

**PACIFIC SWIMMING SHORT COURSE SENIOR CHAMPIONSHIP MEET
DECEMBER 9-10-11, 2011 - FRIDAY, SATURDAY, SUNDAY
HOSTED BY THE WALNUT CREEK AQUABEARS**



**PACIFIC
SWIMMING**

Enter this meet online at: <http://ome.swimconnection.com/pc/wcab20111209>

SANCTION: Held under USA Pacific Swimming Sanction No.: 11-132

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.

Use of Audio and Video: Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms

LOCATION: Lehmer's Pontiac/GMC Aquatic Center at Diablo Valley College, 321 Golf Club Road, Pleasant Hill, CA. From Interstate-680, take the Willow Pass Road exit and turn west onto Willow Pass Road. Turn right onto Contra Costa Boulevard. Turn left on Golf Club Road. Turn left at the first light into Diablo Valley College. Immediately turn left again. The Aquatics Center is south of the tennis courts. Parking costs \$3.00 per day on Friday until 5:00pm (bring quarters or credit card).

COURSE: Outdoor, heated 25 yard pool, up to 8 lanes all deep water. Non-turbulent lane lines. Colorado automatic timing system with touch pads will be used. Separate warm up area available. The minimum water depth, measured in accordance with Article 103.2.3, is 7' 6" at the start end and 7' 6" at the turn end. The competition pool has been certified in accordance with 104.2.2C(4). A copy of such certification is on file with USA Swimming.

TIME: Competition begins at 4:00 p.m. on Friday. Friday warm-ups are from 3:00 to 3:50 p.m. The Saturday and Sunday sessions begin at 9:00 a.m. each day, with warm ups from 7:30 a.m. to 8:50 a.m. Finals for Saturday and Sunday's events will begin at 4:00 p.m., with warm-ups from 3:00 to 3:50 p.m.

RULES: Current USA and Pacific Swimming rules will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk-of-Course. The 1000 Free, 1650 Free, 400 IM, and relays will be swum as timed finals. **Positive check-in required for all finals.** Trials and finals will be swum for all other events. A Championship Final, Consolation Final and Bonus Final will be swum in that order. **Swimmers may compete in a maximum of three (3) events per day.** Time trials may be offered with the concurrence of the Meet Referee and the Meet Director. All coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner.

SEEDING **All events will be swum fastest to slowest.** The 1650 Free will be swum alternating women and men. The fastest heat of the 1000 Free will be swum in finals in the event order on the day offered, **remaining heats of the 1000 Free will swim fastest to slowest at the end of the trials session.** Swimmers must provide timers and counters for the 500, 1000 and 1650 Free. Swimmers must provide their own timers for the 400IM

SECTIONAL TIME: This meet is the last chance to achieve a sectional cut for the Winter Sectional on Dec 16-20, 2011 held at Long Beach. Swimmers who want to use a time achieved at this meet for entry into the Winter Sectional meet must contact the Referee prior to the end of the meet.

RELAYS: Each team is limited to two (2) relay entries in each relay event. All relays will be swum in the Event order during the final sessions and will be swum fastest to slowest. Relay entries will be taken on deck. Relay entries will be due by 12:00 noon each day. \$16.00 per relay. Relay only swimmers must provide proof of USA Swimming registration.

TIME TRIALS: If offered - \$10.00 per event. Enter on deck. Open to swimmers already entered in the meet. Three (3) events limit per day does apply. Relay only swimmers may swim the time trials upon payment of the \$5.00 participation fee and the event entry fee.

OFFICIALS: **This is a National Officials Qualifying Meet.** Officials wishing to be evaluated must apply to the Meet referee in advance and must attend pre-session meetings. Send application to fish_ng@yahoo.com. Briefing will occur one hour before the start of Trials and Finals. Shorts are not permitted for Finals. For an N3 evaluation to be valid it must

be done over 4 sessions in the position. N2 evaluation must be done over 3 sessions in the position. Recertification evaluations must each be done over two sessions, however, the official must work at least 4 sessions at the meet for the recertification evaluation(s) to be valid.

