

**\*\*\*\*\* THIS MEET IS OPEN TO ALL SUMMER RECREATIONAL SWIMMERS AND USA SWIMMING CLUB SWIMMERS \*\*\*\*\***  
*Times from this meet may be used to enter future USA-Swimming meets.*

**2021 Fred Siegrist Memorial Summer's End Swim Classic**  
**Short Course Meet hosted by the Walnut Creek Aquabears**  
**July 30 to August 1, 2021**

Enter Online: <http://ome.swimconnection.com/pc/wcab20210730>



**APPROVAL:** Held under USA/Pacific Swimming Approved Meet Number: **AP21-1**. *This meet has been pre-approved by USA and Pacific Swimming. Times from this meet may be used to enter future USA-Swimming meets. In granting this approval 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. It is further understood that Pacific Swimming, and Walnut Creek Aquabears shall be free and held harmless 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 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, psych sheets and live meet results. By entering this meet, the athlete or his/her guardian consents to this publication. The results of this meet will be published in real time on the internet.

**USE OF AUDIO & 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:**  
**Head Referee:** Leo Lin                      **Head Starter:** Mark Ryan  
**Head Marshal:** Rick Millington        **Admin Referee:** Marie Lin  
**Meet Director:** Todd Krohn, [aquabears@gmail.com](mailto:aquabears@gmail.com)

**LOCATION:** Clarke Memorial Swim Center, 1750 Heather Drive, Walnut Creek, CA 94598

**DIRECTIONS:** **From Northbound Interstate 680 or Eastbound State Highway 24**, take the Ygnacio Valley Road exit and turn right at the end of the exit onto Ygnacio Valley Road. Turn left onto N. San Carlos Drive. Turn left on Heather Drive. The Swim Center is on your right. **From Southbound Interstate 680**, take the Geary Road/Treat Blvd exit and turn left at the end of the exit onto North Main Street. Turn left onto Treat Blvd. Turn right onto Bancroft Road. Turn right onto Ygnacio Valley Road. Turn right onto N. San Carlos Drive. Turn left on Heather Drive. The Swim Center is on your right.

**COURSE:** **OUTDOOR 25 YARD** pool with up to **10** lanes available for competition with Colorado Timing System. An additional **8** lanes 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'-0"** at the start end and **4'-0"** 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.

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**TIME: Friday** – Meet begins at 5:00 p.m. (check-in begins at 4:00 p.m., general warm-up 4:00 to 4:50 p.m.) **Saturday & Sunday** – Meet begins at 9:00 a.m. each day (check-in begins at 7:30 a.m., general warm-up from 7:30- 8:45 a.m.). Special extended warm-up from 8:45-8:55 a.m. for 8 & under swimmers only.

- RULES:**
- Current USA Swimming rules will govern the meet. Pacific Swimming Safety Guidelines and Warm-up Procedures will be in effect. A copy of these procedures will be posted at the pool.
  - 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 participate in **one (1)** event on Friday.
  - Athletes may participate in **four (4)** individual events and **one (1)** relay event per day on Saturday and Sunday.
  - **Entries will be accepted until the estimated timeline reaches 2 hours on Friday, and 6 hours on Saturday and Sunday.**
  - 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 mandatory scratches.
  - Swimmers in the 500 Free must provide their own timers and lap counters. Swimmers in the 400 IM must provide their own timers.
  - The local facilities guidelines, restrictions and interpretations of the local public health guidelines shall be followed at this meet.
  - All USA-S coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner.

**UNACCOMPANIED SWIMMERS:** Any USA-S athlete-member competing at the meet must be accompanied by a USA-S 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 Swimming member coach as being proficient in performing a racing start, or must start each race from within 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.
  - Sale and use of alcoholic beverages is prohibited.
  - No glass containers are allowed in the meet venue which includes at least the pool deck and the locker room area.
  - Propane heaters are prohibited, except for snack bar/meet operations.
  - Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
  - Deck setup is limited to officials and coaches. Space for coach setup with good visibility may be limited and teams are encouraged to share table/tent space where possible.
  - All shelters must be properly secured.
  - 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.
  - 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:**
- **Open to all USA-S and recreational swimmers.**
  - Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming policy.

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- Entries with “NO TIME” will not be accepted (estimate if you are unsure).
- For ages 9 and older, swimmers in the **Gold Division** must have met at least the listed USA-S Motivational “A” time standard. Swimmers in the **Silver Division** must have met at least the listed “B” time standard. All entry times slower than the listed “B” time standard will be in the **Bronze Division**. *There will be no divisions for the 13-14 and 15&Over age groups in the following events: 100 I.M.*
- For ages 8 and under, swimmers in the **Gold Division** must have met at least the listed Pacific Swimming “PC-A” time standard. Swimmers in the **Silver Division** must have met at least the listed “PC-B” time standard. All entry times slower than the listed “B” time standard will be in the **Bronze Division**.
- Swimmers 19 and over may participate in 15&Over events, but will not be awarded nor score points.
- The swimmer’s age will be the age of the swimmer on the first day of the meet.

