

EAST BAY SILVER DOLPHINS  
PACIFIC SWIMMING SHORT COURSE C/B/BB+ MEET  
SEPTEMBER 17–18, 2022

Enter Online: <https://ome.swimconnection.com/pc/EBSD20220917>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **22-105**

*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.*

*An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens, and individuals with underlying medical conditions are especially vulnerable.*

*USA Swimming, Inc. cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.*

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES, OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.**

**NOTICE:** By entering this meet, the athlete or their 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. **The results of this meet may be posted in real time on the internet via the Meet Mobile App.**

**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 devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, restrooms, or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or their designee.

<b>MEET PERSONNEL:</b>	<b>Meet Referee:</b> Christopher Lam	<b>Head Starter:</b> Markus Daene
	<b>Meet Marshal:</b> Erin Jimenez	<b>Admin. Official:</b> Laurie Jacobson Jones
	<b>Meet Director:</b> Dionne Dunn (510-685-0150, <a href="mailto:eastbaysilverdolphins@gmail.com">eastbaysilverdolphins@gmail.com</a> )	

**LOCATION:** Hercules Swim Center. 2001 Refugio Valley Rd, Hercules, CA 94547.

**DIRECTIONS:** From I-80 W, take exit 23 (Hercules). Slight right onto John Muir Pkwy, then turn left onto San Pablo Ave. Turn left onto Sycamore Ave. Turn right onto Refugio Valley Rd. In 1.4 mi, turn left onto Community Ctr (across from Hercules Middle School). Pool will be on left-hand side (approx. 500 ft). From I-80 E, take exit 23 (Hercules) and keep right at the fork. Merge onto Willow Ave, then turn left onto Sycamore Ave. Turn right onto Refugio Valley Rd. In 1.4 mi, turn left onto Community Ctr (across from Hercules Middle School). Pool will be on left-hand side (approx. 500 ft). From CA-4 W, turn left onto San Pablo Ave (exit 1A). Turn left onto Sycamore Ave. Turn right onto Refugio Valley Rd. In 1.4 mi, turn left onto Community Ctr (across from Hercules Middle School). Pool will be on left-hand side (approx. 500 ft).

**COURSE:** Outdoor 25 yard pool with up to 6 lanes for competition. The minimum water depth for the shallow-end course, measured in accordance with Article 103.2.3 is 5' 6" in on the start end and 11' on the turn end of the competition pool. The competition course has not been certified in accordance with 104.2.2C(4). An additional 5 warm-up lanes will be available throughout the meet.

**TIME:** Meet begins at 9:00 AM each day. General warm-up from 7:30–8:45 AM each day. A special warm-up time for 8 & under athletes only held from 8:45–8:55 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.
  - The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
  - All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
  - All events are timed finals.
  - All events will swim fast to slow.
  - Athletes may compete in up to **four (4) individual events** per day, plus relays.
  - All Athletes ages 12 and under should complete competition in four (4) hours or less per session.
  - Entries will be accepted until the number of splashes exceeds the estimated timeline, per the “Four-Hour Rule,” based on the Athletes 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.
  - Relay teams shall not compete unattached. Unattached athletes are not eligible to be relay team members.
  - **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**

**UNACCOMPANIED ATHLETES:** Any USA Swimming 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 athlete or the athlete’s parent/legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the athlete 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:** Any athlete entered in the meet 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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the athlete or the athlete’s parent/legal guardian to ensure compliance with this requirement.

- RESTRICTIONS:**
- Smoking and use of other tobacco products is prohibited in all areas of the venue, including the pool, spectator area, team areas within the pool facility (e.g., portion of the building designated for clubs and athletes, or fenced area around an outdoor pool), locker rooms, and such other areas as may be specifically designated by the host club or organization, meet director, or referee.
  - Sale and use of alcoholic beverages are prohibited in all areas of the venue.
  - No glass containers are allowed in the venue.
  - No propane heater is permitted, except for snack bar and meet operations.
  - No animals or pets are permitted in the venue, except for service animals.
  - Only timer and coach shelters will be allowed on the pool deck around the sides and ends of the pool.
  - All shelters must be properly secured.
  - Deck changes are prohibited.
  - 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 their 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 are exempt per applicable laws.
  - Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

**ELIGIBILITY:** • Athletes must be current members of USA Swimming 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 athlete with the registration and times database. The meet host will check all athlete registrations against the SWIMS database and if not

found to be registered, athletes shall be required to register online via USA Swimming's online member registration before being allowed to swim in the meet.

