



Pacific Swimming 14-Under
Junior Olympics Championship
Hosted by the Pleasanton Seahawks
Friday ~ Sunday, December 4 ~ 6, 2009
USMC and LPPD Toys for Tots Collection Spot



PACIFIC
SWIMMING

ENTER ONLINE AT: <https://ome.swimconnection.com/ome/meets/93>

REVISED 10-19-09 – Text related to the All-Star meet has been amended. 10-22-09 – Relay only swimmers form added to meetsheet.

SANCTION: Held under USA-S / Pacific Swimming Sanction # 1599

LOCATION: Dolores Bengtson Aquatic Center, 4455 Black Ave. Pleasanton.

From I-580 take Santa Rita exit south about two miles to Black Ave. Turn right on Black Ave. Pool is on the right.

From I-680 take Bernal exit east to Valley Ave, go left on Valley Ave about two miles to Santa Rita Rd., turn right on Santa Rita about ½ mile to Black Ave, turn right on Black Ave. Pool is on the right.

PARKING: Carpooling is suggested. Some reserved parking for Officials only will be available in the front parking lot. Please be prepared to show your valid USA Swimming credentials. Limited general parking is available in the lot behind the pool. Limited parking is available on adjacent streets. On Saturday and Sunday ONLY additional parking will be available at the Alisal Elementary School and the Amador High School parking lots on Santa Rita Road and at the Gingerbread Preschool parking lot on Black Ave.

NO OVERNIGHT OR RV PARKING IS PERMITTED. Please note signs and avoid parking in restricted areas. PARKING AT THE CHURCH, PAC BELL, AND POST OFFICE PARKING LOTS ACROSS THE STREET, OR IN ANY LOT POSTED AS NO UNAUTHORIZED PARKING WILL RESULT IN CITATIONS AND POSSIBLE TOWING.

IMPORTANT INFO REGARDING SATURDAY FINALS: Due to the Pleasanton City "Holiday Parade" on Saturday evening, the intersection of Black Ave and Santa Rita Rd may be blocked / closed as of 5 pm for the remainder of the evening. After finals you will need to turn right to exit the pool parking lot onto Black Avenue towards the west (away from Santa Rita Rd). Barricades and signs will be posted to guide you. Black Avenue will lead you to Hopyard Rd, where a right turn will take you to the host hotels or to Interstate 580.

COURSE: Outdoor, heated pool – 50 meters by 25 yards; up to 10 lanes available for competition; separate warm up lanes. Finals will swim in 8 lanes. Locker rooms with showers are available. Electronic timing system will be used.

TIME: Meet begins each day at 9:00 am. Warm ups will be from 7:30 - 8:45 am each day. Finals will begin no sooner than one hour after completion of the last preliminary event. The exact time will be determined by the referee and announced as early as possible each day.

TOYS FOR TOTS: For the 2nd year, the Pleasanton Seahawks will be helping the Livermore-Pleasanton Fire Department (LPPD) and the United States Marine Corps (USMC) Toys for Tots Program by collecting new, unwrapped toys at this meet. You are encouraged to donate new toys and drop them off at the collection station near check-in. The LPPD will distribute those toys as Christmas gifts to needy children in our community. *Donate a new toy and receive discount coupons redeemable at participating meet vendors.*

RULES: Current USA Swimming (USA-S) 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 desk. Swimmers may swim in THREE (3) events per day plus relays. Relays and 11-12 / 13-14 age group 1000 yards (y) and 1650 yards (y) Freestyle will be timed finals (see Special Rules below). All other events are trials and Championship and Consolation finals. All coaches and deck officials must wear their USA-S membership cards in a visible manner.

SPECIAL RULES: All HEATS of the 11-12 & 13-14 age group 1000y and 1650y Freestyle events will swim together fastest to slowest alternating girls and boys at the conclusion of trials on the day the event is scheduled. Swimmers must provide their own timers and lap counters for 1000y and 1650y Freestyle races.

