

**CROW CANYON SHARKS
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET**

September 21-22, 2013

Enter Online: <http://ome.swimconnection.com/pc/CROW20130921>



SANCTION: Held under USA/Pacific Swimming Sanction No. **13-156**

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 may be posted in real time on the Internet.**

USE OF AUDIO AND VISUAL: Photography and video recording from behind the blocks or starting areas are 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:

<i>Meet Referee:</i> Paul Amog	<i>Admin Referee:</i> Charlie Gonzales
<i>Head Starter:</i> David Cottam	<i>Meet Marshal:</i> Sherie MacGregor
<i>Meet Director:</i> Margaret McNamara - Margaret@themcnamaras.com	

LOCATION: Dougherty Valley High School, 10550 Albion Road, San Ramon, CA 94582

- Highway 24 East to I-680 South, take exit 34 Bollinger Canyon Road exit toward DVC San Ramon Valley Campus, turn left at Bollinger Canyon Road, turn left at Albion Road
- From I-580 East, take exit 448 to merge onto I-680 North, take exit 34 Bollinger Canyon Road exit, turn right at Bollinger Canyon Road, turn left at Albion Road.
- **Do not park where no parking signs or permit parking only signs are posted. You will ticketed or towed.**

COURSE: OUTDOOR 25 YARD pool with up to 10 lanes available for competition. An additional 6 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 ½ feet at the start end and 4 ½ feet at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified.

TIME: Meet will begin at 9:00 AM each day with warm-ups from 7:30 AM to 8:45 AM. A special warm-up time for 8 and under swimmers only will be held from 8:45 – 8:55 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.
- All events are timed finals and will be swum fastest to slowest.
- Swimmers may compete in **5** events per day.
- 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 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.**

UNACCOMPANIED SWIMMERS: 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 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: Swimmers 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 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, in the locker rooms, in spectator seating, on standing areas and in all areas used by swimmers, 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/canopies must be outside the pool area in the high school quad area. This area is not secured or patrolled at night. All personal belongings left at night are at the risk of the swimmers and their families.
- 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.
- 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.
- Entries with "NO TIME" will be rejected.
- 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 any 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 standards for the 17-18 age group.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY FEES: \$2.75 per event plus an \$8.00 participation fee per swimmer. Relays will be \$9.00 for each entered relay. Entries will be rejected if payment is not sent at time of request.

ENTRY PRIORITY: Meet entries will not be accepted any earlier than August 17, 2013. Entries from members of "year round" Zone 2 teams in "good standing" postmarked or entered online by 11:59 p.m. on August 24, 2013 will be given 1st priority acceptance. Entries from members of all Zone 2 teams in "good standing" (year round and seasonal) postmarked or entered online between 12:00 am August 24, 2013 and 11:59 pm August 31, 2013 will be given 2nd priority acceptance. All entries from Zone 2, all other Pacific LSC Zones and other LSC's, either postmarked, entered online, or hand delivered by the entry deadline will be considered in the order that they are received.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/CROW20130921> 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, September 11, 2013.

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 time. Entries must be postmarked by midnight, Monday, September 9, 2013 or hand delivered by 6:30 p.m. Wednesday, September 11, 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.

Make check payable to: Shark's Swimming
Mail and Hand deliver entries to: Margaret McNamara
 3120 Gibbons Drive
 Alameda, CA 94501

*** RELAYS:** The mixed relays are not recognized by USA-Swimming and will not be awarded. Relay entries will be deck entered by coaches on the day of the meet using pink and blue cards. The Referee will set the deadline for the relay entries and announce it at the Coaches meeting. Relays may be "mixed" gender and may be composed of any female/male combination. There must be 1 swimmer from each of the age groups on the team. Age groups: 8&U, 9-10, 11-12, 13-18

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Close of check-in for all individual 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 seeded and will not be allowed to compete in that 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: The first 8 places will be awarded to "C", "B" and "A" swimmers in 8&UN, 9-10, 11-12, 13-14 and 15-18 age groups. All "C" and "B" swimmers achieving a new "PC-A" time will be awarded a standard "A" medal, regardless of place achieved in the event. No awards for swimmers age 19 and older. **Note: Individual awards must be picked up at the meet. The awards will not be mailed out or distributed after the meet.**

ADMISSION: Free. A two-day program will be available for \$4.00

REFRESHMENTS: A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers during their shift.

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

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.

Club swimmers entered in session	Trained and carded officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 swimmers over 100	1+

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
100 Free	100 Free	200 Free	200 Free	100 IM	100 IM	200 IM	200 IM
25 Fly	50 Fly	50 Fly	200 Fly	50 Fly	100 Fly	100 Fly	100 Fly
50 Breast	100 Breast	100 Breast	100 Breast	25 Breast	50 Breast	50 Breast	200 Breast
50 Free	50 Free	50 Free	50 Free	25 Free	200 Free	100 Free	100 Free
50 Back	100 Back	100 Back	100 Back	25 Back	50 Back	50 Back	200 Back
Mixed 200 Free Relay (1 swimmer from each age group)*				Mixed 200 Medley Relay (1 swimmer from each age group)*			

EVENTS

Saturday, September 21, 2013		
Girls EVENT #	EVENT	Boys EVENT #
1	13-18 200 Free	2
3	11-12 200 Free	4
5	9-10 100 Free	6
7	8&U 100 Free	8
9	13-18 200 Fly	10
11	11-12 50 Fly	12
13	9-10 50 Fly	14
15	8&U 25 Fly	16
17	13-18 100 Breast	18
19	11-12 100 Breast	20
21	9-10 100 Breast	22
23	8&U 50 Breast	24
25	13-18 50 Free	26
27	11-12 50 Free	28
29	9-10 50 Free	30
31	8&U 50 Free	32
33	13-18 100 Back	34
35	11-12 100 Back	36
37	9-10 100 Back	38
39	8&U 50 Back	40
Mixed 200 Free Relay (1 swimmer from each age group)		

Sunday, September 22, 2013		
Girls EVENT #	EVENT	Boys EVENT #
41	13-18 200 IM	42
43	11-12 200 IM	44
45	9-10 100 IM	46
47	8&U 100 IM	48
49	13-18 100 FLY	50
51	11-12 100 FLY	52
53	9-10 100 FLY	54
55	8&U 50 FLY	56
57	13-18 200 BREAST	58
59	11-12 50 BREAST	60
61	9-10 50 BREAST	62
63	8&U 25 BREAST	64
65	13-18 100 FREE	66
67	11-12 100 FREE	68
69	9-10 200 FREE	70
71	8&U 25 FREE	72
73	13-18 200 BACK	74
75	11-12 50 BACK	76
77	9-10 50 BACK	78
79	8&U 25 BACK	80
Mixed 200 Medley Relay (1 swimmer from each age group)		

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by Crow Canyon Sharks C/B/A+ Short Course September 21 – 22, 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				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
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						: .			SCY / LCM				
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						: .			SCY / LCM				
# of entries _____ x \$2.75 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													