

**PACIFIC SWIMMING SHORT COURSE SENIOR OPEN MEET  
HOSTED BY WALNUT CREEK AQUABEARS  
SUNDAY, OCTOBER 3, 2021**



Enter Online: <http://ome.swimconnection.com/pc/wcab20211003>

**Entries will be accepted until the estimated timeline reaches 3:00 p.m.**

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **21-176**

*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.*

*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, video, web casting, television, psych sheets and live meet results. The results of this meet shall be posted in real time on the Internet at 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:** Charlie Gonzales      **Head Starter:** Eve Maidenberg  
**Meet Marshal:** Rick Millington      **Admin Official:** Amy Gonzales  
**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 8 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.

**TIME:** Meet shall begin at 9:00 AM with warm-ups from 7:30 to 8:45 AM.

**RULES:** • Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall be posted at the Clerk-of-Course.

- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
- 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 shall swim fast to slow.
- Events 1 and 2, 400 I.M., shall be swum fastest to slowest alternating women and men.
- Events 23 and 24, 500 Free, shall be swum fastest to slowest alternating women and men.
- 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 Officials shall wear their USA Swimming membership cards in a visible manner.
- **Entries will be accepted until the estimated timeline reaches 3:00 p.m.**

**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 in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- Only Athletes, Coaches, Officials, and Volunteers shall be allowed on the pool deck.
- Coaches Pop-ups only are allowed on 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.
- Follow all posted COVID protocols.

**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.
- The Athlete’s age shall be the age of the Athlete on the first day of the meet.

**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 remaining 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:** \$7.00 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/wcab20211003> 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, September 22, 2021. **Entries will be accepted until the estimated timeline reaches 3:00 p.m.**

**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 20, 2021, or hand delivered by 6:30 p.m. Wednesday, September 22, 2021. Requests for confirmation of receipt of entries should include a self-addressed envelope. **Entries will be accepted until the estimated timeline reaches 3:00 p.m.**

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 program may be available for a reasonable cost.

**HOSPITALITY:** Hospitality available for Coaches, Officials, Timers, and Volunteers. Lunches will be provided for Coaches and working Officials. There will not be a snack bar.

**ORDER OF EVENTS**

<b>Sunday, October 3, 2021</b>		
<b>WOMEN'S EVENT #</b>	<b>EVENT</b>	<b>MEN'S EVENT #</b>
1	400 I.M.*	2
3	200 FREE	4
5	100 BREAST	6
7	200 FLY	8
9	100 BACK	10
11	200 BREAST	12
13	100 FREE	14
15	200 BACK	16
17	100 FLY	18
19	200 I.M.	20
21	50 FREE	22
23	500 FREE**	24

**Entries will be accepted until the estimated timeline reaches 3:00 p.m.**

\*Events 1 and 2, 400 I.M., shall be swum fastest to slowest alternating women and men.

\*\*Events 23 and 24, 500 Free, 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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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				
						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
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# of entries _____ x \$7.00 = \$ _____ Participation Fee                      \$ 8.00 Total    \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													