

**ORINDA AQUATICS LAST CHANCE A+**  
**Zone 2 Short Course – Minimum Pacific Swimming A+ Time Standard**  
**Saturday and Sunday, Nov. 14&15, 2009**

Enter online at: <http://swimconnection.com/pc/meet/oapb20091114>

USA Pacific Swimming Sanction No.: **1579**

**No Friday Night Set-up will be Allowed**

**LOCATION:** Soda Aquatic Center at Campolindo High School, 300 Moraga Road, Moraga, California.  
Highway 24 West-take Central Lafayette Exit, turn right on Deer Hill Rd, right on First St, right on Mount Diablo Blvd, left on Moraga Rd, and right on Campolindo Dr.  
Highway 24 East-take Orinda Exit, turn right on Moraga Way, left on Glorietta Blvd, right on Rheem Blvd, left on Moraga Rd, left on Campolindo Dr. Pool is located behind high school. Parking lot located on left.  
**Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed.**

**COURSE:** Outdoor 25-yard competition pool with up to 16-lanes. A separate warm-up pool will be available. This pool meets USA Swimming's required water depth range of 3 feet 3 1/2 inches (1.0 meter) to 16 feet 6 inches (5.0 meters) from both end walls.

**TIME:** Meet begins at 9:00 AM each day. General warm-up is from 7:30 to 8:45 AM. A special 8-under only warm-up will be available from 8:45-8:55.

**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 the Course. All events are timed finals. Swimmers can compete in a maximum of **Four (4) events** per day. **Entries will be accepted until the number of splashes exceeds the estimated timeline, per the four-hour rule, based on the swimmer's age and gender.** If local conditions warrant it, the Meet Referee, with concurrence of the Meet Director may require a mandatory scratch down. Immediate cash refunds will be made for mandatory scratches. **All coaches must show current certifications to the Meet Referee. Coaches with expired certifications will not be allowed on deck.**

**SPECIAL RULES:** Swimmers entering the 400y IM, 500y Freestyle events must provide their own timers. **The 400y IM & 500y Freestyle events will run heats fastest to slowest based on seeded time.**

**RESTRICTIONS:** Smoking and the use of other tobacco products and the sale and/or use of alcoholic beverages is prohibited on Campolindo High School grounds. Glass containers and/or propane are not allowed in all areas of the meet venue. No food or drinks allowed in the locker rooms.

**ELIGIBILITY:** Swimmers must be current members of USA-S and enter their name and registration number on the meet entry card as shown on their Registration Card. If this is not done, it may be difficult to match the swimmer with the registration and times database. All swimmer registrations will be checked 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. Swimmers 19 years of age and older may enter the meet provided they meet the minimum "PC-A" time standards for the 17-18 age group; such swimmers will not receive awards. 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.

**ENTRY TIMES:** Meet is open to all qualified swimmers. Entry forms must be completely filled out. **Swimmers must have met the minimum Pacific Swimming "A" time standard for their age group. Bonus Events: On each day a swimmer has a Pacific "A" time, they may enter 1 bonus event on that same day, provided they meet the minimum Pacific "B" bonus time for their age group.** Entry forms must be completely filled out including best **SHORT COURSE YARDS** time for each event. Time Conversions from long course meters will no longer be required or allowed. Pacific Swimming Rules and Regulations specify that when you have achieved a specific class level (for example, "A") in an event in one course, you are considered to be qualified at the same level in all courses. Accordingly you must always enter a time which maintains the class for which you qualified in an 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.

**CHECK IN:** The meet will be deck seeded. Swimmers must check-in at the Clerk-of-the-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 that 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.

### **ENTRIES: TWO OPTIONS FOR MEET ENTRY**

**Entry Priority:** Zone 2 entries postmarked or entered online by 11:59 pm, Monday, October 26<sup>th</sup> will be given 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 are received.