- Athletes aged 9 years or older in the "BB+" Division must have met at least USA Swimming Motivational "BB" minimum time standard; in the "B" Division must have met at least the listed "B" minimum time standard. All entry times slower than the listed "B" time standard will be in the "C" Division.
- Athletes aged 8 years or younger in the "A" Division must have met at least Pacific Swimming Motivational "PC-A" minimum time standard; in the "B" Division must have met at least Pacific Swimming Motivational "PC-B" minimum time standard. All entry times slower than the listed "PC-B" time standard will be in the "C" Division.
- Time standards can be found at <https://www.pacswim.org/swim-meet-times/standards>.
- Athletes aged 19 years or older may compete in the meet in the 15–18 age group for time-only, no awards. Such athletes must have met the standards for the 17–18 age group.
- Entries with **"NO TIME"** will be **ACCEPTED**.
- Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Athletes with a disability 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.
- The athlete's age will be the age on the first day of the meet.

**ENTRY PRIORITY:** Meet entries will not be accepted any earlier than Saturday **August 13, 2022**. Entries from members of "year-round" Zone 2 clubs in good standing postmarked or entered online by **August 20, 2022** at 11:59 PM (midnight) will be given 1<sup>st</sup> priority acceptance. Entries from members of all Zone 2 clubs (year-round and seasonal) postmarked or entered online between Sunday **August 21, 2022** at 12:00 AM (midnight) and Saturday **August 27, 2022** at 11:59 PM will be given 2<sup>nd</sup> priority acceptance. All entries from Zone 2, all other Pacific LSC Zones and other LSCs, either postmarked, entered online, or hand-delivered by the entry deadline will be considered in the order they are received.

**NOTE:** Athletes who falsify their entry form by listing a club 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 Administrative Review Committee for disciplinary action.

**INDIVIDUAL ENTRIES:** Individual entry fee is \$4.50 per individual event plus an \$8.00 participation fee per athlete. Entries will be rejected if payment is not sent at the time of request. *Late entries will not be accepted. NO REFUNDS, except mandatory scratch downs.*

**RELAY ENTRIES:** Relay entry fee is \$9.00 per relay entry. Relay athletes must be entered in the meet to participate in relays. All relay entries must be submitted *by the club coach* on the day of that relay being swum by submitting a relay card. Individual athletes may *not* submit relay entries. Make check payable to **East Bay Silver Dolphins** (or "EBSD"). Relay entries and fees must be submitted to the Meet Director or Clerk of Course before **10:30 AM on each day**. Relay events are being offered in a "Combined" format, permitting entries of girls, boys, mixed, or any gender-combination relay, which will be seeded by entry time and swum together.

**ONLINE ENTRIES:** To enter online go to <https://ome.swimconnection.com/pc/EBSD20220917> 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 athlete 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 an athlete by Pacific Swimming.* Online entries will be accepted through **Thursday, September 8, 2022** at 11:59 PM. *Late entries will not be accepted.*

**MAILED OR HAND-DELIVERED ENTRIES:** Entries must be on the attached Consolidated Entry Form. Forms must be filled out completely and printed clearly with the athlete's best time. Entries must be **postmarked on or before Tuesday September 6, 2022**, or **hand-delivered before Thursday September 8, 2022 at 12:00 PM (noon)**. *Late entries will not be accepted.* Request for confirmation of receipt of entries should include a self-addressed envelope.

**Check payable to:**  
"East Bay Silver Dolphins"  
-or-  
"EBSD"

**Mail/Hand-Deliver Entries to:**  
Dionne Dunn  
244 Cinnabar Way  
Hercules, CA 94547

**CHECK-IN:** The meet will be deck-seeded. Athletes must check in at the Clerk of Course. No event shall close more than 30 minutes before the scheduled start of any session. Prior to 10:30 AM, close of check-in for each event shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. **Close of check-in for all remaining events for that day shall be at 10:30 AM.** Athletes who do not check in will not be seeded and will not be allowed to compete in that event. Athletes who wish to scratch from an event after the close of check-in are requested to inform the Referee on the starting end of the competition course.

**SCRATCHES:** Any athlete not reporting for or competing in an individual timed final event shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the Referee immediately.

**INDIVIDUAL AWARDS:** The top eight (8) places will be awarded in the 8 & under, 9–10, 11–12, 13–14, 15–16, and 17–18 age groups for each Division (C, B, BB+ or PC-A, PC-B, PC-A+). For developmental events with no motivational time standards, the top eight (8) places will be awarded. Any athlete achieving a new “A” (or “PC-A”) time in an event will be awarded a standard “A” medal, regardless of place achieved in the event. There are no awards for athletes aged 19 years or older. Individual awards must be picked up at the meet. Individual awards will not be mailed or distributed after the meet.

**RELAY AWARDS:** There are no relay awards.

**ADMISSION:** Free.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the meet. 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 available after meet hours.

