

Westside Aquaducks
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET
APRIL 29, 30, MAY 1, 2016
Enter Online: <http://ome.swimconnection.com/pc/wa20160429>



SANCTION: Held under USA/Pacific Swimming Sanction No. **16-045**

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:

<i>Meet Referee:</i> Chuck Johnson	<i>Head Starter:</i> Don Bautista
<i>Meet Marshal:</i> Ricardo Rico	<i>Admin Official:</i> Barb deVries
<i>Meet Director:</i> Brianna Allen (707)235-1886 / meetdirector@westsideaquaducks.com	

LOCATION: Petaluma Swim Center, 900 E. Washington Street, Petaluma CA 94952

DIRECTIONS: From US 101, exit East Washington Street; travel westbound for ¼ mile, turn left at Ellis Street. The Swim Center is visible from East Washington Street. **Please park in the parking lot section next to Washington Street (around "Java Hut") or behind the Swim Center.**

COURSE: OUTDOOR 50 METER pool with up to 7 lanes available for competition. An additional 1 20 yard lane 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 14' at the start end and 3'6" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Friday's session will begin at 5:00pm, with warm-ups from 3:30-4:45pm. Saturday and Sunday sessions will begin at 9:00am each day, with warm-ups from 7:30-8:45am.

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.
- Athletes may compete in 4 events per day on Saturday and Sunday and 1 event on Friday.
- Athletes entering the 11 & Over 1500 Freestyle and/or Open Events (400 IM, 400 Free, 800 Free, 200 Back) must meet the listed minimum time standard for their gender.
- All athletes 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 athlete's 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.**

ATTENTION HIGH SCHOOL ATHLETES: If you are a high school athlete in season, you need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

UNACCOMPANIED ATHLETES: 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 athlete or the athlete's legal guardian to arrange for supervision by a USA-S 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: Athletes 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 athlete or the athlete'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 or standing areas and in all areas used by athletes, 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:

- Athletes 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 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, 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.
- Athletes in the "A" Division must have met at least USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division must have met at least the listed "B" minimum time standard. All entry times slower than the "B" time standard will be in the "C" Division.
- Entries with **"NO TIME" will be ACCEPTED (Exception – 1500 Free and Open Events. See Rules.)**
- 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 athletes 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.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such athletes must have met standards for the 17-18 age group.
- The athlete's age will be the age of the athlete on the first day of the meet.

ENTRY PRIORITY: Entries from members of Zone 3 teams (including unattached athletes training with those teams) postmarked or entered on line by **Monday, April 11, 2016** will be given first priority for acceptance to the meet. All entries from other zones in Pacific Swimming or from other LSC's, postmarked or entered on line by the entry deadline will be considered in the order they are received.

ENTRY FEES: \$4.00 per event plus a \$10.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made except mandatory scratch downs.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/wa20160429> 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 **Monday, April 18, 2016.**

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athlete's best time. Entries must be postmarked by midnight, **April 16, 2016** or hand delivered by 6:30 p.m, **April 18, 2016.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Aquaducks, Inc.

**Mail entries to: Brianne Allen
6 Burlington Dr.
Petaluma, CA 94952**

**Hand deliver entries to: Brianne Allen
6 Burlington Dr.
Petaluma, CA 94952**

CHECK-IN: The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. 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. Athletes who do not check in will not be seeded and will not be allowed to compete in that event.

SCRATCHES: Any athletes not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

AWARDS: : Ribbons will be awarded to 1st through 8th place finishers in the A+, B, and C divisions, for each event and age group.

10 & Under events will be awarded as 8 & Under and 9 - 10 age groups. 13 & Over events will be awarded as 13-14, 15-16, and 17-18 age groups. Athletes aged 19 & Over will not be awarded. "A" medals will be awarded to athletes achieving new USA Swimming Motivational-A times swum during this meet only. Open events will not be awarded.

ADMISSION: Free. A three day program will be available for \$5.