**Online Meet Entries:** Deadline by midnight, **Wednesday, November 4, 2009**. Enter online at: <http://swimconnection.com/pc/meet/oapb20091114> to receive immediate confirmation of acceptance via email. **The “billing information” email should be brought to the meet as proof of entry.** Online entry requires payment by credit card using the secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fee. Please note that the process is a separate fee from the entry fee. Online meet entry fees are paid to Swim Connection LLC. Use of this system is completely voluntary. Online Meet Entry is not required or expected by Pacific Swimming. **“No Time” entries will not be accepted.**

**Surface Mail Entries:** Entry forms must be completely filled out including best **short course YARD time** for each event. See Entry Times rules. **“No Time” entries will not be accepted.** Entries **must** be postmarked by midnight, **Monday, November 2, 2009** or hand delivered to the address below, **no later than 5:00 PM, Wednesday, Nov. 4, 2009.** Late entries will not be accepted. No Refunds will be made. No Faxed Entries. To confirm entry into the meet, include a self-addressed, stamped envelop or postcard with your entries.

**There will be no refunds for entries slower than the minimum standard.**

**ENTRY FEES:** \$2.75 per event, plus \$5.00 per swimmer participation fee to cover meet expenses. Make checks payable to: **Orinda Aquatics** and mail with consolidated entry form to:

**Orinda Aquatics – Meet Entries  
1454 Allman Street  
Oakland, CA 94602**

**AWARDS:** Awards will be given to top 8 finishers in each age group for the following age groups: 8&under, 9-10,11-12, 13-14 and 15-18 age groups. Swimmers 19 years of age and older will not receive awards. Awards must be picked up before the end of the meet. **Awards will not be mailed.**

**HOSPITALITY:** Lunches and refreshments will be provided for officials and coaches only. Timers will be served snacks and drinks. A snack bar will be available.

**ADMISSION:** Admission is free. A two-day program will be available for a reasonable cost.

**OFFICIALS:**

Head Referee: Frank Kennedy	Head Starter: Steve Kumpan
Meet Director: Cynthia Funai/Liz Jones	Head Marshal: Audrey Tormey
Email: <a href="mailto:cccfunai@comcast.net">cccfunai@comcast.net</a>	

<b>SATURDAY EVENT RECAP</b>				
<b>8&amp;Under</b>	<b>9-10</b>	<b>11-12</b>	<b>13-14</b>	<b>15-18</b>
25 Free	200 Free	200 Free	200 Free	200 Free
50 Back	100 Breast	100 Breast	100 Breast	100 Breast
25 Back	50 Back	50 Back	200 Back	200 Back
100 Free	100 Fly	200 Back	100 Fly	100 Fly
100 IM	100 Free	100 Fly	100 Free	100 Free
	100 IM	100 Free	400 IM	400 IM
		100 IM		
		400 IM		

<b>SUNDAY EVENT RECAP</b>				
<b>8&amp;Under</b>	<b>9-10</b>	<b>11-12</b>	<b>13-14</b>	<b>15-18</b>
50 Breast	200 IM	200 IM	200 IM	200 IM
25 Breast	50 Breast	50 Breast	200 Breast	200 Breast
50 Fly	50 Fly	200 Breast	200 Fly	200 Fly
25 Fly	50 Free	50 Fly	50 Free	50 Free
50 Free	100 Back	200 Fly	100 Back	100 Back
	500 Free	50 Free	500 Free	500 Free
		100 Back		
		500 Free		

### Meet Fee Summary

# of Events	Cost	# of Events	Cost
1	\$7.75	6	\$21.50
2	\$10.50	7	\$24.25
3	\$13.25	8	\$27.00
4	\$16.00	9	\$29.75
5	\$18.75	10	\$32.50
<b>Totals include the \$5 Participation Fee</b>			