**TIMERS:** All participating clubs are expected to provide lane timers based on the number of athletes entered for each day.

**MINIMUM OFFICIALS:** The Meet Referee shall conduct an inventory of Officials and shall compare the number of athletes entered against the number of Officials that worked representing each club per day of the meet. Those clubs who have not provided sufficient Officials in a day of the meet, in accordance with the table below, shall be fined \$100 per missing Official per day.

Number of athletes entered in meet per club per session	Number of trained and carded officials required
1–10	0
11–25	1
26–50	2
51–75	3
76–100	4
Every 20 athletes over 100	+1

## EVENT SUMMARY

SATURDAY September 17, 2022				SUNDAY September 18, 2022			
8 & Under	9–10	11–12	13 & Over	8 & Under	9–10	11–12	13 & Over
100 Free	200 Free	200 Free	200 Free	100 IM	100 IM	100 IM	200 IM
25 Fly	25 Fly*	50 Fly	50 Fly*	50 Fly	50 Fly	100 Fly	100 Fly
50 Breast	50 Breast	100 Breast	100 Breast	25 Breast	25 Breast*	50 Breast	50 Breast*
50 Free	50 Free	50 Free	50 Free	25 Free	100 Free	100 Free	100 Free
50 Back	50 Back	100 Back	100 Back	25 Back	25 Back*	50 Back	50 Back
						25 Free*	25 Free*
100 Med Rel†‡		200 Med Rel†	200 Med Rel†	100 Free Rel†‡		200 Free Rel†	200 Free Rel†

\*These events are recognized as “development competition events” with no corresponding USA-S Motivational Time Standard.

The top eight (8) places will be awarded.

†All relay events are “mixed competition-category”. Relay entries may be girls, boys, or any combination of competition categories.

‡The 100 Medley Relay will be 10 & under.

## ORDER OF EVENTS

SATURDAY September 17, 2022				SUNDAY September 18, 2022			
Girls Event #	Age Group	Event	Boys Event #	Girls Event #	Age Group	Event	Boys Event #
1	13 & over	200 Free	2	43	13 & over	200 IM	44
3	11–12	200 Free	4	45	11–12	100 IM	46
5	9–10	200 Free	6	47	9–10	100 IM	48
7	8 & under	100 Free	8	49	8 & under	100 IM	50
9	11 & over	50 Fly	10	51	13 & over	100 Fly	52
11	9–10	25 Fly	12	53	11–12	100 Fly	54
13	8 & under	25 Fly	14	55	9–10	50 Fly	56
15	13 & over	100 Breast	16	57	8 & under	50 Fly	58
17	11–12	100 Breast	18	59	11 & over	50 Breast	60
19	9–10	50 Breast	20	61	9–10	25 Breast	62
21	8 & under	50 Breast	22	63	8 & under	25 Breast	64
23	13 & over	50 Free	24	65	13 & over	100 Free	66
25	11–12	50 Free	26	67	11–12	100 Free	68
27	9–10	50 Free	28	69	9–10	100 Free	70
29	8 & under	50 Free	30	71	8 & under	25 Free	72
31	13 & over	100 Back	32	73	11 & over	50 Back	74
33	11–12	100 Back	34	75	9–10	25 Back	76
35	9–10	50 Back	36	77	8 & under	25 Back	78
37	8 & under	50 Back	38	79	11 & over	25 Free	80
39	11–12	200 Med Rel†	39	81	10 & under	100 Free Rel†	81
40	10 & under	100 Med Rel†	40	82	11–12	200 Free Rel†	82
41	13 & over	200 Med Rel†	41	83	13 & over	200 Free Rel†	83

Time standards can be found at: <https://www.pacswim.org/swim-meet-times/standards>

## Consolidated Entry Form

Pacific Swimming – Hosted by <b>East Bay Silver Dolphins</b> <b>SHORT COURSE C/B/BB+</b> <b>September 17–18, 2022</b> <i>Held under the sanction of USA/Pacific Swimming</i>															
Name: Last		First				Middle									
Club Abbr.		UNATT TEAM ABBR				Club Name									
Age		Date of Birth				Sex M   F		LSC – (e.g., PC, SN)							
USA-#															
Event #	Distance / Stroke					Entry Time					Circle one				
						:   .					SCY / LCM				
						:   .					SCY / LCM				
						:   .					SCY / LCM				
						:   .					SCY / LCM				
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						:   .					SCY / LCM				
# Entries _____ × \$4.50 = \$ _____  Participation Fee                    + <u>\$8.00</u>  <b>Total</b> \$ _____															
Coach															
Athlete's Address															
Home Phone								Cell Phone							
Email															