

ELLIS AQUATICS "PENGUIN PLUNGE"
PACIFIC SWIMMING SHORT COURSE C/B/BB+
FEBRUARY 24-25, 2018

Enter Online: <http://ome.swimconnection.com/pc/EAPC20180224>



SANCTION: Held under USA/Pacific Swimming Sanction No. **18-033**

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.

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:

Meet Referee: Charlie Gonzales	Head Starter: David Cottam
Meet Marshal: Clayton Basepayne	AdminOfficial: Amy Gonzales
Meet Director: Candy Windschitl (209) 815-7250	candyw@comcast.net

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

COURSE: OUTDOOR 25 YARD pool with up to ten (10) lanes available for competition. An additional eight (8) 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 7'0" at the start end and 7'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

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 five (5) 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 time line, per the "Four-Hour Rule," based on the athletes' age and gender.
- If local conditions warrant, 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 athletes entered in the 500 Free shall provide their own timers and lap counters. All athletes entered in the 400 IM shall provide their own timers. Minimum time standard 400 IM (Girls-6:28.59/Boys-6:20.09). Minimum time standard for the 500 Freestyle (Girls-8:30.49/Boys-8:22.79). These events shall be swum alternating heats of girls and boys or seeded combining girls and boys.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

ATTENTION HIGH SCHOOL ATHLETES: If you are a high school athlete in high school swim 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: 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, in 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.
- Destructive Devices: 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.
- 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.

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 for all events except the 500 Free & 400 IM (See Rules).**
- 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 *January 20, 2018*. Entries from members of *all* "year round" Zone 2 clubs postmarked or entered online by 11:59 PM on *February 06, 2018* will be given 1st priority acceptance. Entries from members of all Zone 2 clubs (year-round and seasonal) postmarked or entered online between 12:00 AM *February 07, 2018* and 11:59 PM *February 14, 2018* 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 were received.

**** NOTE: Athletes who falsify their entry form 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/EAPC20180224> 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 Wednesday, **February 14, 2018**, or until the meet has reached capacity, whichever comes first.

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 midnight, Monday **February 12, 2018** or hand delivered by 6:30 PM, Wednesday, **February 14, 2018**. No late entries will be accepted. No entries received after the meet has reached capacity will be accepted. No refunds will be made, except mandatory scratch-downs. Requests for confirmation of receipt of entries should include a self-addressed, stamped envelope.

Make check payable to: Ellis Aquatics

Mail entries to: Candy Windschitl
1171 Williams Ct.
Manteca, CA 95337

Hand deliver entries to: Candy Windschitl
1171 Williams Ct.
Manteca, CA 95337

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, 15-18 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 program will be available at a reasonable cost.

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.

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 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.

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
100 or more	5

EVENT SUMMARY

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

Minimum time standard 400 IM(Girls–6:28.59/Boys–6:20.09). Minimum time standard for the 500 Freestyle (Girls–8:30.49/Boys–8:22.79). Athletes in the 500 Freestyle must provide their own timers and lap counters and 400 IM must provide their own timers.

EVENTS

February 24, 2018		
EVENT #	EVENT	EVENT #
1	13 & Up 200 I.M.	2
3	11-12 200 I.M.	4
5	9-10 200 I.M.	6
7	8-UN 25 Fly	8
9	13 & Up 200 Fly	10
11	11-12 100 Fly	12
13	9-10 100 Breast	14
15	8-UN 25 Breast	16
17	13 & Up 200 Back	18
19	11-12 50 Back	20
21	9-10 50 Back	22
23	8-UN 25 Back	24
25	13 & Up 100 Breast	26
27	11-12 200 Breast	28
29	8-UN 25 Free	30
31	9-10 100 Free	32
33	13 & Up 100 Free	34
35	11-12 100 Free	36
37	8-UN 100 Free	38
39	OPEN - 500 Free	40

February 25, 2018		
EVENT #	EVENT	EVENT #
41	13 & Up 200 Free	42
43	11-12 200 Free	44
45	9-10 200 Free	46
47	8-UN 50 Back	48
49	13 & Up 100 Back	50
51	11-12 200 Back	52
53	9-10 100 Back	54
55	8 & UN 100 I.M.	56
57	13 & Up 100 Fly	58
59	11-12 200 Fly	60
61	9-10 50 Fly	62
63	8-UN 50 Fly	64
65	13 & Up 200 Breast	66
67	11-12 100 Breast	68
69	9-10 50 Breast	70
71	8-UN 50 Breast	72
73	13 & Up 50 Free	74
75	11-12 50 Free	76
77	9-10 50 Free	78
79	8-UN 50 Free	80
81	OPEN - 400 I.M.	82

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

Minimum time standard 400 IM (Girls–6:28.59/Boys–6:20.09). Minimum time standard for the 500 Freestyle (Girls–8:30.49/Boys–8:22.79). Athletes in the 500 Freestyle must provide their own timers and lap counters and 400 IM must provide their own timers.

Pacific Swimming – Hosted by EA C/B/BB+ MEET February 24-25, 2018 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				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Athlete 's Address													
Home Phone							Cell Phone						
Email													