

LIVERMORE AQUACOWBOYS "14 & U Race to JO's"
PACIFIC SWIMMING SHORT COURSE B/A+
March 2, 2019 and March 3, 2019
Enter Online: <http://ome.swimconnection.com/PC/LAC20190302>



**Attention: No Friday night set-up of tents/pop-ups allowed. Gates to pool deck will open at 7:00 am.
No tent set-up on deck – Coaches canopies only.**

SANCTION: Held under USA/Pacific Swimming Sanction No. **19-033**

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. **The results of this meet may be posted in real time on the Internet at MeetMobile.**

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.

MEET PERSONNEL:

<i>Meet Referee: Markus Daene</i>	<i>Head Starter: David Kaplan</i>
<i>Meet Marshal: Nicola Lee</i>	<i>Admin Official: Lisa Kaplan</i>
<i>Meet Director: Steve Gomez (925) 980-4294</i>	

LOCATION: Dougherty Valley Aquatics Center, 10550 Albion RD San Ramon CA 94582

DIRECTIONS: From 680 go east on Bollinger Canyon Road to Albion Road, turn left on Albion Road, then turn left in the first driveway. From 580, take exit 45, Hopyard Rd, continue north to Dougherty rd, then continue straight onto Bollinger Canyon Rd. Turn onto Albion Rd, then turn left in the first driveway.

COURSE: Outdoor heated 25 yard pool with up to ten (10) lanes available for competition. An additional five (5) 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 a **maximum of 3** 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 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.**
- Athletes must provide their own timers and lap counters for the 500 free and 1650 Free.
- The 1650 Freestyle and 500 Freestyle events may be swam alternating girls and boys heats.

ATTENTION HIGH SCHOOL ATHLETES: If you are a California (CIF) High School Athlete in 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 for California or Nevada athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

UNACCOMPANIED ATHLETES: 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 athlete or the athlete's legal guardian to arrange for supervision by a USA-S 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-S Club Member-Coach.

RACING STARTS: Athletes 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 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 other designated areas is prohibited.
- 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.
- No photography is allowed behind the starting blocks.

ELIGIBILITY:

- Athletes 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 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 "A" Division must have met at least the listed "A" minimum time standard. Athletes in the "B" Division must have met at least the listed "B" minimum time standard.
- To compete in 10 & U events, athletes 8 and under must have met the 10 and under "B" minimum time standard.
- To compete in the 1650 and 500 free events, athletes must have met at least the 11/12 "B" minimum time standard for the 1650 and at least the 10 & U "B" minimum time standard for the 500.
- Entries with "No Time" will be rejected.
- Entry times submitted for this meet may 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.
- The athlete's age will be the age of the athlete on the first day of the meet

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.

ENTRY PRIORITY: Meet entries will not be accepted earlier than Saturday, January 26th, 2019. All entries from Pacific Zone 2 clubs will have priority over all other entries through February 5th, 11:59 pm.

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.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/LAC20190302> 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 February 20, 2019 at 11:59 pm.

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, Tuesday February 19th or hand delivered by 6:30 p.m. Wednesday, **February 20th, 2019.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Livermore Aquacowboys

Mail entries to: Bridget Holt
1069 Montclair Court
Livermore, Ca. 94550

Hand deliver entries to: Bridget Holt
1069 Montclair Court
Livermore, Ca. 94550

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 that they have checked in for shall not be penalized.

AWARDS: The first 8 places will be awarded for 10U, 11-12, 13-14, age groups in each division (B/A+) except for the open 1650 freestyle and 500 freestyle events where the first 8 places regardless of the age group will be awarded.

All athletes achieving an A time for the first time will be awarded a standard A medal, regardless of place achieved in the event. Note: Individual awards must be picked up at the meet. We will not mail or distribute awards after the meet.

ADMISSION: Free. A meet program will be available at a reasonable cost.

SNACK BAR & HOSPITALITY: Food Truck service 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 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.

Club athlete 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 Athletes over 100	+1

Saturday, March 2				Sunday, March 3			
13-14	11-12	10&Un	8&Un	13-14	11-12	10&Un	8&Un
200 Free	200 Free	200 Free**	25 Free	400 IM	400 IM	200 IM**	25 Fly
100 Breast	100 Breast	50 Breast**	25 Back	50 Free	50 Free	50 Free**	25 Breast
200 Back	50 Back	50 Back**	1650 Free*	200 Breast	50 Breast	100 Breast**	500 Free*
100 Fly	200 Back	50 Fly**		100 Back	200 Breast	100 Back**	
200 IM	100 Fly	100 Free**		200 Fly	100 Back	100 Fly**	
100 Free	200 IM	100 IM**		500 Free*	50 Fly	500 Free*	
1650 Free*	100 Free	1650 Free*			200 Fly		
	100 IM				500 Free*		
	1650 Free*						

SATURDAY, MARCH 2 ND , 2019		
Girls Event #	Event Description	Boys Event #
1	13-14 200 Free	2
3	11-12 200 Free	4
5	10&Un 200 Free	6
7	8&Un 25 Free	8
9	13-14 100 Breast	10
11	11-12 100 Breast	12
13	10&Un 50 Breast	14
15	11-12 50 Back	16
17	10&Un 50 Back	18
19	8&Un 25 Back	20
21	13-14 200 Back	22
23	11-12 200 Back	24
25	13-14 100 Fly	26
27	11-12 100 Fly	28
29	10&Un 50 Fly	30
31	13-14 200 IM	32
33	11-12 200 IM	34
35	13-14 100 Free	36
37	11-12 100 Free	38
39	10&Un 100 Free	40
41	11-12 100 IM	42
43	10&Un 100 IM	44
45	OPEN 1650 Free*	46

SUNDAY, MARCH 3 RD , 2019		
Girls Event #	Event Description	Boys Event #
47	13-14 400 IM	48
49	11-12 400 IM	50
51	10&Un 200 IM	52
53	8&Un 25 Fly	54
55	13-14 50 Free	56
57	11-12 50 Free	58
59	10&Un 50 Free	60
61	11-12 50 Breast	62
63	10&Un 100 Breast	64
65	8&Un 25 Breast	66
67	13-14 200 Breast	68
69	11-12 200 Breast	70
71	13-14 100 Back	72
73	11-12 100 Back	74
75	10&Un 100 Back	76
77	11-12 50 Fly	78
79	10&Un 100 Fly	80
81	13-14 200 Fly	82
83	11-12 200 Fly	84
85	OPEN 500 Free*	86

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

* Athletes must provide their own timers and lap counters for the 500 Free and 1650 Free and must have met at least the 11/12 "B" minimum time standard for the 1650 and at least the 10 & U "B" minimum time standard for the 500. Athletes seeking a 1000 yards split time need to provide three (3) stop watches and fill out the split form prior to their race.

** To compete in 10 & U events, athletes 8 and under must have met the 10 and under "B" minimum time standard.

Pacific Swimming – Hosted by Livermore Aquacowboys SCY B/A+ March 2 & 3, 2019 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				
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						: .			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													