

PACIFIC SWIMMING SHORT COURSE SENIOR OPEN MEET

HOSTED BY WALNUT CREEK AQUABEARS

SEPTEMBER 28 & 29, 2019

Enter Online: <http://ome.swimconnection.com/pc/wcab20190928>



SANCTION: Held under USA/Pacific Swimming Sanction No. **19-128**

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 shall be posted in real time on MeetMobile.

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: Leo Lin/Mark Carmody	Head Starter: David Cottam
Meet Marshal: Rick Millington	Admin Official: Amy Gonzales
Meet Director: Maureen deBack, aquabears@gmail.com	

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 Pool is south of the tennis courts. Do not park in *Faculty Staff* parking spaces.

COURSE: Outdoor, heated 25 yard pool, up to 14 lanes all deep water with non-turbulent lane lines. Colorado automatic timing system with three buttons will be used. Separate warm up area available. The minimum water depth, measured in accordance with Article 103.2.3, is 4'-6" at the start end and 4'-6" 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 shall begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day.

RULES:

- Current USA and Pacific Swimming rules, including the Minor Athlete Abuse Protection Policy (MAAPP), and warm-up procedures shall govern the meet. A copy of these warm-up procedures shall be posted at the Clerk-of-Course. All athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.
- All events are timed finals.
- All events shall swim fast to slow.
- The 500 Free shall be swum fastest to slowest alternating women and men. Athletes must provide their own timers and lap counters.
- The 1650 Free shall be limited to the top 24 entries (immediate cash refunds or the opportunity to move to another event will be available to athletes not in the top 24), and shall be swum fastest to slowest alternating women and men. Athletes must provide their own timers and lap counters.
- The 400 IM shall be swum fastest to slowest alternating women and men.
- The 1000 Free shall be limited to the top 24 entries (immediate cash refunds or the opportunity to move to another event will be available to athletes not in the top 24), and shall be swum fastest to slowest alternating women and men. Athletes must provide their own timers and lap counters.
- Athletes may compete in a maximum of four (4) events per day.
- If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds shall be made for any mandatory scratches.
- All coaches and deck officials shall wear their USA Swimming membership cards in a visible manner.

UNACCOMPANIED ATHLETES: Any USA Swimming athlete-member competing at the meet shall 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 Swimming 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 Swimming 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 Swimming Club Member-Coach.

RACING STARTS: Athletes shall be certified by a USA Swimming member-coach as being proficient in performing a racing start, or shall 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 at Diablo Valley College.
- No glass containers are allowed in the meet venue.
- Only athletes, coaches, officials, and volunteers shall be allowed on the pool deck.
- Deck changes are 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 team set up on deck – coaches pop-ups only. Team areas can be set up in the raised bleachers or outside the pool gates.

ELIGIBILITY:

- Athletes shall be current members of USA Swimming and shall enter their name and registration number on their entries exactly as they are shown in their USA Swimming Registration. If this is not done, it may be difficult to match the athlete with the registration and times database. The meet host shall 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 shall be added to the regular registration fee). Duplicate registrations shall be refunded by mail.
- Athletes 13/Over are eligible to enter this meet. There is no proof of time. Entry times should be the athlete's actual time and not the minimum standard.
- Athletes 11 and 12 years of age shall meet the Senior Open time standard as outlined by Pacific Swimming time verification procedures. No refunds shall be given if a time cannot be proven.
- Athletes under the age of 11 years are not eligible to compete.
- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- No time conversions shall be accepted.
- Entries with "NO TIME" shall be rejected.

SEEDING: Event seeding shall be in the following order: conforming short course yards, non-conforming long course meters, and non-conforming short course meters USA Swimming rules 207.11.7B. **See Rules for distance events seeding.**

CHECK-IN: The meet shall be deck seeded. Athletes shall 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 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 shall not be allowed to compete in the event.

SCRATCH RULE: Athletes entered in a timed final individual event that is seeded on the deck that have checked in for that event, shall swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim an event shall result in being barred from their next individual event.

ENTRY FEES: \$6.50 per individual event plus an \$8.00 per athlete participation fee. Entries shall be rejected if payment is not sent at time of request. No late entries shall be accepted. No refunds shall be made, except mandatory scratch downs.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/wcab20190928> 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 shall be accepted through **Wednesday, September 18, 2019.**

MAILED OR HAND DELIVERED ENTRIES: Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with athlete’s best time. Entries shall be entered using the current Pacific Swimming procedure: and postmarked by midnight, **Monday, September 16, 2019,** or hand delivered by 6:30 p.m. **Wednesday, September 18, 2019.** Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Walnut Creek Aquabears

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

AWARDS: None.

ADMISSION: Free. A meet program will be available for sale.

HOSPITALITY: Hospitality available for coaches, officials, timers, and volunteers. Lunches will be provided for coaches and working deck officials. There will be a snack bar.

ORDER OF EVENTS

Saturday, September 28		
EVENT #	EVENT	EVENT #
1	*500 FREE	2
3	200 BACK	4
5	100 BREAST	6
7	200 FLY	8
9	100 FREE	10
11	200 I.M.	12
13	†1650 FREE	14

Sunday, September 29		
EVENT #	EVENT	EVENT #
15	✓400 I.M.	16
17	200 FREE	18
19	100 FLY	20
21	50 FREE	22
23	200 BREAST	24
25	100 BACK	26
27	‡1000 FREE	28

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✓ The 400 IM shall be swum fastest to slowest alternating women and men.

‡1000 Free shall be limited to the top 24 entries (immediate cash refunds or the opportunity to move to another event will be available to athletes not in the top 24), shall be swum fastest to slowest alternating women and men. Athletes must provide their own timers and lap counters.

Time standards may be found at: <http://www.pacswim.org/swim-meet-times/standards>

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 SEPTEMBER 28 & 29, 2019
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 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 / SCM											
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# of entries _____ x \$6.50 = \$ _____ Participation Fee \$8.00 Total \$ _____																						
Coach																						
Athlete's Address																						
Home Phone											Cell Phone											
Email																						