

Pacific Swimming Short Course Senior Meet
October 17 and 18, 2009
Hosted by: Walnut Creek Aquabears



Enter this meet online at: <http://ome.swimconnection.com/pc/wcab20091017>

SANCTION: Held under USA/ Pacific Swimming Sanction #: 1319

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 Aquatic Center is south of the tennis courts

COURSE: Up to eight lanes all deep water. Separate warm up area available. Electronic timing, with pads, will be used.

TIME: Competition begins at 9:00 a.m. each day, with check in and warm ups from 7:30 a.m. to 8:50 a.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. All events are timed finals. **Swimmers may compete up to five events per day including bonus events (see ELIGIBILITY for rules on bonus events).** All coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner. 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.

RESTRICTIONS: No deck changing at Lehmer's Pontiac/GMC Aquatic Center. No alcoholic beverages and tobacco products are allowed at Diablo Valley College. All shelters must be properly secured. No glass containers are allowed in the meet venue. No propane heater is permitted except for snack bar/meet operations

ELIGIBILITY: 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. All swimmer registrations will be checked against the SWIMS database and if found to be not registered, the Meet Director shall accept registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail. **Meet is open to all qualified swimmers, who have met the 'Pacific Senior' time standards. Swimmers will be allowed two (2) bonus events for the meet.** To enter a bonus event please enter a short course time SLOWER than the 'Pacific Senior' standard for that event. '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. The swimmer must enter their actual time for the bonus event(s) and circle the time on the entry form to indicate that it is a bonus event. Swimmers with a qualifying time in the 1650 yd or 1000 yd freestyle may be entered in both events. In each case the non-qualifying events should be entered with the actual achieved time. A swimmer who qualifies for **Senior** times or better in a specific stroke and distance (e.g. LCM) will be considered qualified in the same stroke and distance in all courses (SCY/SCM). **No time conversion will be accepted. ENTRY TIMES MUST HAVE BEEN MADE PRIOR TO OCTOBER 5, 2009.** Disabled swimmers 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.

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Close of check-in for all events shall be no more than 30 minutes before the estimated time of the start of the first heat of the event. Swimmers who do not check-in will not be allowed to compete in the event.

SCRATCHES: Any swimmer who has checked in for an individual event and fails to swim that event will be scratched from the meet unless the swimmer returns to the clerk of the course and repeats the check-in process for all remaining events. Failure to swim an event after re-check-in will result in being barred from the next individual event in which a swimmer is entered on that day or the next meet day, whichever is first. The penalty will not apply if the swimmer scratches the event before it is seeded, or if the Referee accepts proof that the failure was caused by illness, injury or other circumstances beyond the control of the swimmer.

OFFICIALS:

Head Referee: Larry Rice Head Meet Marshal: Betsy Messman
Head Starter: Harrison Race Meet Director: Leo Lin, Aquabears@gmail.com, 925-933-2708

ENTRIES:

Option 1 – Online Meet Entries:

(The deadline for all online meet entries is Wednesday, October 7, 2009)

Using your browser, go to: <http://ome.swimconnection.com/pc/wcab20091017>

Follow entry instructions:

- a. Enter all swimmers
- b. Make online credit card payment for meet entries at the secure site
- c. You will receive confirmation of acceptance into the meet at time of payment. This confirmation should be brought to the meet as proof of entry. Note: Entering the meet online is completely voluntary and is in no way required or expected in order to enter the meet. Swim Connection LLC charges a processing fee for this service of \$1.00 per swimmer plus 5% of the Entry Fees. 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 the attached forms.

Option 2 – Surface Mail Entries: Individual Consolidated Entry Cards must be completely filled out, including best short course time, or long course time for each event. If your qualifying time is in yards enter the yard time and put a Y after the time. If the qualifying time is in Short Course meters enter that time with an S after it. If the qualifying time is in long course meters then enter that time with an L after it. 'No time' entries will not be accepted. **Entries must be postmarked by midnight Monday, October 5, 2009, or hand delivered by 5:00 p.m. on Wednesday, October 7, 2009 to 1374 Lupine Court, Concord, CA 94521.** No late entries will be accepted. No refunds will be made. Enclose an addressed stamped postcard if you wish to confirm entry.

ENTRY FEES: \$5.50 per individual event, plus a \$5.00 per swimmer participation fee. A check for the total amount must accompany each entry. Checks should be made payable to the Walnut Creek Aquabears. There will be no refunds. Entries will not be accepted unless accompanied with the full fee amount.

ADMISSION: Free. A meet program will be available for a reasonable price.

HOSPITALITY/SNACK BAR: There will be officials and coaches lunches available each day, as well as refreshments throughout the meet. A full snack bar will be in operation each day of the meet.

AWARDS: None

Saturday, October 17th

Women			Stroke & Distance	Men		
Event #	SCY Standard	LCM Standard		Event #	SCY Standard	LCM Standard
1	5:26.99	4:55.79	500 yd/ 400 m Free	2	5:07.99	4:37.99
3	2:22.19	2:40.49	200 Back	4	2:14.19	2:31.59
5	**see note below		50 Back	6	**see note below	
7	1:15.99	1:25.79	100 Breast	8	1:08.49	1:17.29
9	2:20.79	2:38.89	200 Fly	10	2:08.69	2:25.49
11	**see note below		50 Fly	12	**see note below	
13	58.19	1:05.99	100 Free	14	52.89	1:00.19
15	2:22.49	2:40.69	200 IM	16	2:10.49	2:27.49
17	11:18.39	10:12.99	1000 yd/ 800 m Free	18	10:33.89	9:33.79

Sunday, October 18th

Women			Stroke & Distance	Men		
Event #	SCY Standard	LCM Standard		Event #	SCY Standard	LCM Standard
19	5:01.99	5:40.99	400 I.M.	20	4:39.09	5:14.99
21	2:03.99	2:20.39	200 Free	22	1:54.09	2:09.49
23	1:03.99	1:12.39	100 Fly	24	58.09	1:05.89
25	26.59	30.19	50 Free	26	23.99	27.29
27	2:42.39	3:02.99	200 Breast	28	2:29.49	2:52.39
29	**see note below		50 Breast	30	**see note below	
31	1:06.99	1:15.69	100 Back	32	1:01.69	1:09.79
33	19:13.99	19:49.99	1650 yd/ 1500 m Free	34	18:29.99	18:59.99

** Enter your 100 yard or meter time for 50 yard stroke in which you wish to swim.

Please note that the 1000 and 1650 Freestyle events will be swum fastest to slowest, alternating women and men. Swimmers must provide their lap counters and timers.