Pacific Swimming 14-Under Junior Olympics Championship

RESTRICTIONS:

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or 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 pets or animals allowed in venue except for guide dogs.
- Glass bottles / containers are prohibited in all areas of the meet venue (except for snack bar use).
- No propane heaters / containers or similar devices including gasoline powered generators, other than provided for the snack bar / athlete warming tents / 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. All swimmer and spectator chairs, canopies, tents, or other set-ups must be outside the competition pool gates and on the lawn only. **Host team will provide canopies, chairs and tables along the pool edge for all coaches to share.** Meet management may impose restrictions on the number of coaches that each team may seat at the pool edge based on space availability and / or ratio to the number of swimmers entered by that team. Additional coach seating will be made available directly behind the pool edge seats.
- All cement walkways and pads are to be left open for emergency vehicle access and/or traffic flow.

ATHLETE WARMING TENTS: Heated tents are provided so that swimmers have a warm environment during the meet. Space is limited. No large chairs or large coolers are allowed in the tents. **Meet management may restrict access and use of the tents at any time to swimmers only.** The tents will be on asphalt. You may place plastic tarps and or blankets / sleeping bags on the ground for insulation.

ELIGIBILITY: The meet is open only to swimmers 14 years and younger who are registered in the Pacific Swimming LSC and have achieved the Junior Olympic Pacific Swimming time standard in each event entered as listed in the 2009 Swim Guide. Swimmers must be current members of USA-S and must enter their name and registration number on the meet entry card, or online, 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. The meet host must check all swimmer registration 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. Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on the entry times and seeding per Pacific Swimming policy.

RELAYS: All relay entries must be submitted by the entry deadline with the entry time listed. Relay entries will not be accepted without an entry time – see qualifying times section. Relays must check in by 12:00 noon each day. Teams not checked in will not be seeded and will not be allowed to compete in the event. Each swimmer's complete name and actual age must be entered on the card at the time of check-in. Order of swim must be declared prior to the start of the heat. All relays are swum as timed finals at the conclusion of finals. No late, telephone, or FAXED entries will be accepted. No refunds will be made.

PROOF OF TIME: Proof of time will be required in advance for all swimmers in this meet per the Pacific Swimming rule, section 4.C.2. All entry times will be verified against the USA Swimming's SWIMS database. Entry times must have been achieved prior to the closing date of entries for the meet – Monday, November 23, 2009. If the time cannot be proven prior to the meet, the swimmer will not be allowed to check in for the event until the entry time has been proven. When possible, the coaches will be notified of their swimmers who have not proven their entry times. No refunds will be given if a time cannot be proven. Converted times are not to be used. Time standards for this meet are provided in short course yards, short course meters and long course meters. A swimmer who has met the qualifying time standard for an event in any course may enter that event at this meet.

Pacific Swimming 14-Under Junior Olympics Championship

SEEDING: Conforming Short Course Yard (SCY)-(JO times) will be seeded first followed by non-conforming Short Course Meter (SCM)-(JO times), followed by non-conforming Long Course Meter (LCM)-(JO times).

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 event. Swimmers failing to check in will not be allowed to compete in the event. All swimmers must be prepared to provide proof of registration by showing his/her 2009 or 2010 registration card or register at the meet. There is a mandatory surcharge of \$10 if swimmers register at the meet. Check-in for the 1000y and 1650y Free will close by 10:30 am on the day of the event.

SCRATCHES: The Pacific Swimming scratch rules, per Section 3B.5.3, 3B.5.4 and 3B.5.5 of the 2009 Pacific Swimming Rules and Regulations, will be in effect. A copy of these rules will be posted at the Clerk-of-Course desk. Briefly, these rules include the following provisions:

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.

Any swimmer originally qualifying for a final who fails to compete in that final will be barred from further competition for the remainder of the meet. If the failure to compete occurs on the last day the swimmer is entered in an individual event in the meet, and no other individual event penalty is applicable, the swimmer shall then be fined \$25.00. Exceptions to that fine are only under the conditions stated in the Pacific Swimming scratch rules.

ENTRIES: Forms must be completely filled out including best conforming Short Course yard (JO time) or non-conforming Short Course meter (JO time) or non-conforming Long Course meter time (JO time) for each event entered. All entry times shall be noted by (SCY), (SCM), or (LCM) to the right of the entry time. **DO NOT CONVERT TIMES USING ANY CONVERSION FORMULA.** Entry times submitted for this meet will be checked against the SWIMS database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. **“NO TIME” entries will NOT be accepted.**

ENTRIES (Online): Enter at <https://ome.swimconnection.com/ome/meets/93> to receive immediate confirmation of acceptance via email (the same web site can be used to check for session open or closed status). 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.* Online entry requires payment by credit card using a 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 and will close at 6:00 pm on Wednesday, November 25, 2009.** Use of this system is completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. No refunds will be made, except for mandatory scratches.

