

PACIFIC SWIMMING SHORT COURSE SENIOR II Trials and Finals MEET

December 6-8, 2013

Hosted by Walnut Creek Aquabears / Co-sponsored by Pacific Swimming

Enter Online: <http://ome.swimconnection.com/pc/WCAB20131206>



SANCTION: Held under USA/Pacific Swimming Sanction No. **13-214**

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 meet results.

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 electronic devices, including but not limited to film and digital cameras, cell phones and tablets, is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in the ejection from the swimming pool facility by the Meet Referee or his/her designee.

<u>OFFICIALS:</u>	Meet Referee:	Leo Lin	Head Starter:	Nan McKenna
	Administrative Referee:	Mary Ruddell	Meet Marshal:	Victoria Girjavets
	Meet Director:	Eddie Contreras, aquabears@gmail.com, 925-321-3806		

LOCATION: Clarke Memorial Swim Center, 1750 Heather Dr Walnut Creek, CA 94598. Swim Center is on Heather Drive between Marchbanks and North San Carlos Drive. Parking is also available by the softball fields across the street from the swim center. From I-680 North, take the Ygnacio Valley Road Exit and turn right. Turn left onto North San Carlos Drive, and left onto Heather Drive. The pool is on the right. From I-680 South, take the Treat Boulevard exit. Turn left onto North Main, and left onto Treat Boulevard. Turn right onto Bancroft Road. Turn right onto Ygnacio Valley Road. Turn right onto North San Carlos Drive, and left onto Heather Drive. The pool is on the right.

COURSE: Outdoor 50 meter pool with up to **16** lanes available for competition. An additional **pool** 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' at the start end and 4' at the turn end. The competition course has been certified in accordance with Article 104.2.2C(4). A copy of the certification is on file with USA Swimming.

TIME: Meet will begin at **4:00 PM** on Friday with warm-ups from **3:00 to 3:50 PM**. On Saturday and Sunday the meet will begin at **9:00 AM** each day with warm-ups from **7:30 to 8:45 AM** each day. **Finals will not begin less than 1 hour after the completion of the trial session.**

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 400 IM, 1650 Free, and 1000 Free are timed finals; Trials and Finals will be swum for all other events.
- The 1000 Free will swim after the Trial sessions before Finals.
- All Trials events will be swum fastest to slowest.
- Bonus Final, Consolation Final and Championship Final will be swum in that order.
- Swimmers may compete in a **MAXIMUM** of three (3) events per day.
- Relays: Each team is limited to two (2) relay entries in each relay event. All relays will be swum in the Event order during the final sessions and will be swum fastest to slowest. Relay only swimmers must provide proof of USA Swimming registration.
- Time trials may be offered with the concurrence of the Meet Referee and the Meet Director.
- **All coaches and deck officials must wear their USA-S membership cards in a visible manner.**

UNACCOMPANIED SWIMMERS: Any USAS 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 swimmer or the swimmer's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the swimmer 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: Any swimmer entered in the meet, unaccompanied by a USA-S member-coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start, or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

RESTRICTIONS: • Smoking and the use of other tobacco products is prohibited in all areas of the meet venue.

- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- Propane heaters are not permitted except for snack bar/ meet operations.
- Except where venue facilities require otherwise, changing into and out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

ELIGIBILITY: • Swimmers 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 swimmer with the registration and times database.

- The meet host must check all swimmer 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.
- **Meet is open to all qualified swimmers, who have met the 'Pacific Senior II' time standards. Swimmers aged 13 and over may enter without proof of time. Swimmers aged 11-12 may enter this meet but are subject to proof-of-time requirement and must meet the minimum qualifying time for a Pacific Swimming Senior II meet.**
- Entries with "**NO TIME**" **will not be** accepted.
- Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming policy.
- Swimmers 19 years of age and over may compete in the meet for time only, no awards. Such swimmers must have met the time standards for the 17-18 age group.
- Entry times must have been made prior to November 25, 2013.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY FEES: \$5.50 per individual event plus an \$8.00 per swimmer participation fee. Entries will be rejected if payment is not sent at time of request. If mailing entries, make checks payable to **Walnut Creek Aquabears** and mail with paper entry form to 1374 Lupine Court, Concord, CA, 94521. Entries may also be hand delivered to the same address. Relay only swimmers will not be charged the participation fee.

RELAY FEES: \$16.00 per relay. Relay entries will be taken on deck. **Relay entries will be due by 12:00 noon each day.**

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmer's best time. Entries must be entered using the current Pacific Swimming procedure: and postmarked by midnight, Monday, **November 25, 2013** or hand delivered by 6:30 p.m. Wednesday, November 27, 2013. No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/wcab20131206> 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 swimmer 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 a swimmer by Pacific Swimming.** Online entries will be accepted through Wednesday, **November 27, 2013.**

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. 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. No event shall be closed more than 30 minutes before the scheduled start of the session. Swimmers who do not check-in will not be allowed to compete in the event. **Swimmers who intend to compete in the finals must positively check in at the Positive Check-in Desk to compete for their event.**

SCRATCHES: Trials: Swimmers entered in an individual event in a Senior meet that is seeded on the deck who 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 their next individual event in which the swimmer is entered on that day or the next meet day, whichever is first.