**ENTRY FEES:** \$5.50 per individual event, plus \$8.00 participation fee per athlete. \$10.00 per relay event. 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/wcab20190803> 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, July 21, 2021. If you are a recreational league swimmer, click on the “Guide me how to enter a swimmer to this meet” tab. In the following screen, ignore “Swimming Association,” and click NO to the question “Is your swimmer registered with USA Swimming?” Enter the swimmer’s information on the next screen and enter your TEAM’S abbreviated name.**

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be completely filled out, including best short course time for each event. Entry times must be submitted in yards. ‘No time’ entries will not be accepted (estimate if you are unsure). **Entries must be postmarked by midnight Monday, July 19, 2021, or hand delivered by 5:00 p.m. on Wednesday, July 21, 2021.** No late entries will be accepted. No refunds will be made. Enclose a self-addressed stamped postcard if you wish to confirm entry.

**Make check payable to:** Walnut Creek Aquabears

**Mail or hand deliver entries to:** WCAB Meet Entries, 1374 Lupine Court, Concord, CA 94521

**RELAY ENTRIES:** Relays must be entered by the entry deadline.

**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.

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- AWARDS:**
- Individual Events will be awarded in the following ages: 6&Under, 7, 8, 9, 10, 11, 12, 13, 14. Distinctive medals for 1st through 3rd places in each division (Gold, Silver, and Bronze), Ribbons for 4th through 8th places in each division (Gold, Silver, and Bronze). A swimmer's entry time determines which division they will be awarded in.
  - The "IM Meet Challenge" Combined Event will be awarded in the following ages: 8&Under, 9, 10, 11, 12, 13, 14, 15-18. Distinctive Award for 1<sup>st</sup> place. This is a combined-time combination of the following events (swimmer must compete in these events to be eligible):
    - 8&Under, 9, 10: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM
    - 11, 12, 13, 14: 200 Free, 50 Back, 50 Breast, 50 Fly, 200 IM
    - 15- 18: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
  - Team Awards for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place.
  - Awards must be picked up at the meet. We will not mail or distribute them after the meet.

**SCORING:** Individual Events: 9, 7, 6, 5, 4, 3, 2, 1. Relay Events: 18, 14, 12, 10, 8, 6, 4, 2.

**ADMISSION:** Free. Programs will be available to coaches and officials only. A copy will be posted online and at the pool.

**SNACK BAR & HOSPITALITY:** A full snack bar will be in operation each day. Lunch & beverages will be served to deck officials and coaches. Snacks and beverages will be served to timers throughout the day.

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

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**SCHEDULE OF EVENTS:**

**Friday, July 30**

Girls Event #	Event Description	Boys Event #
1	15&Up 500 Free*	2
	13-14 500 Free*	
	11-12 500 Free*	
	9-10 500 Free*	
3	15&Up 400 IM**	4
	13-14 400 IM**	
	11-12 400 IM**	

\* The 500 Free will be seeded fastest to slowest, alternating girls and boys heats. Swimmers must provide their own timers and lap counters.

\*\*The 400 IM will be seeded fastest to slowest, alternating girls and boys heats. Swimmers must provide their own timers.

**Saturday, July 31**

Girls Event #	Event Description	Boys Event #
5	15&Up 200 Free	6
7	13-14 200 Free	8
9	11-12 200 Free	10
11	9-10 200 Free	12
13	8&Under 25 Fly	14
15	15&Up 100 Fly	16
17	13-14 100 Fly	18
19	11-12 100 Fly	20
21	9-10 100 Fly	22
23	8&Under 50 Breast	24
25	11-12 50 Breast	26
27	9-10 50 Breast	28
29	15&Up 100 I.M.	30
31	13-14 100 I.M.	32
33	11-12 100 I.M.	34
35	9-10 100 I.M.	36
37	8&Under 100 I.M.	38
39	15&Up 200 Breast	40
41	13-14 200 Breast	42
43	11-12 200 Breast	44
45	8&Under 25 Back	46
47	15&Up 100 Back	48
49	13-14 100 Back	50
51	11-12 100 Back	52
53	9-10 100 Back	54
55	8&Under 50 Free	56
57	15&Up 50 Free	58
59	13-14 50 Free	60
61	11-12 50 Free	62
63	9-10 50 Free	64
65	15&Up Mixed 200 Medley Relay	
66	13-14 Mixed 200 Medley Relay	
67	11-12 Mixed 200 Medley Relay	
68	10&Un Mixed 200 Medley Relay	



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		:	.
	# of entries _____ x <b>\$5.50</b>	\$ _____	
	+ Participation Fee	\$ <b>8.00</b>	
	<hr/>		
	<b>Total</b>	\$ _____	

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**Consolidated Relay Entry Form**

Team Name: \_\_\_\_\_ Team Abbreviation: \_\_\_\_\_

Coach Name: \_\_\_\_\_ Coach Phone: \_\_\_\_\_

**Saturday Relays**

Event #	Description	'A' Relay Entry Time	'B' Relay Entry Time	'C' Relay Entry Time	'D' Relay Entry Time
65	15&Up Mixed 200 Medley Relay				
66	13-14 Mixed 200 Medley Relay				
67	11-12 Mixed 200 Medley Relay				
68	10&Un Mixed 200 Medley Relay				

**Sunday Relays**

Event #	Description	'A' Relay Entry Time	'B' Relay Entry Time	'C' Relay Entry Time	'D' Relay Entry Time
123	15&Up Mixed 200 Free Relay				
124	13-14 Mixed 200 Free Relay				
125	11-12 Mixed 200 Free Relay				
126	10&Un Mixed 200 Free Relay				

**Total # of Relays Entered:** \_\_\_\_\_ x \$10.00 per relay = \_\_\_\_\_  
(make check payable to Walnut Creek Aquabears)