

**WALNUT CREEK AQUABEARS  
PACIFIC SWIMMING SENIOR WINTER CHAMPIONSHIP MEET  
DECEMBER 9 – 10, 2017**

Enter Online: <http://ome.swimconnection.com/pc/wcab20171209>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **17-174**

*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 will be posted in real time on the Internet at <http://www.aquabears.org>. Club timing lane assignments will be posted on the WCAB website 5 days before the meet.

**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:**

<b>Meet Referee:</b> Carol Cottam	<b>Head Starter:</b> David Cottam
<b>Meet Marshal:</b> Will Kane	<b>Admin Official:</b> Chris Ottati
<b>Meet Director:</b> Eddie Contreras, <a href="mailto:aquabears@gmail.com">aquabears@gmail.com</a> (925) 706-7377	

**LOCATION:** Northgate High School Pool, 425 Castle Rock Road, Walnut Creek, CA 94598

**DIRECTIONS:** From Interstate 680, take the Treat Boulevard exit and head east on Treat Boulevard. Turn right on Oak Grove Road. At the traffic circle, continue straight on Oak Grove Road, which becomes Castle Rock Road.

**COURSE:** Outdoor, heated 25 yard pool, up to 10 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 7'-6" at the start end and 7'-6" at the turn end. The competition pool has not been certified in accordance with 104.2.2C (4).

**TIME:** Saturday and Sunday – Prelims begin at 9:00 a.m. (check-in begins at 7:30 a.m., general warm-up from 7:30- 8:45 a.m.) and Finals begin **tentatively** at 4:00 p.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 prelims and finals, except the 1000 Free and 1650 Free, which are timed finals.
- All prelim and timed final events will swim fast to slow, with the first three heats circle seeded.
- Finals sessions will include Bonus Final, Consolation Final and Championship Final swum in that order.
- Athletes may compete in a maximum of three (3) events per day, including bonus events.
- 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.
- Athletes must provide their own timers and lap counters for the 1000 and 1650 Free.
- The 1000 Free, and 1650 Free will be swum fastest to slowest, alternating women and men.
- **Entries will be accepted for the Saturday and Sunday prelim sessions until the estimated timeline reaches 4.5 hours and the Timed Final sessions reach 1.5 hours.**

**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 at Northgate High School.

- Sale and use of alcoholic beverages is prohibited at Northgate High School.
- No glass containers are allowed in the meet venue.
- Only athletes, coaches, officials, and volunteers will be allowed on the pool deck.
- Deck changing is prohibited at Northgate High School.
- 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.
- Coaches Pop-ups will be allowed on the pool deck. All other team areas must be in areas not on the pool deck.
- 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:** • 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 under the age of 12 years are not eligible to compete.
- Athletes must meet the Senior 2 time standards as outlined by Pacific Swimming time verification procedures. No refunds will be given if a time cannot be proven.
- Athletes may enter up to two (2) bonus events. Athletes must meet the minimum Senior Open time standard for bonus events.
- 12 year old athletes may not enter bonus events.
- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- No time conversions will be accepted.
- Entries with "NO TIME" will be rejected.
- Entry times submitted for this meet will be checked against the SWIMS database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. **Entry times must have been achieved after June 1, 2016 and prior to the closing date of entries for the meet, November 29, 2017.** If the time cannot be proven prior to the meet, the athlete will be not be allowed to check-in for the event until the entry time has been proven. When possible, the coaches will be notified of the swimmers who have not proven their entry time. No refunds will be given if a time cannot be proven.

**PROOF OF TIME:** Entry times submitted for this meet will be checked against the SWIMS database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. **Entry times must have been achieved after June 1, 2016 and prior to the closing date of entries for the meet, November 29, 2017.** If the time cannot be proven prior to the meet, the athlete will be not be allowed to check-in for the event until the entry time has been proven. When possible, the coaches will be notified of the athletes who have not proven their entry time. No refunds will be given if a time cannot be proven.