ENTRIES (US Postal Service): Entries must be on consolidated entry forms, one swimmer per form. **Entries must be postmarked by midnight, Monday, November 23, 2009.** No late entries will be accepted. No refunds will be made, except for mandatory scratches.

ENTRIES (Hand-delivered): Entries may be hand-delivered to the address below and **must be received by 6:00 pm on Wednesday, November 25, 2009.** No late entries, no telephone entries, and no faxed entries will be accepted.

ENTRY FEES: \$5.00 per individual event, \$16.00 per relay event, plus a \$5.00 participation fee per swimmer to help cover meet expenses.

Pacific Swimming 14-Under Junior Olympics Championship

Make checks payable to *Pleasanton Seahawks* and mail (or hand deliver) with entries to:

PLS Swim Meet Entries
% C. Silverthorn
1927 Evans Street
Livermore, CA 94550

To confirm entries have been received, please include a self-addressed, stamped envelope or postcard with your entries. Do not call or email for entry confirmation. Phone calls and emails will not be accepted or returned to check entry status. Do NOT leave entries in the mail box.

OFFICIALS: **Meet Director:** Alex Dourov MeetDirector@PleasantonSeahawks.org
Head Referee: Susi Jackson csusij@hotmail.com
Head Starter: Brian Malick
Head Marshal: Joe Woods

AWARDS: Individual High Point Award will be given for each age group and gender. Distinctive awards will be given to each finalist 1st through 8th place in each event. Consolation finalists will be awarded but not scored. The 11-12 and 13-14 age groups in the 1000 and 1650 Freestyle events will be awarded and scored separately. Team Awards will be provided for finishing 1st through 8th place. Pick up awards shortly after results have been posted. All awards must be picked up at the meet. Awards will not be mailed.

SCORING:

	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Individual Events	9	7	6	5	4	3	2	1
Relays	18	14	12	10	8	6	4	2

ADMISSION: Free.

PROGRAM: A three-day program will be available for \$10.00 which includes the finals program. You must present your trials program each day in order to receive the finals program.

PACIFIC COAST ALL STAR-TEAM: Applications will be accepted for the Pacific Coast All-Star Meet, to be held in January 2010 for age groups 11-12 and 13-14 swimmers, up until the beginning of finals on Sunday, December 6th. Please see the All Star Desk for details.

CAMP SELECTION: Forty-eight swimmers will be selected at Pacific Swimming's Short Course 14-Under Junior Olympics Championship Meet on December 4-6, 2009 for Pacific Swimming's 11-12 AA+ Camp. Participants must be 11-12 years old as of the final day of competition at the meet. The camp will be held in February of 2010. To apply, the athlete must compete at Pacific Swimming's Short Course 14-Under Junior Olympic Championship Meet and be a member of Pacific Swimming.

TIMERS: Each team is required to provide timers based on each team's total number of swimmers for each day. Lane assignments will be posted at <http://pleasantonseahawks.org> several days before the meet, and each morning at the venue.

HOSPITALITY / SNACKBAR: Hospitality / meals will be provided for coaches and meet officials. Timers will be provided with refreshments and light snacks. A full snack bar (hot meals) will be in operation during the meet.

OFFICIALS NATIONAL CERTIFICATION: This is a National Officials Qualifying Meet. Officials wishing to be evaluated must apply to the Meet Referee (Susi Jackson) prior to the meet via email csusij@hotmail.com

Pacific Swimming 14-Under Junior Olympics Championship

or when they first arrive at the meet and attend pre-session meetings. Briefing will occur one hour before the start of Trials and Finals. Officials must attend briefing for that session to be counted. 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. The application form can be downloaded from the 2009 Meet Schedule page on the Pacific Swimming website <http://www.pacswim.org>.

Shorts are not permitted for finals.

HOTEL INFORMATION: The Pleasanton Seahawks have secured very competitive group rates at various local hotels. Please see the details towards the end of the meetsheet.

