

Ellis Aquatics Swim Club  
Long Course Penguin Plunge C/B/A+  
Co-Sponsored by PACIFIC SWIMMING ZONE 2  
July 5-7, 2013

Enter Online: <http://ome.swimconnection.com/pc/ea20130706>



PACIFIC  
SWIMMING

**SANCTION:** Held under USA Pacific Swimming Sanction No. **13-128**

*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, psych sheets and live meet results.

**USE OF AUDIO AND VIDEO:** 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 ejection from the swimming pool facility by the Meet Referee or his/her designee.

**OFFICIALS:** Meet Referee: *Leo Lin* Head Starter: *Marie Lin* Meet Marshal: *Clayton Basepayne*  
Meet Director: *Michele Loomis – 209-833-0562 micheleloomis@comcast.net*

**LOCATION:** Pinkie Phillips Aquatic Center, Merrill F. West High School, 1775 W Lowell Ave, Tracy, CA 95376.

**DIRECTIONS:** From Bay Area, take the 205 toward Tracy; take exit 6 Grant Line Exit. Turn Right onto Grant Line. Then right on to Corral Hollow. Turn left onto W. Lowell Ave, school entrance is second left. Enter the parking lot adjacent to the football stadium. The pool is at the end of the parking lot.

From I-5 take the 205 exit, and then take the Tracy BLVD Exit #8, turn left. Go about 1 mile to W. Lowell, turn right. Turn right into the school parking lot at the School Sign. Parking lot adjacent to the football stadium, the pool is at the end of the parking lot.

**COURSE:** Outdoor heated 50 meter pool with up to 7 competition lanes, Warm up area will be available. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 13'0" at the start end and 4'0" at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

**TIME:** Meet begins at 4 pm on Friday with warm ups from 3:00 PM to 3:50 PM. Saturday and Sunday meet starts at 9AM, warm-ups from 7:30 AM to 8:45 AM. A special warm-up time for 8 & U swimmers only will be from 8:45-8:55.

**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 timed finals, and will be swum fastest to slowest.
- Swimmers may compete in a maximum of 4 events per day.
- All swimmers competing in the 400 Meter Freestyle and/or 400 Meter IM must provide their own lane timers.
- The 400 Meter Freestyle and 400 Meter IM events will be held as "Open" events and will be swum alternating women and men in a "fast to slow" sequence.
- All swimmers ages 12 and under should complete competition within four (4) hours. Entries will be accepted until the number of splashes exceeds the estimated time line, per the "Four-Hour Rule," based on the swimmers age and gender.
- If local conditions warrant it the Meet Referee, with 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. Each coach must check in at the officials table prior to the start of the meet.

**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 USAS 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 Swimming 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 USAS Club Member-Coach.

**RACING STARTS:** The swimmer 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 swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:**

- Smoking and the use of other tobacco products is prohibited on the pool deck or anywhere on school grounds during the meet and during warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- All shelters must be properly secured.
- No glass containers are allowed in the meet venue. No propane heater is permitted except for snack bar/meet operations.
- Except where venue facilities require otherwise, changing into or 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 will 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
- Entries with "NO TIME" will 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. Swimmers in the "A" Division must have met at least the listed "PC-A" time standard. Swimmers in the "B" Division must have met at least the listed "PC-B" time standard. All entry times slower than the listed "PC-B" time standard will be in the "C" Division.
- 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, but will not receive awards.

**ENTRY FEES:** \$10.00 participation fee per swimmer, and \$2.75 per event. Entries will be rejected if payment is not included.

Make check payable to: ELLIS AQUATICS  
Mail with entries to: Vicki O'Neill  
Swim Meet Entries  
2959 Perry LN  
Tracy, CA 95377

**ENTRY PRIORITY:** Entries of swimmers from Zone 2 teams in good standing postmarked or entered online by 11:59 p.m. on Monday, June 17, 2013 will be given priority acceptance. All entries from Zone 2, all other Pacific LSC Zones and other LSCs, either postmarked, entered online, or hand delivered by the entry deadline will be considered in the order that they were received.

