

**OAKLAND UNDERCURRENT  
LONG COURSE PC-B/A+ JO LAST CHANCE MEET  
FRIDAY - SUNDAY, JUNE 21-23, 2013**

Enter Online: <http://ome.swimconnection.com/pc/ONDA20130621>



**PACIFIC  
SWIMMING**

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **13-119**

*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 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:** *Meet Referee:* Marie Lin  
*Meet Marshal:* Rick Miller

*Head Starter:* Dave Cottam  
*Meet Director:* Verónica Hernández, [vhernandez@pacswim.org](mailto:vhernandez@pacswim.org), 408-658-6632

**LOCATION:** Contra Costa College, 2600 Mission Bell Drive, San Pablo, CA. 94806

Take I-80 East or West, Exit El Portal Drive. Head West on El Portal. Turn Right on Castro Drive, the pool is on the left side.

**COURSE:** Outdoor, 50 meter pool with up to 8 lanes available for competition. Limited additional space will be available for warm up/cool down throughout the competition. The minimum water depth, measured in accordance with Article 103.2.3, is 13-1/2 feet at the start end and 4 feet at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

**TIME:** Meet will begin at 4:30 PM on Friday, with warm-up from 3:15 to 4:15 PM. On Saturday and Sunday, the 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 swimmers only will be held from 8:45 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.
  - For the Distance Events (400 IM, 1500 Free, 800 Free, and 400 Free) swimmers are responsible for providing their own timers and lap counter, if the event calls for a counter. The 1500 and 800 Free will be swum fastest to slowest, alternating between girls and boys heats.
  - Swimmers may compete in **2** events on Friday, and **4** events per day on Saturday and Sunday.
  - 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 coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

**UNACCOMPANIED SWIMMERS:** Any USA-S 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-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-S 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.
- 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.
- 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 will 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 swimmers must have met the minimum PC-B time standard for each event entered. **"NO TIME" entries will not be accepted**, and refunds will not be given for entries not meeting the time standard.
- 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 any special accommodations on entry times and seeding per Pacific Swimming policy.
- Swimmers 19 years of age and over may not compete in this meet.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRY PRIORITY:** Teams in Zone 2 that are in good standing with the zone will be given entry priority until Sunday, June 2, 2013.

**ENTRY FEES:** \$2.75 per event plus a \$10.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

**ONLINE ENTRIES:** To enter on-line go to <http://ome.swimconnection.com/pc/ONDA20130621> 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, June 12, 2013.

**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, June 10, 2013, or hand delivered by 6:30 p.m. Wednesday, June 12, 2013. 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.

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

**Mail entries to:** ONDA Meet Director  
2540 Yerba Hills Court  
San Jose, CA 95121

**Hand delivery entries to:** Janet Green  
4115 Oakmore Road  
Oakland, CA 94602

**CHECK-IN:** The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. 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. 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 seeded and will not be allowed to compete in that 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:** One set of ribbons will be awarded for 1<sup>st</sup> through 8<sup>th</sup> places in each age group and division (B and A+). Standard "A" medals shall be awarded to swimmers attaining new "PC-A" times in each event, regardless of the place achieved in the event.

Events that contain multiple age group participants will be awarded as such: 8 & Under, 9-10, 11-12, 13-14, 15-18. All awards must be picked up by the conclusion of the meet at the awards desk. Awards will not be mailed.

**ADMISSION:** Free. A 2 day program will be available for purchase at the meet.

**REFRESHMENTS:** 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:**

| Club swimmers entered in session | Trained and carded officials requested |
|----------------------------------|--|
| 1-10                             | 0                                      |
| 11-25                            | 1                                      |
| 26-50                            | 2                                      |
| 51-75                            | 3                                      |
| 76-100                           | 4                                      |
| 100 or more                      | 5                                      |
| Every 20 over 100                | +1                                     |