Check <https://ome.swimconnection.com/ome/meets/93> for session open or closed status

SPIRIT ADVERTISEMENTS

Support your team or swimmer by purchasing a "Spirit Ad" to appear in the program. Individuals or teams may purchase these ads. All ads must be copy ready, preferably in black and white, which reproduces better than gray tones or color. Send your copy ready advertisement and a separate check made out to *Pleasanton Seahawks* to the meet entry address. All ads must be received by the meet entry deadline. We reserve the right to reject ads based on inappropriate content.

Prices:	Bus. Card	Quarter Page	Half Page	Full Page
	\$20	\$35	\$65	\$100

\$5 for a one line spirit ad to cheer on your favorite swimmer.

Questions about Spirit Ads - Contact
fundraising@pleasantonseahawks.org



DONATE A TOY AT CHECK-IN

VENDORS ATTENDING THE MEET:

NorCal Swim Shop – serving all your swim gear and suit needs in one place.

Wyld Guyz Design – for all of your after swimwear needs... selling fun, fuzzy fleece hats, pants, etc. **Participating in the Toys for Tots collection by providing either a free \$5 hat or a \$5 discount with any purchase over \$25.**

Marriott Hotels – host hotel for the 14-under Junior Olympic Championship meet.

Shady Business – good quality shades, styles for the whole family, funky on sale this weekend!

Northwest Designs – logo imprinted sportswear, customized on site. **Participating in the Toys for Tots collection by providing a \$5 discount on the purchase of any Junior Olympic imprinted sportswear.**

Franchi Photography – digital photography of your swimmers with printing on-site.

Le Cara / Sports Plus Injury Prevention and Rehabilitation – massage therapy in affordable 15-30 minute sessions. **Participating in the Toys for Tots collection by providing a \$5 discount on a 30 minute massage.**

Pacific Swimming 14-Under Junior Olympics Championship

SCHEDULE OF EVENTS:

Friday, December 4, 2009

Girls Event #	Age	Distance/Stroke	Boys Event #
1	11-12	200 IM	2
3	13-14	200 IM	4
5	10/Un	100 IM	6
7	11-12	50 Breast	8
9	13-14	200 Back	10
11	10/Un	50 Fly	12
13	11-12	200 Back	14
15	13-14	100 Breast	16
17	10/Un	200 Free	18
19	11-12	500 Free	20
21	13-14	500 Free	22
23	10/Un	50 Breast	24
25	11-12	50 Fly	26
27	10/Un	500 Free	28
29	11-12	100 Free	30
31	13-14	400 FR *	32
33	11-12	400 FR *	34

* Relays swim at the conclusion of finals.

Saturday, December 5, 2009

Girls Event #	Age	Distance/Stroke	Boys Event #
101	11-12	400IM	102
103	13-14	400 IM	104
105	10/Un	100 Fly	106
107	11-12	100 Breast	108
109	13-14	100 Free	110
111	10/Un	100 Free	112
113	11-12	50 Back	114
115	13-14	100 Back	116
117	10/Un	50 Back	118
119	11-12	200 Fly	120
121	13-14	200 Fly	122
123	10/Un	100 Breast	124
125	11-12	100 IM	126
127	11-12 13-14	1000 Free **	128
129	13-14	200 MR **	130
131	10/Un	200 MR **	132
133	11-12	200 MR **	134

** Swimmers must provide their own timers and lap counters for 1000 Freestyle races. Relays swim at the conclusion of finals.

Pacific Swimming 14-Under Junior Olympics Championship

Sun, December 6, 2009

Girls Event #	Age	Distance/Stroke	Boys Event #
201	11-12	200 Breast	202
203	13-14	200 Free	204
205	11-12	100 Back	206
207	10/Un	100 Back	208
209	13-14	200 Breast	210
211	11-12	200 Free	212
213	10/Un	200 IM	214
215	13-14	100 Fly	216
217	11-12	100 Fly	218
219	10/Un	50 Free	220
221	13-14	50 Free	222
223	11-12	50 Free	224
225	11-12 13-14	1650 Free ***	226
227	10/Un	200 FR ***	228
229	13-14	200 FR ***	230
231	11-12	200 FR ***	232

*** Swimmers must provide their own timers and lap counters for 1650 Freestyle races. Relays swim at the conclusion of finals.