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best Long Course time, if available, otherwise use "NT" for no time. Entries must be postmarked by midnight, Monday June 24th, 2013 or hand delivered to Vicki O'Neill by 7:30 p.m. Wednesday June 26th, 2013. There will be a box on the porch to drop off any entries. 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:** Online entries will be closed Wednesday June 26, 2013 at 11:59 PM. To enter on-line go to <http://ome.swimconnection.com/pc/ea20130706> 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 may close at an earlier date if the number of splashes exceeds the estimated time line, per the Four Hour Rule, based on swimmers' age and gender.)*

**CHECK-IN:** The meet will be deck seeded. Swimmers must check in with the clerk of the course. Close of check-in for all events shall be no more than 60 minutes before the estimated time of the start session. No event shall be closed more than 30 minutes before the scheduled start of the meet. Swimmers who do not check-in will not be allowed to compete in the event

**SCRATCHES:** Any swimmers not reporting for or competing in an individual timed final event shall not be penalized. Swimmers who must withdraw from an event after it is seeded are requested to inform the referee immediately.

**AWARDS:** Ribbons 1st – 8th place for PC-A, PC-B & PC-C divisions. 13-18 swimmers will be awarded as 13-14, 15-16 and 17-18 age groups. There will be no awards for swimmers over 19.

**ADMISSION:** Free. A program will be available for a nominal fee.

**REFRESHMENTS:** A snack bar will be available serving limited hot breakfast, hot lunches, and other nutritious items and beverages. Coaches and working deck officials will be provided a light dinner on Friday and lunches on Saturday and Sunday. Timers will also be provided a light lunch.

**MISCELLANEOUS:** No overnight parking is allowed. No pets allowed on school grounds. No set up on pool deck except for designated areas for coaches. There will be limited parking near pool for coaches and officials.

**TIMERS:** Participating teams will be responsible for providing timers with adequate rotation for the entire meet. Lane assignments will be made based on the number of entries from each team.

**MINIMUM OFFICIALS RULE:** The Meet Referee shall conduct an inventory of Officials and shall compare the number of swimmers entered against the number of Officials that worked representing each team per day of the meet. Those teams who have not provided sufficient Officials in a day of the meet, in accordance with the table below, will be fined \$100 per missing Official per day.

# of swimmers entered in meet per team per day	# of trained and carded officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 Swimmers over 100	+1

Event Summary Friday July 5, 2013

9-10	11 & Over
400 Free	400 Free
	400 IM

Event Summary Saturday July 6, 2013

8 & Under	9-10	11-12	13 & Over
100 Free	200 Free	200 Free	200 Free
50 Breaststroke	100 Breaststroke	100 Backstroke	200 Breaststroke
50 Backstroke	50 Backstroke	50 Backstroke	100 Backstroke
	100 Free	100 Free	100 Free

Event Summary Sunday July 7, 2013

8 & Under	9-10	11-12	13 & Over
50 Free	200 IM	200 IM	200 IM
50 Butterfly	50 Free	50 Free	200 Butterfly
	50 Butterfly	50 Butterfly	50 Free
		200 Breaststroke	100 Breaststroke

Events: Friday July 5, 2013

Girls	Event	Boys
1	9 & Over 400 Free	2
3	11 & Over 400 IM	4

Events: Saturday July 6, 2013

Girls	Event	Boys
5	13 & O 200 Free	6
7	11-12 200 Free	8
9	9-10 200 Free	10
11	8 & U 100 Free	12
13	13- & O 200 Breaststroke	14
15	9-10 100 Breaststroke	16
17	11-12 100 Backstroke	18
19	13& O 100 Backstroke	20
21	8 & U 50 Breaststroke	22
23	9-10 50 Backstroke	24
25	11-12 50 Backstroke	26
27	8 & U 50 Backstroke	28
29	11-12 100 Free	30
31	13 & O 100 Free	32
33	9-10 100 Free	34

Events: Sunday July 7, 2013

Girls	Event	Boys
35	13 & O 200 IM	36
37	11-12 200 IM	38
39	9-10 200 IM	40
41	13 & O 200 Butterfly	42
43	11-12 50 Free	44
45	9-10 50 Free	46
47	8 & U 50 Free	48
49	13 & O 50 Free	50
51	11-12 50 Butterfly	52
53	9-10 50 Butterfly	54
55	8 & U 50 Butterfly	56
57	11-12 200 Breaststroke	58
59	13 & O 100 Breaststroke	60

Pacific Swimming ZONE 2 Long Course Penguin Plunge July 5-7, 2013 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			
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						: .			SCY / LCM			
Participation Fee      10.00 Event fee 2.75 x ____ = ____ Total \$ _____												
Coach												
Swimmer's Address												
Home Phone						Cell Phone						
Email												