

LIVERMORE AQUA COWBOYS  
CSA CONFERENCE SHORT COURSE MEET  
SATURDAY, NOVEMBER 15, 2014  
INVITED CLUBS: QSS, SEA, LAC



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **14-174**

*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.

**MEET PERSONNEL:**

<b>Meet Referee:</b> Jennifer McKennan	<b>Head Starter:</b> Dustin McKennan
<b>Meet Marshal:</b> Danny Siu	<b>Admin Official:</b> Cathy Gomes
<b>Meet Director:</b> Dezi Bailey – <a href="mailto:swimming@lvtc.com">swimming@lvtc.com</a>	

**LOCATION:** Livermore Valley Tennis Club, 2000 Arroyo Road, Livermore, CA 94550

**DIRECTIONS: From 580:** Take the South Vasco Rd. exit and continue South to East Avenue. Turn Right on East Avenue and continue to Loyola. Turn Right on Loyola. The pool will be on the left side, turn left at the 2<sup>nd</sup> driveway. **From 84:** Take 84 East/Vallecitos Road toward Livermore. Turn right onto Vallecitos Road, continue onto Holmes Street, Holmes turns into First Street. Continue on First Street. Turn right onto South Livermore Avenue and then a slight left onto East Avenue. Turn left on Loyola. The pool will be on the left side, turn left at the 2<sup>nd</sup> driveway.

**COURSE:** Outdoor, heated 25 yard pool with up to 6 lanes available for competition. An additional 20 yard, 6 lane pool 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 3'6" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4). The warm-up pool is 5'5" at the start end and 4' at the turn end.

**TIME:** Meet will begin at 9:00 AM each day with warm-ups from 7:30 to 8:30 AM each day. A special warm-up time for 8 and under swimmers only will be held from 8:30 to 8:50 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.
- Swimmers may compete in three (3) individual events per day. Swimmers may compete in one (1) relay per day.
- All swimmers ages 12 and under should complete competition within four (4) hours.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**
- Swimmers in events 500 yards or longer must provide their own lap counters.

**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 must be properly secured.
- 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.
- 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.
- No electric or propane heaters/containers or similar devices including gasoline powered generators, other than provided for meet operations, are allowed in any areas of the meet venue.
- Except for coaches' seating next to the pool no chairs, canopies, tents, or "camping" in the competition pool area.

**ELIGIBILITY:** • Meet is open to all qualified swimmers registered with LAC, QSS, or SEA. Swimmers who are unattached, but participating with LAC, QSS, or SEA are eligible to enter the meet.

- 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.
- Disabled swimmers from LAC, QSS, and SEA 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.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRY FEES:** \$30.00 per swimmer. One check must be made by the visiting team payable to **Livermore Aqua Cowboys**. Checks must be hand delivered to the Meet Director on the day of the meet.

**ENTRIES:** An SD3 file must be submitted by Tuesday, November 11<sup>th</sup>. Request a confirmation of receipt to ensure delivery of the e-mail and file. Entry files should be submitted to the Meet Director – [swimming@lvtc.com](mailto:swimming@lvtc.com)

**CHECK-IN:** The meet will be pre-seeded. There will be no check-in.

**SCRATCHES:** Any swimmers not reporting for or competing in an individual timed final event shall not be penalized.

**AWARDS:** None.

**ADMISSION:** Free. No programs will be available. Heat sheets may be available electronically and should be printed prior to arrival at the meet.

**SNACK BAR & HOSPITALITY:** A snack bar may be available. Light snacks and beverages will be served to deck officials, marshals, and coaches. Coaches and Officials will be served lunch.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. Each team is required to provide timers. Meet director will email timing lane assignments to each team prior to the meet.

## ORDER OF EVENTS

*Head Coaches from teams will determine the event line-up from the following event list by the Wednesday the week prior to the meet.*

Girls Event #	Age Group	Event	Boys Event #
1	OPEN	200/400 Medley/Free Relay	2
3	13-14	200/400 Medley/Free Relay	4
5	11-12	200/400 Medley/Free Relay	6
7	10 & Under	200 Medley/Free Relay	8
9	8 & Under	100 Medley/Free Relay	10
11	11 & Up	1000/1650 Freestyle	12
13	10 & Under	200 Freestyle	14
15	11 & Up	200 Freestyle	16
17	12 & Under	50 Freestyle	18
19	13 & Up	50 Freestyle	20
21	8 & Under	100 Individual Medley	22
23	12 & Under	100/200 Individual Medley	24
25	11 & Up	200/400 Individual Medley	26
27	8 & Under	25/50 Butterfly	28
29	12 & Under	50/100 Butterfly	30
31	11 & Up	100/200 Butterfly	32
33	8 & Under	25 Freestyle	34
35	12 & Under	100 Freestyle	36
37	13 & Up	100 Freestyle	38
39	8 & Under	25/50 Backstroke	40
41	12 & Under	50/100 Backstroke	42
43	11 & Up	100/200 Backstroke	44
45	9 & Up	500 Freestyle	46
47	8 & Under	25/50 Breaststroke	48
49	12 & Under	50/100 Breaststroke	50
51	11 & Up	100/200 Breaststroke	52