EVENTS BY AGE GROUP

Friday, December 4, 2009

10/UN	11-12	13-14
100 IM	200 IM	200 IM
50 Fly	50 Breast	200 Back
200 Free	200 Back	100 Breast
50 Breast	500 Free	500 Free
500 Free	50 Fly	400 FR
	100 Free	
	400 FR	

Saturday, December 5, 2009

100 Fly	400 IM	400 IM
100 Free	100 Breast	100 Free
50 Back	50 Back	100 Back
100 Breast	200 Fly	200 Fly
200 MR	100 IM	1000 Free
	1000 Free	200 MR
	200 MR	

Pacific Swimming 14-Under Junior Olympics Championship

Sunday, December 6, 2009

100 Back	200 Breast	200 Free
200 IM	100 Back	200 Breast
50 Free	200 Free	100 Fly
200 FR	100 Fly	50 Free
	50 Free	1650 Free
	1650 Free	200 FR
	200 FR	



QUALIFYING TIMES:

10 & Under

Women			Men			
SCY	SCM	LCM	Event	SCY	SCM	LCM
32.19	35.49	36.49	50 Free	31.89	35.09	36.79
1:12.49	1:19.79	1:21.99	100 Free	1:10.39	1:17.49	1:20.09
2:36.49	2:52.19	2:56.19	200 Free	2:35.89	2:51.49	2:55.79
6:52.29	5:45.99	5:52.39	400/500 Free	6:29.79	5:53.59	5:59.99
39.49	43.49	44.49	50 Back	38.89	42.79	44.39
1:25.09	1:33.59	1:35.99	100 Back	1:22.89	1:31.19	1:32.99
43.09	47.39	48.39	50 Breast	43.09	47.39	48.69
1:35.19	1:44.79	1:47.79	100 Breast	1:33.49	1:42.89	1:46.69
36.39	40.09	41.09	50 Fly	35.79	39.39	41.29
1:26.09	1:34.69	1:37.29	100 Fly	1:26.29	1:34.99	1:35.89
1:22.99	1:31.29	-	100 IM	1:21.39	1:29.59	-
2:58.49	3:16.39	3:20.39	200 IM	2:57.79	3:15.59	3:20.59
2:36.99	-	-	200 MR	2:38.99	-	-
2:15.99	-	-	200 FR	2:15.99	-	-

Pacific Swimming 14-Under Junior Olympics Championship

11 - 12

Women			Men			
SCY	SCM	LCM	Event	SCY	SCM	LCM
28.89	31.99	32.79	50 Free	28.69	31.59	32.59
1:02.99	1:10.09	1:11.69	100 Free	1:03.19	1:09.59	1:11.59
2:16.49	2:30.99	2:34.19	200 Free	2:16.69	2:30.39	2:34.39
6:05.39	5:23.19	5:29.59	400/500 Free	6:05.39	5:23.19	5:29.59
12:21.19	10:58.19	11:10.99	800/1000 Free	12:20.49	10:45.69	10:58.49
22:33.39	20:56.99	21:20.99	1500/1650 Free	21:34.39	20:51.99	21:15.99
34.09	43.19	39.09	50 Back	34.19	37.69	38.69
1:13.39	1:20.79	1:24.49	100 Back	1:13.49	1:20.89	1:23.39
2:36.09	2:53.49	2:55.89	200 Back	2:31.59	2:46.79	2:57.09
37.79	41.59	42.59	50 Breast	37.79	41.59	43.09
1:22.99	1:32.09	1:34.09	100 Breast	1:20.89	1:28.99	1:31.29
2:58.19	3:16.59	3:20.59	200 Breast	2:55.19	3:12.79	3:17.49
32.09	35.59	36.29	50 Fly	32.19	35.49	36.49
1:12.49	1:20.39	1:21.79	100 Fly	1:12.99	1:20.29	1:22.79
2:37.79	2:57.19	2:59.99	200 Fly	2:36.49	2:52.19	2:59.99
1:12.49	1:20.59	-	100 IM	1:13.49	1:20.89	-
2:36.49	2:53.39	2:56.59	200 IM	2:36.59	2:52.29	2:56.59
5:30.29	6:03.99	6:10.39	400 IM	5:30.29	6:03.39	6:10.89
4:25.99	-	-	400 FR	4:27.99	-	-
2:19.99	-	-	200 MR	2:18.99	-	-
2:02.99	-	-	200 FR	2:02.99	-	-

