

WALNUT CREEK AQUABEARS  
PACIFIC SWIMMING SHORT COURSE DUAL MEET  
SUNDAY, MARCH 23, 2025  
<http://ome.fastswims.com>  
Invited Clubs – WCAB, DA



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **25-044**

*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 their 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 on the Internet on the TIME DROPS app.**

**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 their designee.

**MEET PERSONNEL:**

<b>Meet Referee:</b> Clint Benton	<b>Head Starter:</b> Mark Ryan
<b>Meet Marshal:</b> Reuben J. Cogburn	<b>Admin Official:</b> Chris Ottati
<b>Meet Director:</b> Todd Krohn, <a href="mailto:aquabears@gmail.com">aquabears@gmail.com</a>	

**LOCATION:** Larkey Park Swim Center, 2771 Buena Vista Avenue, Walnut Creek, CA 94597.

**DIRECTIONS:** From **Northbound Interstate 680**, take the Treat Boulevard exit and turn left at the end of the exit onto Treat Boulevard. Treat Boulevard becomes Geary Road. Turn left onto Buena Vista Avenue. 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 right onto Geary Road. Turn left onto Buena Vista Avenue. The Swim Center is on your right. The parking lot will be reserved for coaches and working officials. Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed. No overnight/RV parking allowed.

**COURSE:** OUTDOOR 25 YARD pool with up to 8 lanes available for competition. An additional 3 lanes shall be available for warmup/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 7'-0" at the start end and 4'-0" at the turn end. The Meet Host shall ensure the required course dimensions.

**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 will govern the meet. A copy of these procedures will 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 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 MAAPP 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 compete in 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 timeline, per the “Four-Hour Rule,” based on the Athletes age and gender, or when the number of entered athlete meets maximum facility capacity as determined by facility and local health restrictions.
- 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 Officials must wear their USA Swimming membership cards in a visible manner.**
- **Medical Supervision - lifeguards, AED available to participants**

**ATTENTION HIGH SCHOOL ATHLETES:** If you are a High School Athlete in season, you need to be Unattached from this meet. It is the Athlete’s responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to Athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**UNACCOMPANIED ATHLETES:** Any USA Swimming 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 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 must be certified by a USA Swimming 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.
- 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 their 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.
- Marshals and signage will indicate areas designated for set-up. Anyone set-up in restricted areas of the pool deck or Larkey Park, or within fire lanes will be required to re-locate.

**ELIGIBILITY:**

- Athletes must be current members of USA Swimming 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, Athletes shall be required to register online via USA Swimming’s online member registration before being allowed to swim in the meet.
- Meet is open only to qualified athletes registered with **Diablo Aquatics** or **Walnut Creek Aquabears**. Athletes who are unattached but participating with **these clubs** are eligible to compete.
- Entries with **"NO TIME" will be ACCEPTED.**

- Athletes with a disability 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 FEES:** \$25.00 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.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service fee for this service, 6.5% of the total Entry Fees plus \$0.75 per transaction, regardless of number of Athletes. Please note that the service fee is a separate fee from the Entry Fees. If you do not wish to pay the service 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 **Tuesday, March 18, 2025**.

**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 **Saturday, March 15, 2025** or hand delivered by 7:00 PM on **Tuesday, March 18, 2025**. 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:** Walnut Creek Aquabears  
P.O. Box 3462  
Walnut Creek, CA 94598

**Hand deliver entries to:** WCAB Coaches on deck  
(between 4:00 and 7:00 PM) 1750 Heather Drive  
Walnut Creek, CA 94598

**CHECK-IN:** The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event.

**SCRATCHES:** Email scratches to [coachtoddkrohn@gmail.com](mailto:coachtoddkrohn@gmail.com) by 12:00 p.m. on Saturday, March 22, 2025. Any Athletes not reporting for or competing in an individual timed final event that they have entered/checked-in for shall not be penalized.

**AWARDS:**

- Awards for all Athletes completing the Sprint Quadrathlon (50 back, 50 breast, 50 fly, 50 free).
- Award for Athletes completing the IMX Quadrathlon (200 fly, 200 breast, 200 back, 400 IM).
- Award for the fastest combined Sprint Quadrathlon time for each age group and gender.
- Award for the fastest combined IMX Quadrathlon time for each age group and gender.
- "Hot Heat" Heat Winner awards for select events.

**ADMISSION:** Free.

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

**EVENTS**

<b>Sunday, March 23</b>			
<b>GIRLS EVENT #</b>	<b>AGE</b>	<b>EVENT</b>	<b>BOYS EVENT #</b>
1	15&Up	200 Free	2
	13-14		
	11-12		
3	15&Up	50 Back	4
	13-14		
	11-12		
	9-10		
5	8&Un	25 Back	6
7	15&Up	200 Fly	8
	13-14		
	11-12		
9	15&Up	50 Breast	10
	13-14		
	11-12		
	9-10		
11	8&Un	25 Breast	12
13	15&Up	200 Breast	14
	13-14		
	11-12		
15	15&Up	50 Fly	16
	13-14		
	11-12		
	9-10		
17	8&Un	25 Fly	18
19	15&Up	200 Back	20
	13-14		
	11-12		
21	15&Up	50 Free	22
	13-14		
	11-12		
	9-10		
23	8&Un	25 Free	24
25	15&Up	400 IM	26
	13-14		
	11-12		

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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	
				: .		SCY / LCM	
				: .		SCY / LCM	
				: .		SCY / LCM	
				: .		SCY / LCM	
<b>FLAT FEE</b>				\$ 25.00			
Coach							
Athlete's Address							
Home Phone				Cell Phone			
Email							