**EVENT SUMMARY**

| Summary of Events for Friday |
|------------------------------|
| 11 & Up                      |
| 400 IM                       |
| 1500 Free                    |

| Summary of Events for Saturday |          |          |          |
|--------------------------------|----------|----------|----------|
| 10 & Under                     | 11-12    | 13-14    | 15-18    |
| 50 Brst                        | 50 Brst  |          |          |
|                                | 200 Back | 200 Back | 200 Back |
| 100 Fly                        | 100 Fly  | 100 Fly  | 100 Fly  |
| 50 Back                        | 50 Back  |          |          |
|                                | 200 Brst | 200 Brst | 200 Brst |
| 100 Free                       | 100 Free | 100 Free | 100 Free |
| 200 IM                         | 200 IM   | 200 IM   | 200 IM   |
| 400 Free                       | 400 Free | 400 Free | 400 Free |

| Summary of Events for Sunday |          |          |          |
|------------------------------|----------|----------|----------|
| 10 & Under                   | 11-12    | 13-14    | 15-18    |
| 50 Fly                       | 50 Fly   |          |          |
| 100 Back                     | 100 Back | 100 Back | 100 Back |
| 200 Free                     | 200 Free | 200 Free | 200 Free |
| 100 Brst                     | 100 Brst | 100 Brst | 100 Brst |
| 50 Free                      | 50 Free  | 50 Free  | 50 Free  |
|                              | 200 Fly  | 200 Fly  | 200 Fly  |
|                              | 800 Free | 800 Free | 800 Free |

Use the following URL to find the time standards: <http://www.pacswim.org/index.shtml>

## ORDER OF EVENTS

| Girls Event # | Friday Events<br>Age Group, Event Description | Boys Event # |
|---------------|---|--------------|
| 1             | 11 & Up 400 Individual Medley                 | 2            |
| 3             | 11 & Up 1500 Freestyle                        | 4            |

| Girls Event # | Saturday Events<br>Age Group, Event Description | Boys Event # |
|---------------|---|--------------|
| 5             | 11-12 50 Breaststroke                           | 6            |
| 7             | 10 & Under 50 Breaststroke                      | 8            |
| 9             | 15-18 200 Backstroke                            | 10           |
| 11            | 13-14 200 Backstroke                            | 12           |
| 13            | 11-12 200 Backstroke                            | 14           |
| 15            | 10 & Under 100 Butterfly                        | 16           |
| 17            | 15-18 100 Butterfly                             | 18           |
| 19            | 13-14 100 Butterfly                             | 20           |
| 21            | 11-12 100 Butterfly                             | 22           |
| 23            | 10 & Under 50 Backstroke                        | 24           |
| 25            | 11-12 50 Backstroke                             | 26           |
| 27            | 15-18 200 Breaststroke                          | 28           |
| 29            | 13-14 200 Breaststroke                          | 30           |
| 31            | 11-12 200 Breaststroke                          | 32           |
| 33            | 10 & Under 100 Freestyle                        | 34           |
| 35            | 15-18 100 Freestyle                             | 36           |
| 37            | 13-14 100 Freestyle                             | 38           |
| 39            | 11-12 100 Freestyle                             | 40           |
| 41            | 10 & Under 200 Individual Medley                | 42           |
| 43            | 15-18 200 Individual Medley                     | 44           |
| 45            | 13-14 200 Individual Medley                     | 46           |
| 47            | 11-12 200 Individual Medley                     | 48           |
| 49            | 9-10 400 Freestyle                              | 50           |
| 51            | 15-18 400 Freestyle                             | 52           |
| 53            | 13-14 400 Freestyle                             | 54           |
| 55            | 11-12 400 Freestyle                             | 56           |

| Girls Event # | Sunday Events<br>Age Group, Event Description | Boys Event # |
|---------------|---|--------------|
| 57            | 11-12 50 Butterfly                            | 58           |
| 59            | 10 & Under 50 Butterfly                       | 60           |
| 61            | 15-18 100 Backstroke                          | 62           |
| 63            | 13-14 100 Backstroke                          | 64           |
| 65            | 11-12 100 Backstroke                          | 66           |
| 67            | 10 & Under 100 Backstroke                     | 68           |
| 69            | 15-18 200 Freestyle                           | 70           |
| 71            | 13-14 200 Freestyle                           | 72           |
| 73            | 11-12 200 Freestyle                           | 74           |
| 75            | 10 & Under 200 Freestyle                      | 76           |
| 77            | 15-18 100 Breaststroke                        | 78           |
| 79            | 13-14 100 Breaststroke                        | 80           |
| 81            | 11-12 100 Breaststroke                        | 82           |
| 83            | 10 & Under 100 Breaststroke                   | 84           |
| 85            | 15-18 50 Freestyle                            | 86           |
| 87            | 13-14 50 Freestyle                            | 88           |
| 89            | 11-12 50 Freestyle                            | 90           |
| 91            | 10 & Under 50 Freestyle                       | 92           |
| 93            | 15-18 200 Butterfly                           | 94           |
| 95            | 13-14 200 Butterfly                           | 96           |
| 97            | 11-12 200 Butterfly                           | 98           |
| 99            | 15-18 800 Freestyle                           | 100          |
| 101           | 13-14 800 Freestyle                           | 102          |
| 103           | 11-12 800 Freestyle                           | 104          |

