

**CROW CANYON SHARKS**  
**PACIFIC SWIMMING SHORT COURSE C/B/BB+ MEET**  
**September 17-18, 2016**  
Enter Online: <http://ome.swimconnection.com/PC/CROW20160917>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **16-118**

*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 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:**

<i>Meet Referee: David Cottam</i>	<i>Head Starter: Holly Taifer</i>
<i>Meet Marshal: Ron Zheng</i>	<i>Admin Official: Carol Cottam</i>
<i>Meet Director: Naim Heddadji</i>	<a href="mailto:nheddadji@yahoo.com">nheddadji@yahoo.com</a> 925-223-7639

**LOCATION:** Dougherty Valley High School 1050 Albion Road, San Ramon, CA 94582

**COURSE:** Outdoor 25 yard pool with up to ten (10) lanes available for competition. An additional six (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 4'6" at the start end and 4'6" at the turn end. The competition course has been certified in accordance with Article 104.2.2C(4). The copy of such certification is on file with USA Swimming.

**TIME:** Meet will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. A special warm-up time for 8 and under athletes only will be held from 8:45 to 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.
- All events will swim fast to slow.
- Athletes may compete in four (4) events per day.
- All athletes ages 12 and under should complete competition within four (4) hours.
- Athletes entering the 500 Free and 400 IM events must provide their own timers and must have met or exceeded the 11-12 "A" time standard for the 500 Free and 400IM to enter this event.
- Entries will be accepted until the number of splashes exceeds the estimated time line, per the "Four-Hour Rule," based on the athlete's 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 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:** Any athlete entered in the meet 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. When unaccompanied by a member-coach, 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.
- Changing into or out of swimsuits other than in locker rooms or designated areas is prohibited.
- No Canopy set up on the pool deck except for coaches' canopy.
- 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.

## 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, 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 in the "BB" Division must have met at least the listed "BB" time standard. Athletes in the "B" Division must have met at least the listed "B" time standard. All entry times slower than the listed "B" time standard will be in the "C" Division. For 8&U, athletes in the "A" division must have met at least the listed "A" time standard.
- Entries with "**NO TIME**" will be **ACCEPTED (Exception – 500 Free/400 IM. See Rules)**.
- 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 athletes 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 PRIORITY:** Meet entries will not be accepted any earlier than [August 17, 2016](#). Entries from members of "year round" Zone 2 clubs postmarked or entered online by 11:59 p.m. on [August 20, 2016](#) will be given 1<sup>st</sup> priority acceptance. Entries from members of all Zone 2 clubs (year round and seasonal) postmarked or entered online between 12:00 am [August 21, 2016](#) and 11:59 pm [August 27, 2016](#) will be given 2<sup>nd</sup> 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 were received.

**\*\* NOTE: Athletes who falsify their entry from by listing a club to which they are not legitimately associated will be rejected from the meet. Further, entry fees will not be refunded and they may be referred to the Pacific Swimming Review Committee for disciplinary action.**

**ENTRY FEES:** \$4.00 per event plus an \$8.00 participation fee 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.swimconnection.com/PC/CROW20160917> 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 Saturday, **September 10, 2016 at 11:59 p.m.**

**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, Wednesday, **September 7<sup>th</sup>** or hand delivered by 6:30 p.m. Friday, **September 9, 2016**. 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: Sharks Swim Team**

**Mail entries to: Ethan Hall  
711 Silver Lake Dr,  
Danville, CA 94526**

**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 session. 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. Athletes who do not check in will not be seeded and will not be allowed to compete in that event.

**SCRATCHES:** Any athletes not reporting for or competing in an individual timed final event shall not be penalized. Athletes 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 for 9-10, 11-12, 13-14, 15-16, 17-18 age groups in each division (C/B/BB). 8 & U will be awarded in each division (PC-A, PC-B, and PC-C). All athletes achieving an A time for the first time will be awarded a standard A medal, regardless of place achieved in the event. No awards will be given for athletes 19 years of age and older. Note: Individual awards must be picked up at the meet. We will not mail or distribute awards after the meet.

**ADMISSION:** Free. A '2 DAY' program will be available for \$4.00

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours No Canopy set up on the pool deck except for coaches' canopies.

**MINIMUM OFFICIALS:** The Meet Referee shall conduct an inventory of Officials and shall compare the number of athletes entered against the number of Officials that worked representing each club per day of the meet. Those clubs 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.

Number of athletes entered in meet per club per day	Number of trained and carded officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 Athletes over 100	+1

#### EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
25 FL	100 IM	200 IM	200 IM	50 BR	50 BR	100 BR	200 BR
25 BR	100 BR	100 FL	200 FL	50 BK	100 BK	200 BK	100 BK
25 BK	50 BK	50 BK	200 BK	50 FL	50 FL	200 FL	200 FL
25 FR	100 FR	200 BR	100 BR	50 FR	50 FR	50 FR	50 FR
100 FR	500 FR	100 FR	100 FR	100 IM	200 FR	200 FR	200 FR
		500 FR	500 FR		400 IM	400 IM	400 IM

**EVENTS**

<b>Saturday September 17, 2016</b>		
EVENT #	EVENT	EVENT #
1	13-18 200 IM	2
3	11-12 200 IM	4
5	9-10 100 IM	6
7	8&UN 25 Fly	8
9	13-18 200 Fly	10
11	11-12 100 Fly	12
13	9-10 100 Breast	14
15	8&UN 25 Breast	16
17	13-18 200 Back	18
19	11-12 50 Back	20
21	9-10 50 Back	22
23	8-UN 25 Back	24
25	13-18 100 Breast	26
27	11-12 200 Breast	28
29	8&UN 25 Free	30
31	9-10 100 Free	32
33	13-18 100 Free	34
35	11-12 100 Free	36
37	8&UN 100 Free	38
39	Open 500 Free	40

<b>Sunday September 18, 2016</b>		
EVENT #	EVENT	EVENT #
41	13-18 200 Breast	42
43	11-12 100 Breast	44
45	10&UN 50 Breast	46
47	13-18 100 Back	48
49	11-12 200 Back	50
51	9-10 100 Back	52
53	8-UN 50 Back	54
55	13-18 200 Fly	56
57	11-12 200 Fly	58
59	10&UN 50 Fly	60
61	13-18 50 Free	62
63	11-12 50 Free	64
65	10&UN 50 Free	66
67	13-18 200 Free	68
69	11-12 200 Free	70
71	9-10 200 Free	72
73	8&U 100 IM	74
75	Open 400 IM	76

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

Pacific Swimming – Hosted by CROW  
 Short Course C/B/BB+  
 September 17-18, 2016

Consolidated Entry Form

Name: Last,                      First                      Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M    F	LSC – (PC, SN)
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USA-#															
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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 \$4.00 = \$ \_\_\_\_\_  
 Participation Fee        \$ 8.00  
 Total                        \$ \_\_\_\_\_

Coach

Swimmer's  
Address

Home Phone	Cell Phone
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Email