

**WALNUT CREEK AQUABEARS
PACIFIC SWIMMING LONG COURSE C/B/BB+ MEET
JUNE 9-10, 2018**

Enter Online: <http://ome.swimconnection.com/pc/wcab20180609>



ZONE 2 ASSIGNED CLUBS (with priority registration through May 11): AAA, AIA, ALGA, BEAR, CROW, DA, EBSD, ECG, FAST, HILL, LAC, LBD, MONT, NWA, OAK, OAKW, OAPB, ONDA, OTST, PST, SAIL, TERA, WCAB

SANCTION: Held under USA/Pacific Swimming Sanction No. **18-073**

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. The results of this meet **MAY** be posted in real time online on www.aquabears.org.

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: Peter McNamara	Head Starter: Holly Taifer
Meet Marshal: Rick Millington	Admin Official: Tom Cross
Meet Director: Todd Krohn, 925-939-5990, aquabears@sbcglobal.net	

LOCATION: Diablo Valley College Pool, 321 Golf Club Road, Pleasant Hill, CA 94523

DIRECTIONS: From Interstate-680, take the Willow Pass Road exit and turn west onto Willow Pass Road. Turn right onto Contra Costa Boulevard. Turn left on Golf Club Road. Turn left at the first light into Diablo Valley College. Immediately turn left again. The Aquatics Center is south of the tennis courts.

COURSE: Outdoor, heated 50 meter pool, up to 7 lanes all deep water with non-turbulent lane lines. Colorado automatic timing system will be used. Separate warm up lane available. The minimum water depth, measured in accordance with Article 103.2.3, is 13'-0" at the start end and 4'-0" at the turn end. The competition pool has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming.

TIME: Meet will begin at 9:00 a.m. each day with warm-ups from 7:30-8:45 a.m. each day. A special warm-up time for 8 and under athletes only will be held from 8:45-8:55 a.m. Check-in begins at 7:30 a.m.

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 **MAXIMUM 4** events per day.
- 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 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.**
- **Only coaches' tents may be set up on the pool deck.**
- Athletes in the 400 Free must provide their own timers.
- Athletes entering the Open 400 Free must have achieved the 10 & Under USA-S B time for this event (Girls: 7:36.79 LCM / 8:26.09 500 FR SCY, Boys: 7:29.49 LCM / 8:16.69 500 FR SCY)

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, on 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.
- 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.
- No dogs or other animals on the pool deck.

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 "BB+" Division must have met at least USA Swimming Motivational "BB" 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 listed "B" time standard will be in the "C" Division. For 8&U athletes the applicable Pacific Swimming "PC-A" and "PC-B" standards will be used.
- Entries with **"NO TIME" will be REJECTED.**
- 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.
- 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: Meet entries will not be accepted any earlier than **May 5, 2018**. Entries from members of assigned "year-round" Zone 2 clubs, postmarked or entered online by 11:59 p.m. on **May 11, 2018** will be given first priority acceptance. Entries from members of all Zone 2 clubs (year-round and seasonal) postmarked or entered online between 12:00 am May 12, 2018 and 11:59 pm May 18, 2018 will be given second priority acceptance. All entries received after 12:00am May 19, 2018, 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: Athlete who falsify their entry form by listing a club to which they are not legitimately associated with 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 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/wcab20180609> 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 **Wednesday, May 30, 2018**, or until meet has reached capacity, whichever comes first.

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, **Monday, May 28, 2018** or hand delivered by 6:30 PM, Wednesday, **May 30, 2018** or until meet has reached capacity, whichever comes first. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed, stamped envelope. **Make check payable to: Walnut Creek Aquabears.**

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

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.

AWARDS: First through eighth places in each division (C, B & BB+) will be awarded for the 9-10, 11-12, and 13-14 age groups. First through eighth place in each division (PC-C, PC-B, and PC-A) will be awarded for the 8 & Under age group. All athletes achieving an A time for the first time will be awarded a standard A medal, regardless of place achieved in the event. No awards will be given for athletes 15 years of age and older. Note: Individual awards must be picked up at the meet. We will not mail or distribute awards after the meet.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working deck officials will be provided breakfast. Hospitality will serve refreshments to timers and volunteers.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. **Neither Walnut Creek Aquabears, nor Diablo Valley College is responsible for items that are lost or stolen. All participating clubs are expected to provide lane timers based upon the number of athletes registered to swim each day. Club timing lanes for Saturday and Sunday will be assigned and coaches will be notified of assignments during the week prior to the meet.**

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, will be fined \$100 per missing Official per day.

Club athlete 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	+1

EVENT SUMMARY

10 & UN	11-12	13 & Over	10 & UN	11-12	13 & Over
200 FR	200 FR	200 FR	100 BK	200 BK	200 BK
50 BK	50 BK	100 BK	50 FL	50 FL	100 FL
100 FL	200 FL	200 FL	200 IM	200 IM	200 IM
50 BR	50 BR	100 BR	100 BR	100 BR	200 BR
100 FR	100 FR	100 FR	50 FR	50 FR	50 FR
Girls Open 400 FR*			Boys Open 400 FR*		

*Athletes entering the Open 400 Free must have achieved the 10 & Under USA-S B time for this event
 (Girls: 7:36.79 LCM / 8:26.09 500 FR SCY, Boys: 7:29.49 LCM / 8:16.69 500 FR SCY)
 and must provide their own timers.

EVENTS

SATURDAY, JUNE 9		
EVENT #	EVENT	EVENT #
1	13 & Over 200 Free	2
3	11-12 200 Free	4
5	10 & Under 200 Free	6
7	13 & Over 100 Back	8
9	11-12 50 Back	10
11	10 & Under 50 Back	12
13	13 & Over 200 Fly	14
15	11-12 200 Fly	16
17	10 & Under 100 Fly	18
19	13 & Over 100 Breast	20
21	11-12 50 Breast	22
23	10 & Under 50 Breast	24
25	13 & Over 100 Free	26
27	11-12 100 Free	28
29	10 & Under 100 Free	30
31	Girls Open 400 Free	

SUNDAY, JUNE 10		
EVENT #	EVENT	EVENT #
41	13 & Over 200 Back	42
43	11-12 200 Back	44
45	10 & Under 100 Back	46
47	13 & Over 100 Fly	48
49	11-12 50 Fly	50
51	10 & Under 50 Fly	52
53	13 & Over 200 IM	54
55	11-12 200 IM	56
57	10 & Under 200 IM	58
59	13 & Over 200 Breast	60
61	11-12 100 Breast	62
63	10 & Under 100 Breast	64
65	13 & Over 50 Free	66
67	11-12 50 Free	68
69	10 & Under 50 Free	70
	Boys Open 400 Free	72

<p>PACIFIC SWIMMING LONG COURSE C/B/BB+ MEET JUNE 9-10, 2018 Hosted by Walnut Creek Aquabears Enter Online: http://ome.swimconnection.com/pc/wcab20180609 Consolidated Entry Form</p>													
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				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
<p># of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 10.00 Total \$ _____</p>													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													