| <b>Oakland Undercurrent</b><br><b>JO Last Chance, C/B/A+ Meet</b><br><b>June 21 – 23, 2013</b><br><b>SAMMS Consolidated Entry Card</b> |  |                   |  |       |  |             |  |    |  |  |  |
|--|--|-------------------|--|-------|--|-------------|--|----|--|--|--|
| Name: Last   |  |                   |  | First |  |             |  | MI |  |  |  |
| Club Abbr  |  | Club Name         |  |       |  |             |  |    |  |  |  |
| Age  |  | Date of Birth     |  |       |  | Amount Paid |  |    |  |  |  |
|  |  | / /               |  |       |  | \$          |  |    |  |  |  |
| USS Reg #  |  |                   |  |       |  |             |  |    |  |  |  |
| Sex  |  | Age Group         |  |       |  | Unattached  |  |    |  |  |  |
| M / F  |  |                   |  |       |  | Yes / No    |  |    |  |  |  |
| Event  |  | Distance & Stroke |  |       |  | Time (LCM)  |  |    |  |  |  |
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| # of Events ( ) x \$2.75 =   |  |                   |  |       |  | \$          |  |    |  |  |  |
| Individual Participant Fee =   |  |                   |  |       |  | \$10.00     |  |    |  |  |  |
| <b>Total =</b>   |  |                   |  |       |  | \$          |  |    |  |  |  |
| Coach:   |  |                   |  |       |  |             |  |    |  |  |  |
| Swimmer's Address  |  |                   |  |       |  |             |  |    |  |  |  |
| Street:  |  |                   |  |       |  |             |  |    |  |  |  |
| City/State:  |  |                   |  |       |  |             |  |    |  |  |  |
| Zip:   |  |                   |  |       |  |             |  |    |  |  |  |
| Phone #: ( )   |  |                   |  |       |  |             |  |    |  |  |  |
| E-Mail:  |  |                   |  |       |  |             |  |    |  |  |  |

| <b>Oakland Undercurrent</b><br><b>JO Last Chance, C/B/A+ Meet</b><br><b>June 21 – 23, 2013</b><br><b>SAMMS Consolidated Entry Card</b> |  |                   |  |       |  |             |  |    |  |  |  |
|--|--|-------------------|--|-------|--|-------------|--|----|--|--|--|
| Name: Last   |  |                   |  | First |  |             |  | MI |  |  |  |
| Club Abbr  |  | Club Name         |  |       |  |             |  |    |  |  |  |
| Age  |  | Date of Birth     |  |       |  | Amount Paid |  |    |  |  |  |
|  |  | / /               |  |       |  | \$          |  |    |  |  |  |
| USS Reg #  |  |                   |  |       |  |             |  |    |  |  |  |
| Sex  |  | Age Group         |  |       |  | Unattached  |  |    |  |  |  |
| M / F  |  |                   |  |       |  | Yes / No    |  |    |  |  |  |
| Event  |  | Distance & Stroke |  |       |  | Time (LCM)  |  |    |  |  |  |
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| # of Events ( ) x \$2.75 =   |  |                   |  |       |  | \$          |  |    |  |  |  |
| Individual Participant Fee =   |  |                   |  |       |  | \$10.00     |  |    |  |  |  |
| <b>Total =</b>   |  |                   |  |       |  | \$          |  |    |  |  |  |
| Coach:   |  |                   |  |       |  |             |  |    |  |  |  |
| Swimmer's Address  |  |                   |  |       |  |             |  |    |  |  |  |
| Street:  |  |                   |  |       |  |             |  |    |  |  |  |
| City/State:  |  |                   |  |       |  |             |  |    |  |  |  |
| Zip:   |  |                   |  |       |  |             |  |    |  |  |  |
| Phone #: ( )   |  |                   |  |       |  |             |  |    |  |  |  |
| E-Mail:  |  |                   |  |       |  |             |  |    |  |  |  |