

OAKLAND UNDERCURRENT
LONG COURSE JO LAST CHANCE MEET (B/A+)
FRIDAY - SUNDAY, JUNE 26-28, 2015
ENTER ONLINE: <http://ome.swimconnection.com/pc/ONDA20150626>



Attention: Gates will not open until 7:15am on Saturday Morning

SANCTION: Held under USA/Pacific Swimming Sanction No. **15-092**

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 devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass 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.

MEET PERSONNEL:

Meet Referee: David Benjamin	Head Starter: Marie Lin
Meet Marshal: James Craft	Admin Official: J. Winters
Meet Director: Janet Green – ondaswimming@gmail.com	

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

DIRECTIONS: 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. One lane will be available for warm up/cool down throughout the competition. The minimum water depth, measured in accordance with Article 103.2.3, is 13'6" at the start end and 4' 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.
- All events will swim fast to slow.
- Swimmers may compete in maximum of four (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.**
- Swimmers in the 400 IM and 400 free must provide their own timers. Swimmer in the 800 free and 1500 free must provide their own timers and lap counters.

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.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is 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 his/her 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 (LEO) are exempt per applicable laws.

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 must have met the minimum USA-S Motivational "B" time standard for their age group and gender in all events entered.
- Swimmers in the "A" Division must have met at least the listed USA-S Motivational "A" time standard. Swimmers in the B" Division must have met at least the listed "B" time standard.
- Entries with **"NO TIME" will NOT be accepted**, and refunds will not be given.
- 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: Meet entries will not be accepted any earlier than May 23, 2015. Entries of swimmers from assigned Zone 2 "year round" teams in "good standing" postmarked or entered online by 11:59 p.m. on Friday, June 5, 2015, will be given 1st priority acceptance. All entries from members of Zone 2 teams received after that date, and all other Pacific LSC Zones and other LSC's, either postmarked, entered online or hand delivered 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 Pacific Swimming Review Committee for disciplinary action.**

ENTRY FEES: \$4.00 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: You may enter this meet online or by U.S. mail. To enter on-line go to <http://ome.swimconnection.com/pc/ONDA20150626> 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 17, 2015 or until the meet closes due to reaching capacity under the four-hour rule.

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 15, 2015, or hand delivered by 6:30 p.m. Wednesday, June 17, 2015. 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
4115 Oakmore Road
Oakland, CA 94602

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 that they have checked in for 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 1st through 8th places in each age group and division (B and A+). Standard "A" medals shall be awarded to swimmers attaining new "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: 10 & Under, 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 3 day program will be available for purchase at the meet.

REFRESHMENTS: A limited 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
Every 20 swimmers over 100	+1

EVENT SUMMARY

FRIDAY	SATURDAY				SUNDAY			
	10 & UN	11-12	13-14	15-18	10 & UN	11-12	13-14	15-18
11 & Up								
400 IM		200 BK	200 BK	200 BK	100 BK	100 BK	100 BK	100 BK
1500 FREE	100FL	100 FL	100 FL	100 FL	200 FR	200 FR	200 FR	200 FR
	50 BK	50 BK			100 BR	100 BR	100 BR	100 BR
	50 BR	50 BR			50 FL	50 FL		
		200 BR	200 BR	200 BR	50 FR	50 FR	50 FR	50 FR
	100 FR	100 FR	100 FR	100 FR		200 FL	200 FL	200 FL
	200 IM	200 IM	200 IM	200 IM		800 FR	800 FR	800 FR
	400 FR	400 FR	400 FR	400 FR				

ORDER OF EVENTS

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

Girls Event #	Saturday Events Age Group, Event Description	Boys Event #
5	11-12 200 Backstroke	6
7	13-14 200 Backstroke	8
9	15-18 200 Backstroke	10
11	10 & Under 100 Butterfly	12
13	11-12 100 Butterfly	14
15	13-14 100 Butterfly	16
17	15-18 100 Butterfly	18
19	10 & Under 50 Backstroke	20
21	11-12 50 Backstroke	22
23	10 & Under 50 Breaststroke	24
25	11-12 50 Breaststroke	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 Age Group, Event Description	Boys Event #
57	11-12 100 Backstroke	58
59	13-14 100 Backstroke	60
61	15-18 100 Backstroke	62
63	10 & Under 100 Backstroke	64
65	11-12 200 Freestyle	66
67	13-14 200 Freestyle	68
69	15-18 200 Freestyle	70
71	10 & Under 200 Freestyle	72
73	11-12 100 Breaststroke	74
75	13-14 100 Breaststroke	76
77	15-18 100 Breaststroke	78
79	10 & Under 100 Breaststroke	80
81	11-12 50 Butterfly	82
83	10 & Under 50 Butterfly	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

***Swimmers in the 400 Free and 400 IM must provide their own timers. Swimmers in the 800 Free and 1500 Free must provide their own timers and lap counters.**

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