## SATURDAY EVENT LIST & QUALIFYING STANDARDS

Girls Event #	Bonus "PC-B" time	Min. "PC-A" time		Min. "PC-A" time	Bonus "PC-B" time	Boys Event #
<b>12&amp;under 200 Freestyle</b>						
<b>1</b>	3:17.29 2:52.39	2:59.09 2:36.49	9-10 11-12	2:57.89 2:37.49	3:15.89 2:53.59	<b>2</b>
<b>13&amp;over 200 Freestyle</b>						
<b>3</b>	2:42.59 2:42.59 2:47.59	2:27.59 2:27.59 2:32.09	13-14 15-16 17-18	2:20.39 2:14.29 2:14.29	2:34.59 2:27.99 2:27.99	<b>4</b>
<b>8&amp;under 25 Freestyle</b>						
<b>5</b>	23.49	19.49	8 & under	18.39	23.49	<b>6</b>
<b>12&amp;under 100 Breaststroke</b>						
<b>7</b>	1:57.29 1:43.39	1:46.49 1:33.89	9-10 11-12	1:47.69 1:33.19	1:58.59 1:42.59	<b>8</b>
<b>13&amp;over 100 Breaststroke</b>						
<b>9</b>	1:37.19 1:38.69 1:43.99	1:28.19 1:29.49 1:34.39	13-14 15-16 17-18	1:23.49 1:19.79 1:21.09	1:31.99 1:27.99 1:29.29	<b>10</b>
<b>12&amp;Under 50 Backstroke</b>						
<b>11</b>	59.99 47.99 42.69	51.59 43.49 38.69	8&under 9-10 11-12	50.49 43.49 38.69	59.99 47.99 42.69	<b>12</b>
<b>11&amp; over 200 Backstroke</b>						
<b>13</b>	3:18.59 3:06.39 3:07.99 3:22.59	3:00.29 2:49.09 2:50.59 3:03.89	11-12 13-14 15-16 17-18	2:54.19 2:43.39 2:37.29 2:46.49	3:11.99 2:59.99 2:53.29 3:03.39	<b>14</b>
<b>8&amp;under 25 Backstroke</b>						
<b>15</b>	27.99	23.19	8 & under	22.69	27.99	<b>16</b>
<b>12&amp;under 100 Butterfly</b>						
<b>17</b>	1:45.29 1:31.19	1:35.59 1:22.69	9-10 11-12	1:37.99 1:22.89	1:47.99 1:31.29	<b>18</b>
<b>13&amp;over 100 Butterfly</b>						
<b>19</b>	1:25.69 1:23.59 1:25.29	1:17.79 1:15.89 1:17.39	13-14 15-16 17-18	1:13.19 1:08.19 1:08.89	1:20.69 1:15.19 1:15.99	<b>20</b>
<b>12&amp;under 100 Freestyle</b>						
<b>21</b>	1:54.59 1:29.29 1:18.89	1:35.29 1:21.09 1:11.59	8&under 9-10 11-12	1:28.99 1:21.09 1:10.79	1:51.59 1:29.29 1:17.99	<b>22</b>
<b>13&amp;over 100 Freestyle</b>						
<b>23</b>	1:15.89 1:15.29 1:16.29	1:08.79 1:08.39 1:09.19	13-14 15-16 17-18	1:04.29 1:01.59 1:00.79	1:10.79 1:07.89 1:07.09	<b>24</b>
<b>12&amp;under 100 IM</b>						
<b>25</b>	2:09.99 1:42.59 1:31.29	1:49.29 1:33.19 1:22.89	8&under 9-10 11-12	1:45.09 1:33.19 1:21.19	2:09.99 1:42.59 1:29.49	<b>26</b>
<b>11&amp;over 400 IM</b>						
<b>27</b>	7:01.09 6:37.49 6:34.59 6:57.19	6:22.19 6:00.79 5:58.19 6:18.69	11-12 13-14 15-16 17-18	6:22.19 5:47.29 5:37.59 5:43.69	7:01.09 6:22.59 6:11.89 6:18.59	<b>28</b>