13 - 14

Women			Men			
SCY	SCM	LCM	Event	SCY	SCM	LCM
27.19	29.09	30.49	50 Free	25.89	28.49	28.69
58.59	1:04.49	1:06.39	100 Free	55.99	1:01.59	1:03.69
2:07.79	2:20.59	2:24.59	200 Free	2:01.09	2:13.19	2:17.99
5:42.29	5:02.89	5:09.29	400/500 Free	5:28.09	4:49.89	4:56.29
11:53.99	10:31.59	10:44.39	800/1000 Free	11:24.49	10:03.79	10:16.59
19:35.99	19:41.99	20:05.99	1500/1650 Free	19:35.99	19:05.99	19:29.99
1:08.29	1:15.19	1:18.29	100 Back	1:07.19	1:13.99	1:15.49
2:24.59	2:39.09	2:46.79	200 Back	2:26.69	2:41.39	2:40.39
1:17.19	1:24.19	1:28.39	100 Breast	1:13.49	1:20.89	1:23.49
2:43.39	2:59.79	3:11.99	200 Breast	2:41.69	2:57.89	3:01.89
1:07.59	1:14.39	1:16.29	100 Fly	1:03.59	1:09.99	1:12.09
2:32.29	2:47.59	2:51.59	200 Fly	2:25.89	2:40.49	2:43.69
2:24.39	2:38.89	2:43.29	200 IM	2:20.89	2:34.99	2:34.19
5:12.69	5:43.99	5:49.79	400 IM	5:04.49	5:34.99	5:42.99
4:13.99	-	-	400 FR	4:01.99	-	-
2:14.99	-	-	200 MR	2:06.99	-	-
1:57.99	-	-	200 FR	1:51.99	-	-

Pacific Swimming 14-Under Junior Olympics Championship

HOTEL LIST effective October 8, 2009

HOST HOTEL

Marriott Residence Inn
 11920 Dublin Canyon Rd
 Pleasanton CA



Reference # 1-U8DOAF

925-227-0500 *Includes breakfast*

Reservations must be made by: November 20, 2009. Thereafter, reservations will be taken on a space and rate available basis only. <http://cwp.marriott.com/oakpl/juniorolympics>

PRICES REDUCED ON March 5, 2009

Room Type	Single	Double
Studio	\$89.00 \$84.00	\$89.00 \$84.00
1- bed	\$99.00 \$94.00	\$99.00 \$94.00
2- bed	\$179.00 \$149.00	\$179.00 \$149.00

HOST HOTEL

Marriott Courtyard
 5059 Hopyard Rd
 Pleasanton CA



Reference # same as above

925-463-1414 *Breakfast available / extra \$*

Reservations must be made by: November 20, 2009. Thereafter, reservations will be taken on a space and rate available basis only. <http://cwp.marriott.com/oakpl/juniorolympics>

Room Type	Single	Double
Double - Double	\$82.00	\$82.00
King	\$77.00	\$77.00

Pacific Swimming 14-Under Junior Olympics Championship

HOST HOTEL



Marriott Hotel
 11950 Dublin Canyon Rd
 Pleasanton CA

Reference # 1-U8DQWR
 925-847-6000 **\$10 voucher per person towards breakfast**
 Reservations must be made by: November 20, 2009. Thereafter, reservations will be taken on a space and rate available basis only. <http://cwp.marriott.com/oakpl/juniorolympics>

Room Type	Single	Double
Double - Double	\$92.00	\$92.00

Hyatt Place
 4950 Hacienda Dr.
 Dublin CA



925-828-9006
 Reservations must be made by: November 20, 2009. Thereafter, reservations will be taken on a space and rate available basis only.

Room Type		
Single	\$119.00	
Double	\$119.00	

Pleasanton Sheraton
 5990 Stoneridge Mall Road
 Pleasanton CA 94588



(925) 463-3330
 Reservations must be made by November 12, 2009. Reservations after this date will be taken on a space and rate available basis. Secure your room by visiting <http://www.starwoodmeeting.com/StarGroupsWeb/booking/reservation?id=0901286773&key=F2A96>

Arrival	Departure	Room Type	Single	Double	Triple	Quad
12/3/09	12/6/09	King	*\$85.00	*\$85.00	*\$95.00	*\$95.00
12/3/09	12/6/09	Double/Double	*\$85.00	*\$85.00	*\$95.00	*\$95.00

* Rate includes breakfast.