SNACK BAR & HOSPITALITY: A snack bar will be available serving hot breakfast, hot lunches, salads and other nutritious items and beverages. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers. Water jugs for refilling your water bottles will be available around the pool. **PLEASE BRING REFILLABLE WATER BOTTLES TO THE MEET.**

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

MINIMUM OFFICIALS: At least seven days prior to the start of the meet, meet management (Meet Director and/or Meet Referee) shall contact a representative from each team participating in the meet, and provide a preliminary inventory of the officials that team is required to provide for each session. Each team shall, by the start of the meet, provide to the Meet Director or designee a list of Officials who have agreed to represent that team during each session of the meet.

At the meet, meet management shall conduct an inventory of officials, and shall compare the number of athletes entered in each session by each team with the number of officials present representing each team. If meet management certifies that a team has not provided sufficient officials for any session of the meet in accordance with the table below, excluding finals in a trials and finals meet, the team will be fined \$100 per missing official per session of the meet.

Club athletes entered in session	Trained and carded officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5

*Zone 3 will include assigned and working Colorado, Intermediary/ Chief Timing Judge, and Computer operator in the count of officials for a session although these positions are not carded. Zone 3 will accept uncarded Trainees in the count of officials for up to two sessions. Teams may use officials "borrowed" from other teams, or unattached officials at the meet who agree, to fulfill their obligation under the rule.

EVENT SUMMARY

Friday, April 29, 2016							
8 & Under		9-10		11-12		13 & Over	
200 IM		200 IM		200 IM		1500 Free*	
				1500 Free*			
Saturday, April 30, 2016				Sunday, May 1, 2016			
8 & Under	9-10	11-12	13 & Over	8 & Under	9-10	11-12	13 & Over
400 IM*	400 IM*	400 IM*	400 IM	200 Back*	200 Back*	200 Back	200 Back
50 Breast	50 Breast	100 Back	200 Free	50 Fly	50 Fly	100 Free	200 IM
100 Back	100 Back	50 Breast	100 Back	100 Free	100 Free	50 Fly	100 Free
50 Free	50 Free	50 Free	50 Free	100 Breast	100 Breast	100 Breast	100 Breast
100 Fly	100 Fly	100 Fly	100 Fly	50 Back	50 Back	400 Free*	200 Fly
800 Free*	800 Free*	800 Free*	800 Free*	400 Free*	400 Free*		400 Free*

*Minimum time standards required for entry.

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

EVENTS

Friday, April 29, 2016

Girls Event #	Age	Description	Boys Event #
1	12 & Under	200 IM	2
3	11 & Over*	1500 Free	3

Saturday, April 30, 2016

Girls Event #	Age	Description	Boys Event #
5	Open**	400 IM	6
7	13 & Over	200 Free	8
9	10 & Under	50 Breast	10
11	11-12	100 Back	12
13	10 & Under	100 Back	14
15	11-12	50 Breast	16
17	13 & Over	100 Back	18
19	10 & Under	50 Free	20
21	11-12	50 Free	22
23	13 & Over	50 Free	24
25	10 & Under	100 Fly	26
27	11-12	100 Fly	28
29	13 & Over	100 Fly	30
31	Open***	800 Free	32

Sunday, May 1, 2016

Girls Event #	Age	Description	Boys Event #
33	Open****	200 Back	34
35	10 & Under	50 Fly	36
37	11-12	100 Free	38
39	13 & Over	200 IM	40
41	10 & Under	100 Free	42
43	11-12	50 Fly	44
45	13 & Over	100 Free	46
47	10 & Under	100 Breast	48
49	11 & Over	100 Breast	50
51	10 & Under	50 Back	52
53	13 & Over	200 Fly	54
55	Open*****	400 Free	56

*Minimum standard Girls 25:45.79/Boys 25:24.09

**Minimum standard Girls 7:23.79/Boys 7:13.49

***Minimum standard Girls 13:27.89/Boys 13:16.49

****Minimum standard Girls 3:27.69/Boys 3:22.79

*****Minimum standard Girls 6:23.89/Boys 6:15.49

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

Pacific Swimming – Hosted by Westside Aquaducks C/B/A+ April 29 – May 1, 2016 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			
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							: .			SCY / LCM			
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 10.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													