## SUNDAY EVENTS & QUALIFYING STANDARDS

Girls Event #	Bonus PC- B" time	Min. "PC- A" time		Min. "PC- A" time	Bonus "PC- B" time	Boys Event #
<b>12&amp;under 200 IM</b>						
<b>29</b>	3:42.59 3:17.29	3:22.09 2:59.09	9-10 11-12	3:23.59 2:59.09	3:44.39 3:17.29	<b>30</b>
<b>13&amp;over 200 IM</b>						
<b>31</b>	3:05.39 3:03.99 3:11.29	2:48.29 2:46.99 2:53.59	13-14 15-16 17-18	2:39.69 2:33.19 2:33.69	2:55.99 2:48.79 2:49.29	<b>32</b>
<b>12 &amp; Under 50 Breaststroke</b>						
<b>33</b>	1:04.99 54.09 47.99	55.29 49.09 43.59	8&under 9-10 11-12	54.79 49.09 42.29	1:04.99 54.09 46.69	<b>34</b>
<b>8&amp;under 25 Breaststroke</b>						
<b>35</b>	29.99	24.79	8 & under	24.29	27.99	<b>36</b>
<b>11 &amp; Over 200 Breaststroke</b>						
<b>37</b>	3:43.79 3:33.19 3:31.99 3:42.59	3:23.19 3:13.49 3:12.39 3:22.09	11-12 13-14 15-16 17-18	3:15.69 3:04.09 2:57.89 3:01.49	3:35.59 3:22.79 3:15.99 3:19.99	<b>38</b>
<b>12 &amp; Under 50 Butterfly</b>						
<b>39</b>	59.99 45.99 40.39	52.59 41.69 36.69	8&under 9-10 11-12	52.09 41.19 36.29	59.99 45.49 39.99	<b>40</b>
<b>8&amp;under 25 Butterfly</b>						
<b>41</b>	26.99	21.59	8 & under	20.49	26.99	<b>42</b>
<b>11 &amp; Over 200 Butterfly</b>						
<b>43</b>	3:21.29 3:11.29 3:08.59 3:18.59	3:02.69 2:53.59 2:51.19 3:00.29	11-12 13-14 15-16 17-18	3:01.49 2:46.99 2:38.49 2:42.19	3:19.99 3:03.99 2:54.59 2:58.59	<b>44</b>
<b>10&amp;under 50 Freestyle</b>						
<b>45</b>	51.99 40.29	42.99 36.49	8&under 9-10	40.89 36.59	51.99 40.39	<b>46</b>
<b>11-12 50 Freestyle</b>						
<b>47</b>	36.29	32.89	11-12	32.69	35.99	<b>48</b>
<b>13&amp;over 50 Freestyle</b>						
<b>49</b>	35.09 34.69 35.59	31.79 31.39 32.29	13-14 15-16 17-18	29.79 28.09 28.09	32.79 30.99 30.99	<b>50</b>
<b>12&amp;under 100 Backstroke</b>						
<b>51</b>	1:42.59 1:31.99	1:33.19 1:23.49	9-10 11-12	1:35.59 1:23.49	1:45.29 1:31.99	<b>52</b>
<b>13&amp;over 100 Backstroke</b>						
<b>53</b>	1:26.69 1:27.99 1:32.09	1:18.59 1:19.79 1:23.59	13-14 15-16 17-18	1:14.99 1:12.59 1:13.09	1:22.69 1:19.99 1:20.49	<b>54</b>
<b>9 &amp; Over 500 Freestyle</b>						
<b>55</b>	8:27.69 7:42.69 7:14.59 7:09.19 7:26.59	7:40.99 6:59.99 6:34.49 6:29.59 6:45.39	9-10 11-12 13-14 15-16 17-18	7:28.79 6:59.39 6:17.49 6:10.49 6:10.49	8:14.39 7:41.99 6:55.89 6:48.19 6:48.19	<b>56</b>

<b>Orinda Aquatics Last Chance Short Course Meet</b> <b>Minimum "PC-A" +</b> <b>November 14&amp;15, 2009</b> <b>Consolidated Entry Card</b>											
NAME (Last, First, MI):											
LSC Code (PC, CC, SN):											
CLUB ABBR:			IF UNATT Team Abbrev:			CLUB NAME:					
AGE			DATE OF BIRTH			AMOUNT PAID \$					
USA-S REG #											
SEX Boy      Girl						Age Group:					
EVENT #	DISTANCE/STROKE					ENTRY TIME (SCY)					
						: .					
						: .					
						: .					
						: .					
						: .					
						: .					
						: .					
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# of events _____ x \$ 2.75 = _____ Participation Fee =    + \$ 5.00 Total Amount Due _____											
Coach:											
Swimmer's Address											
Contact Phone #											
Contact Email:											

**Circle bonus (minimum Pacific "B" time) events**