All guest room rates are quoted exclusive of applicable state, local taxes and assessments, currently 8% and \$1.00 local bid fee per night.

Pacific Swimming 14-Under Junior Olympics Championship

RELAY ENTRY FORM:

PLEASE DO NOT CUT OUT ENTRY FORM

CLUB NAME	CLUB ABBR.
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Pacific Swimming 14-Under Junior Olympics Championship

To enter one or more relay teams, write entry time(s) in box(es) below.

M/F	Age Group	Event	Event #	A Team	B Team	C Team
F	10&U	200 Medley Relay	131			
F	10&U	200 Free Relay	227			
M	10&U	200 Medley Relay	132			
M	10&U	200 Free Relay	228			
F	11-12	400 Free Relay	33			
F	11-12	200 Medley Relay	133			
F	11-12	200 Free Relay	231			
M	11-12	400 Free Relay	34			
M	11-12	200 Medley Relay	134			
M	11-12	200 Free Relay	232			
F	13-14	400 Free Relay	31			
F	13-14	200 Medley Relay	129			
F	13-14	200 Free Relay	229			
F	13-14	400 Free Relay	32			
F	13-14	200 Medley Relay	130			
M	13-14	200 Free Relay	230			
COACH					# Events	
COACH'S EMAIL						
ADDRESS					X \$16.00	
PHONE ()					TOTAL DUE: \$	

Relay entries and a check payable to "Pleasanton Seahawks" are due by the entry deadline. **Entries must be postmarked by midnight, Monday, November 23, 2009 or hand delivered by 6:00 pm on Wednesday, November 25, 2009.** Relays will NOT be "Deck Entered".
PLEASE DO NOT CUT OUT ENTRY FORM

Pacific Swimming 14-Under Junior Olympics Championship

Pacific Swimming 14-Under Junior Olympics Championship December 4-6, 2009 Consolidated Entry Card		
NAME: LAST FIRST INTL _____		
PACIFIC SWIMMING ONLY		
CLUB ABBR	IF UNATT. TEAM ABBR.	CLUB NAME
AGE	DATE OF BIRTH	AMT. PAID \$
USA-S REG #		
SEX (circle one) Boy Girl		AGE GROUP (circle one) 10/under 11-12 13-14
EVENT #	DISTANCE/STROKE	ENTRY TIME / COURSE
		: . /
		: . /
		: . /
		: . /
		: . /
		: . /
		: . /
		: . /
# of Entries _____ x \$ 5.00 = \$ _____ Participation Fee \$ 5.00 Total \$ _____		
COACH:		
SWIMMER'S ADDRESS: _____		
PHONE #: ()		
E-MAIL:		

PLEASE DO NOT CUT OUT ENTRY FORM

***** PROOF OF ENTRY REQUIRED***** - Proof of time will be required for this meet per Pacific Swimming rule Section 4.C.2. Swimmer must have met the listed Junior Olympic Pacific Swimming time standard in any course for each event entered. All entry times will be verified against the USA Swimming SWIMS database. If the time cannot be proven prior to the meet, the swimmer will not be allowed to check-in for the event until the entry time has been proven. **NO REFUNDS.**

MARK ALL ENTRY TIMES WITH SCY (short course yards), SCM (short course meters), or LCM (long course meters).

ENTRY DEADLINES:

Online: 6:00 pm on Wednesday, November 25, 2009
 Enter at <https://ome.swimconnection.com/ome/meets/93>

US Postal Service: Postmarked by midnight, Monday, November 23, 2009.

Hand-delivered: 6:00 pm on Wednesday, November 25, 2009.

ENTRY FEES: \$5.00 per individual event, plus a \$5.00 participation fee per swimmer to help cover meet expenses.

Make checks payable to *Pleasanton Seahawks* and mail (or hand deliver) with entries to:

PLS Swim Meet Entries
 % C. Silverthorn
 1927 Evans Street
 Livermore, CA 94550

To confirm entries have been received, please include a self-addressed, stamped envelope or postcard with your entries. Do not call or email for entry confirmation. Phone calls and emails will not be accepted or returned to check entry status.

Do NOT leave entries in the mail box.

Questions: MeetDirector@pleasantonseahawks.org

PLEASE DO NOT CUT OUT ENTRY FORM