Finals: A swimmer who “fails to compete” in the event they positively checked in for will be subject to disqualification for the remainder of the meet. According to USA-S rules, Declared False Starts and Delay of Meet are all classified as “**Failure to Compete**”, and the swimmer will be barred from the remainder of the meet. If the missed final is their last event of the day, the penalty will be a \$25.00 fine.

Exceptions: No penalty shall apply for failure to withdraw or compete in an individual event if: (i) the referee is notified in the event of illness or injury and accepts the proof thereof. (ii) It is determined by the referee that the No-Show is caused by circumstances beyond the control of the swimmer. (iii) The swimmer is an alternate for any level of finals.

AWARDS: None.

ADMISSION/PROGRAM: Free. Program will be available for reasonable price.

REFRESHMENTS: A snack bar will be available serving hot breakfast, hot lunches, salads and other nutritious items and beverages. Hospitality will provide refreshments for coaches, officials, timers, and volunteers. Lunches will be provided for coaches and working deck officials.

MISCELLANEOUS: No overnight parking is allowed. No noise makers allowed in the pool facility. Parents please respect the area designated for coaches (i.e. do not sit or stand in front of coaches).

ORDER OF EVENTS:

Friday, December 6, 2013		
EVENT #	Stroke and Distance	EVENT #
1	400 IM	2
3	1650 Free	4

Saturday, December 7, 2013		
EVENT #	Stroke and Distance	EVENT #
5	200 FREE.RELAY	6
7	200 IM	8
9	100 FREE	10
11	200 BACK	12
13	100 FLY	14
15	100 BREAST	16
	500 FREE	18
19	400 MEDLEY RELAY	20
21	1000 FREE	

Sunday, December 8, 2013		
EVENT #	Stroke and Distance	EVENT #
23	200 MEDLEY RELAY	24
25	200 FREE	26
27	100 BACK	28
29	200 FLY	30
31	50 FREE	32
33	200 BREAST	34
35	500 FREE	
37	400 FREE.RELAY	38
	1000 FREE	40

400 IM, 1000 FREE and 1650 FREE are timed finals event.

Swimmers must provide their own timers for 400 IM, timers and lap counter for 500, 1000 and 1650 freestyle events.

All heats of 1000 FREE will swim fastest to slowest at the conclusion of the prelims sessions.

All relays are timed finals and will be swum during finals only.

Time standards may be found at: http://www.pacswim.org/page/times_standards.shtml

Hotel Information will be available at the Walnut Creek Aquabear website: <http://www.walnutcreekaquabears.org>

PACIFIC SWIMMING SENIOR CHAMPIONSHIP MEET DECEMBER 6-7-8, 2013 - FRIDAY, SATURDAY, SUNDAY HOSTED BY THE WALNUT CREEK AQUABEARS			
Name: _____			
Last		First	M.I.
Club Abbr.	If UN, Club Abbr.	Club Name	
Age	Date of Birth	Gender	Amount Paid
USA-Swimming Registration Number			
M	M	D	D
Y	Y	F	F
F	F	M	L
L	L	L	L
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
			SCY LCM
# of entries x \$5.50 = \$ _____ Participation Fee = <u>\$8.00</u> Total = \$ _____			
Coach:			
Swimmer's Phone:			
Swimmer's Email:			

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M	M	D	D
Y	Y	F	F
F	F	M	L
L	L	L	L
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
			SCY LCM
# of entries x \$5.50 = \$ _____ Participation Fee = <u>\$8.00</u> Total = \$ _____			
Coach:			
Swimmer's Phone:			
Swimmer's Email:			

PACIFIC SWIMMING SENIOR SHORT COURSE CHAMPIONSHIP MEET
 DECEMBER 6-7-8, 2013 - FRIDAY, SATURDAY, SUNDAY
 HOSTED BY THE WALNUT CREEK AQUABEARS

RELAY ENTRY FORM

Team: _____ LSC: _____ Club Code: _____

Club Contact: _____ Phone: _____

Email: _____

EVENT #	DESCRIPTION	'A' TEAM ENTRY TIME	'B' TEAM ENTRY TIME
5	Women's 200 Free Relay	_____	_____
6	Men's 200 Free Relay	_____	_____
19	Women's 400 Medley Relay	_____	_____
20	Men's 400 Medley Relay	_____	_____
23	Women's 200 Medley Relay	_____	_____
24	Men's 200 Medley Relay	_____	_____
37	Women's 400 Free Relay	_____	_____
38	Men's 400 Free Relay	_____	_____

of Relays _____ x \$16.00 = _____
 (make check payable to Walnut Creek Aquabears)