

PLEASANTON SEAHAWKS  
PACIFIC SWIMMING SHORT COURSE YARD 14 & UNDER LAST CHANCE B/A+ MEET  
NOVEMBER 21-23, 2014  
Enter Online: <http://ome.swimconnection.com/pc/PLS20141121>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **14-191**

*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.

**OFFICIALS:**  
**Meet Referee:** Mani Nair      **Head Starter:** Soobum Kim  
**Meet Marshal:** Lucy Jhong      **Admin Official:** Charlotte Rooney  
**Meet Director:** Michael Hiraoka ([mhiraoka.seahawks@gmail.com](mailto:mhiraoka.seahawks@gmail.com))

**LOCATION:** Dolores Bengtson Aquatic Center, 4455 Black Avenue, Pleasanton, CA 94588.

**DIRECTIONS:** From I-580, take Santa Rita exit. Drive south for about two miles to Black Avenue. Turn right onto Black Avenue. Aquatic center is on your right after approximately ¼ mile.

**PARKING:** Carpooling is **HIGHLY** recommended due to concurrent city events. Limited general parking is available in the lot in front of the pool. Limited parking is available on adjacent streets. PARKING AT THE RED ZONE IN FRONT OF THE POOL, CHURCH, PAC BELL AND POST OFFICE PARKING LOTS ACROSS THE STREET, OR IN ANY LOT OR AREA POSTED AS "NO UNAUTHORIZED PARKING" WILL RESULT IN CITATIONS AND POSSIBLE TOWING. Parking for working Officials and coaches will be available in the parking lot behind the pool. Officials and Coaches using the lot must be prepared to show valid USA Swimming credentials to gain access. Overflow parking will be available at Alisal Elementary School (1454 Santa Rita Rd, Pleasanton, CA 94566) and Gingerbread Preschool (4333 Black Ave, Pleasanton, CA 94566). No overnight parking or R.V. parking is allowed.

**COURSE:** **OUTDOOR, heated 25 YARD x 50 METER** pool with up to **16** lanes available for competition. A separate 25 METER pool will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is **4'** at the start end and **4'** at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

**TIME:** Meet begins at **5:00 PM** on Friday, November 21<sup>st</sup>, with warm-ups from **4:00 to 4:50 PM**. Meet begins at **9:00 AM** on Saturday and Sunday, with warm ups from **7:30 a.m. to 8:45 AM**. A special warm-up time for 8 and under swimmers only will be held from **08:45 to 08:55 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 **FIVE (5)** 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 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.
- 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 in the "A" Division must have met at least the listed USA Swimming Motivational "A" time standard. Swimmers in the "B" Division must have met at least the listed "B" time standard.
- Entries with **"NO TIME" will be REJECTED.**
- 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.
- 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 earlier than *October 17, 2014*. Entries from members of "year round" Zone 2 teams postmarked or entered online by 11:59 p.m. on *October 24, 2014* will be given 1<sup>st</sup> priority acceptance. Entries from members of all Zone 2 teams (year round and seasonal) postmarked or entered online between 12:00 am *October 25, 2014* and 11:59 pm *November 1, 2014* will be given 2<sup>nd</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:** \$4.00 per event plus an \$8.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/PLS20141121> 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 11:59PM, Wednesday, **November 12, 2014.**

**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, **November 10, 2014** or hand delivered by 6:30 p.m. Wednesday, **November 12, 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.

**Make check payable to: PLEASANTON SEAHAWKS**

**Mail entries to: ANNA UMANSKY  
1558 TRIMINGHAM DRIVE  
PLEASANTON, CA 94566**

**Hand deliver entries to: ANNA UMANSKY  
1558 TRIMINGHAM DRIVE  
PLEASANTON, CA 94566**

**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:** None.

**ADMISSION:** Free. A meet program will be available at a reasonable cost.

**SNACK BAR & HOSPITALITY:** 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. *If you need accommodations, please contact Ryan Bonagura (415-229-9430) at the Courtyard Marriott Pleasanton for reduced pricing.*

**MINIMUM OFFICIALS:** 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.

Number of swimmers entered in meet per team per day	Number 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

#### EVENT SUMMARY

FRIDAY, 11/21/14			SATURDAY, 11/22/14				SUNDAY, 11/23/14			
10 – UN	11 – 12	13 – 14	8 – UN	9 – 10	11 – 12	13 – 14	8 – UN	9 – 10	11 – 12	13 – O
	400 IM	400 IM	25 FR	200 FR	200 FR	200 FR	50 FR	200 IM	200 IM	200 IM
500 FR	500 FR	500 FR	50 BK	100 BR	100 BR	100 BR	50 BR	50 FR	50 FR	50 FR
			25 BK	50 BK	50 BK	200 BK	25 BR	50 BR	50 BR	200 BR
			100 FR	100 FL	200 BK	100 FL	50 FL	100 BK	200 BR	100 BK
			100 IM	100 FR	100 FL	100 FR	25 FL	50 FL	100 BK	200 FL
				100 IM	100 FR	1650 FR*			50 FL	1650 FR#
					100 IM				200 FL	
					1650 FR*				1650 FR#	