**SEEDING:** Event seeding will be in the following order: conforming short course yards (SCY), non-conforming long course meters, and non-conforming short course meters (LCM), Bonus (SCY), Bonus (LCM). See Rules for distance events seeding.

**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 meet. Close of check-in for all events shall be no more than 60 minutes before time of the start of the first heat of the event. Athletes who do not check-in will not be allowed to compete in the event.

**SCRATCH RULE:** Athletes entered in a Trials & Finals meet that is seeded on the deck that have checked in for that event, must 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 will result in being barred from the rest of his/her events that day including relays. If the athlete qualified for a final before missing an event they may swim that final.

**FINALS – POSITIVE CHECK-IN** Athletes may check-in or declare their intent to swim finals for that day at the beginning of competition for that day. Athletes must check-in or declare their intent to compete in bonus finals, consolation finals, or finals

within 30 minutes of the posting of results. In the case where an athlete declares their intent to swim they must declare their final intention within 30 minutes after the posting of results for their last individual preliminary event. Athletes not returning to declare their intention will be seeded into the event. In a positive check-in trials & finals meets any athlete checking in for a bonus final, consolation final or final race in an individual event who fails to show in said bonus final, consolation final or final race prior to calling the alternate shall be barred from further competition for the remainder of the meet. If the No-Show occurs on the last day that the athlete is entered in an individual event in the meet, and no other individual event penalty is applicable, the athlete shall then be fined \$100.00. The fine will be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.

**ENTRY FEES:** \$6.50 per individual event plus an \$8.00 per athlete participation fee. 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/wcab20171209> 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, **November 29, 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 athletes best time. Entries must be entered using the current Pacific Swimming procedure and be postmarked by midnight, Monday, **November 27, 2017**, or hand delivered by 6:30 p.m. Wednesday, **November 29, 2017.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

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

**Mail entries to: WCAB Senior II T&F Meet  
1374 Lupine Court  
Concord, CA 94521**

**Hand delivers entries to: WCAB Senior II T&F Meet  
1374 Lupine Court  
Concord, CA 94521**

**AWARDS:** None.

**ADMISSION:** Free. A 3-day program will be available for reasonable price.

**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, December 9th, 2017**

### Session 1 - Prelims

*Entries will be accepted until the estimated timeline for this session reaches 4.5 hours*

Girls Event #	Event Description	Boys Event #
1	400 IM	2
3	200 Free	4
5	100 Fly	6
7	50 Free	8
9	200 Breast	10
11	100 Back	12

### Session 2 - Timed Finals

*Entries will be accepted until the estimated timeline for this session reaches 1.5 hours*

Girls Event #	Event Description	Boys Event #
13	1650 Free	14

The 1650 Free is a timed final and will be swum fastest to slowest, alternating women and men.

Athletes must provide timers and lap counters for the 1650 Free.

There will be a 10-minute break before the start of the 1650 Free.

### Session 3 - Finals

**Sunday, December 10th, 2017**

### Session 4 - Prelims

*Entries will be accepted until the estimated timeline for this session reaches 4.5 hours*

Girls Event #	Event Description	Boys Event #
15	500 Free	16
17	200 Back	18
19	100 Breast	20
21	200 Fly	22
23	100 Free	24
25	200 IM	26

### Session 5 - Timed Finals

*Entries will be accepted until the estimated timeline for this session reaches 1.5 hours*

Girls Event #	Event Description	Boys Event #
27	1000 Free	28

The 1000 Free is a timed final and will be swum fastest to slowest, alternating women and men.

Athletes must provide timers and lap counters for the 1000 Free.

There will be a 10-minute break before the start of the 1000 Free.

### Session 6 - Finals

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

**PACIFIC SWIMMING SENIOR WINTER CHAMPIONSHIPS**  
**Hosted by Walnut Creek Aquabears**  
**December 9 and 10, 2017**

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				
						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
# of entries _____ x \$6.50 = \$ _____ + Participation Fee                      \$ 8.00 = Total    \$ _____													
Coach													
Home Phone							Cell Phone						
E-Mail Address													