RESTRICTIONS: No deck changing at Lehmer's Pontiac/GMC Aquatic Center. Sale and use of alcoholic beverages and smoking and the use of other tobacco products is prohibited at Diablo Valley College. All shelters must be properly secured. No glass containers are allowed in all areas of the meet venue which includes at least the pool deck and the locker room area. No propane heater is permitted except for snack bar/meet operations.

ELIGIBILITY: Swimmers 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. The meet host must 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 of \$60). Duplicate registrations will be refunded by mail. **Meet is open to all qualified swimmers, who have met the 'Pacific Swimming Senior II T&F' time standards. Swimmers will be allowed two (2) bonus events.** To enter a bonus event please enter a short course time SLOWER than the 'Pacific Senior' standard for that event. You will be placed in the proper session to swim that event by the computer operator. 'No Time' entries will not 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. **ENTRY TIMES MUST HAVE BEEN ACHIEVED PRIOR TO November 28, 2011.**

CHECK-IN: The meet will be deck seeded per USA-Swimming rule 207.12.11.B(2). Swimmers must check-in at the Clerk-of-Course. Close of check-in for all 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 start of the meet. Swimmers who do not check-in prior to the close will not be allowed to compete in the event. Check-in for the 1000 Free will close at the announced time.

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 Swimming 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 USAS Club Member-Coach. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

SCRATCHES: Swimmers entered in an individual event in a Trials and Finals meet that is seeded on the deck and who have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim an event will result in being barred from rest of his/her events that day including relays. If the swimmer qualified for a final before missing an event they may swim that final. **Any swimmer who checks in for a final event and fails to compete in that final will be subject to disqualification from the remainder of the meet or a \$25.00 fine if that is their last event of the meet.**

OFFICIALS:

Meet Referee: Phil Harter	Meet Director: Betsy Messman, 925- 256-7928 aquabears@gmail.com
Head Starter: Steve Kumpan	Head Marshal: Rick Millington

ENTRIES: **Option 1: Online Meet Entries** - Enter at: <http://ome.swimconnection.com/pc/wcab20111209> to receive immediate confirmation of acceptance via email (the same web site can be used to check for session open or closed status). The "billing information" email should be brought to the meet as proof of entry. Online entry requires payment by credit card using Swim Connection's secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Online entries must be entered through the online entry system no later than midnight **Wednesday, November 30, 2011**. Use of this system is completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming.

Option 2: Traditional Postal System Mailed Entries - All entries must be on attached Consolidated Entry Card. Entries must be postmarked by midnight, **Monday, November 28, 2011** or hand delivered no later than 8:00 PM on **Wednesday, November 30, 2011**. No late entries will be accepted. No refunds will be made, except for mandatory scratches. Entry forms must be completely filled out, including best conforming short course yard time, or non conforming long course meter time for each event. All entries shall be noted by (SCY) or (LCM) to the right of the entry time (SCY - short course yards; LCM - long course meters). Bonus events: enter a short course time SLOWER than the Senior Standard for that event. **DO NOT CONVERT TIMES USING ANY CONVERSION FORMULAS.**

ENTRY FEES: \$5.50 per event entered and \$5.00 participation fee per swimmer. If mailing entries, make checks payable to **Walnut Creek Aquabears** and mail with paper entry form to 1374 Lupine Court, Concord, CA, 94521. Relay only swimmers will not be charged the participation fee.

ADMISSION: Free. A three (3) day program will be available for a reasonable cost.

HOSPITALITY: Coaches and working officials will be offered dinner on Friday, lunch and dinner on Saturday and Sunday as well as beverages and snacks throughout the meet. Timers will be offered snacks and beverages throughout the meet.

SNACK BAR: There will be a snack bar available.