**\*The Girls 11-12 and 13-14 1650 Freestyle will swim on Saturday, November 22<sup>nd</sup>.**

**#The Boys 11-12 and 13-14 1650 Freestyle will swim on Sunday, November 23<sup>rd</sup>.**

## EVENTS

<b>Girls</b>	<b>FRIDAY, 21<sup>st</sup> November, 2014</b>	<b>Boys</b>
<b>Event #</b>	<b>Age/Event</b>	<b>Event#</b>
<b>1</b>	11-12/400 IM	<b>2</b>
	13-14/400 IM	
<b>3</b>	10 & Un /500 Free	<b>4</b>
	11-12/500 Free	
	13-14/500 Free	

<b>Girls</b>	<b>SATURDAY, 22<sup>nd</sup> November, 2014</b>	<b>Boys</b>
<b>Event #</b>	<b>Age/Event</b>	<b>Event#</b>
<b>5</b>	11-12/200 Free	<b>6</b>
<b>7</b>	9-10/200 Free	<b>8</b>
<b>9</b>	13-14/200 Free	<b>10</b>
<b>11</b>	8 & Un/25 Free	<b>12</b>
<b>13</b>	11-12/100 Breast	<b>14</b>
<b>15</b>	9-10/100 Breast	<b>16</b>
<b>17</b>	13-14/100 Breast	<b>18</b>
<b>19</b>	11-12/50 Back	<b>20</b>
<b>21</b>	9-10/50 Back	<b>22</b>
<b>23</b>	8 & Un/50 Back	<b>24</b>
<b>25</b>	13-14/200 Back	<b>26</b>
<b>27</b>	11-12/200 Back	<b>28</b>
<b>29</b>	8 & Un/25 Back	<b>30</b>
<b>31</b>	9-10/100 Fly	<b>32</b>
<b>33</b>	13-14/100 Fly	<b>34</b>
<b>35</b>	11-12/100 Fly	<b>36</b>
<b>37</b>	8 & Un/100 Free	<b>38</b>
<b>39</b>	9-10/100 Free	<b>40</b>
<b>41</b>	11-12/100 Free	<b>42</b>
<b>43</b>	13-14/100 Free	<b>44</b>
<b>45</b>	8 & Un/100 IM	<b>46</b>
<b>47</b>	11-12/100 IM	<b>48</b>
<b>49</b>	9-10/100 IM	<b>50</b>
<b>51</b>	11-12/1650 Free	<b>Boys 1650 Free will be held on Sunday as event 98</b>
	13-14/1650 Free	

<b>Girls</b>	<b>SUNDAY, 23<sup>rd</sup> November, 2014</b>	<b>Boys</b>
<b>Event #</b>	<b>Age/Event</b>	<b>Event#</b>
<b>53</b>	9-10/200 IM	<b>54</b>
<b>55</b>	11-12/200 IM	<b>56</b>
<b>57</b>	13-14/200 IM	<b>58</b>
<b>59</b>	8 & Un/50 Free	<b>60</b>
<b>61</b>	9-10/50 Free	<b>62</b>
<b>63</b>	11-12/50 Free	<b>64</b>
<b>65</b>	13-14/50 Free	<b>66</b>
<b>67</b>	9-10/50 Breast	<b>68</b>
<b>69</b>	11-12/50 Breast	<b>70</b>
<b>71</b>	8 & Un/50 Breast	<b>72</b>
<b>73</b>	13-14/200 Breast	<b>74</b>
<b>75</b>	11-12/200 Breast	<b>76</b>
<b>77</b>	8 & Un/25 Breast	<b>78</b>
<b>79</b>	9-10/100 Back	<b>80</b>
<b>81</b>	11-12/100 Back	<b>82</b>
<b>83</b>	13-14/100 Back	<b>84</b>
<b>85</b>	8 & Un/50 Fly	<b>86</b>
<b>87</b>	11-12/50 Fly	<b>88</b>
<b>89</b>	9-10/50 Fly	<b>90</b>
<b>91</b>	13-14/200 Fly	<b>92</b>
<b>93</b>	11-12/200 Fly	<b>94</b>
<b>95</b>	8 & Un/25 Fly	<b>96</b>
<b>Girls 1650 Free will be held on Saturday as event 51</b>	11-12/1650 Free	<b>98</b>
	13-14/1650 Free	

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by Pleasanton Seahawks B/A+ SCY Meet November 21-23, 2014 Consolidated Entry Form															
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				
							:    .				SCY / LCM				
							:    .				SCY / LCM				
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							:    .				SCY / LCM				
							:    .				SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee        \$ 8.00 Total                                \$ _____															
Coach															
Swimmer's Address															
Home Phone								Cell Phone							
Email															