                                                   |                 |  |  |                          |            |  |  |                   |            |  |  |  |  |  |  |
| SEX<br><div style="display: flex; justify-content: space-around; width: 100%;"> <span>Boy</span> <span>Girl</span> </div>                                                                        |                 |  |  |                          |            |  |  | Age Group:        |            |  |  |  |  |  |  |
| 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    |  |  |  |  |  |  |
|                                                                                                                                                                                                  |                 |  |  |                          | : .        |  |  |                   | SCY/LCM    |  |  |  |  |  |  |
| # of events _____ x \$ 5.50 = _____<br><br>Participation Fee = + \$ 10.00<br><br>Total Amount Due _____                                                                                          |                 |  |  |                          |            |  |  |                   |            |  |  |  |  |  |  |
| Coach:                                                                                                                                                                                           |                 |  |  |                          |            |  |  |                   |            |  |  |  |  |  |  |

|                                   |  |
|-----------------------------------|--|
| Swimmer's<br>Address              |  |
| Contact Phone #<br>Contact Email: |  |