Friday, December 9th

Women			Stroke & Distance	Men		
Event #	Senior II SCY Standard	Senior II LCM Standard		Event #	Senior II SCY Standard	Senior II LCM Standard
1	5:14.99	5:54.49	400 I.M. ¹	2	4:59.99	5:42.99
3	19:35.99	20:05.99	1650 Free ²	4	18:59.99	19:29.99

¹ 400 I.M. will be seeded fastest to slowest, alternating women and men. Swimmers must provide their own timers. 400 I.M. shall not be a bonus event.

² 1650 Free will be seeded fastest to slowest, alternating women and men. Swimmers must provide their own timers and lap counters. 1650 Free shall not be a bonus event.

Saturday, December 10th

Women			Stroke & Distance	Men		
Event #	Senior II SCY Standard	Senior II LCM Standard		Event #	Senior II SCY Standard	Senior II LCM Standard
5	11:49.99	10:35.09	1000 Free ³			
7			200 M.R. ⁴	8		
9	2:09.79	2:26.79	200 Free	10	2:01.79	2:17.99
11	2:28.99	2:46.89	200 I.M.	12	2:20.19	2:38.29
13	1:07.59	1:16.39	100 Fly	14	1:03.59	1:11.99
15	2:28.09	2:46.99	200 Back	16	2:26.69	2:45.39
17	27.69	31.49	50 Free	18	25.89	29.49
19	2:51.19	3:12.39	200 Breast	20	2:41.69	3:01.89
21	---	---	400 F.R. ⁵	22	---	---

³ The fastest heat of the 1000 Free will swim in finals, in the event order listed. The remaining heats will swim fastest to slowest, alternating women and men, at the conclusion of the prelims session. Swimmers must provide their own timers and lap counters. 1000 Free shall not be a bonus event.

⁴ 200 Medley Relay will swim in finals only.

⁵ 400 Free Relay will swim in finals only.

Sunday, December 11th

Women			Stroke & Distance	Men		
Event #	Senior II SCY Standard	Senior II LCM Standard		Event #	Senior II SCY Standard	Senior II LCM Standard
			1000 Free ³	24	10:59.99	9:57.99
25	---	---	400 M.R. ⁶	26	---	---
27	2:32.29	2:51.59	200 Fly	28	2:24.89	2:43.39
29	59.79	1:07.79	100 Free	30	55.79	1:03.39
31	1:18.69	1:28.59	100 Breast	32	1:13.49	1:22.89
33	1:09.29	1:18.29	100 Back	34	1:07.19	1:15.99
35	5:42.29	5:09.29	500 Free ⁷	36	5:27.59	4:56.29
37	---	---	200 F.R. ⁸	38	---	---

⁶ 400 Medley Relay will swim in finals only.

⁷ Swimmers must provide their own timers and lap counters.

⁸ 200 Free Relay will swim in finals only.

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Name:

_____, _____, _____
Last First M.I.

Club Abbr.	If UN, Club Abbr.	Club Name	
Age	Date of Birth	Gender	Amount Paid

USA-Swimming Registration Number

M | M | D | D | Y | Y | F | F | F | M | L | L | L | L

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 \$5.50 = \$ _____

Participation Fee = \$5.00

Total = \$ _____

Coach:

Swimmer's Phone:

Swimmer's Email:

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USA-Swimming Registration Number

M | M | D | D | Y | Y | F | F | F | M | L | L | L | L

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

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RELAY ENTRY FORM

Team: _____ LSC: _____ Club Code: _____

Club Contact: _____ Phone: _____

Email: _____

EVENT #	DESCRIPTION	'A' TEAM ENTRY TIME	'B' TEAM ENTRY TIME
7	Women's 200 Medley Relay	_____	_____
8	Men's 200 Medley Relay	_____	_____
21	Women's 400 Free Relay	_____	_____
22	Men's 400 Free Relay	_____	_____
25	Women's 400 Medley Relay	_____	_____
26	Men's 400 Medley Relay	_____	_____
37	Women's 200 Free Relay	_____	_____
38	Men's 200 Free Relay	_____	_____

of Relays _____ x \$16.00 = _____
(make check payable to Walnut Creek Aquabears)