



ALAMEDA ISLAND AQUATICS
ZONE 2 PC-B/A+ LAST CHANCE SHORT COURSE MEET
Saturday, March 13 - Sunday, March 14, 2010



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- SANCTION:** Held under USA/Pacific Swimming Sanction No.: **10-038**
- LOCATION:** **Mills College Swimming Pool (Trefethen Aquatic Center),
5000 MacArthur Blvd., Oakland, CA.**
DIRECTIONS: From I-580 eastward towards Hayward/Stockton, take MacArthur Blvd. exit. Merge onto MacArthur Blvd. Go 0.3 miles, left turn into Mills College. From I-580 westward towards Oakland, take exit towards MacArthur Blvd./High Street. Turn left onto Buell Street. Turn slightly left onto MacArthur Blvd. Left turn into Mills College.
- PARKING:** Parking is limited; please carpool if possible. Vehicles parking outside of designated areas will be ticketed. Please follow the directions of the gate attendant for parking directions when you enter the college campus.
- COURSE:** Outdoor heated pool, 25 yards, 8 lanes. Warm-up area will be available.
The minimum water depth, measured in accordance with Article 103.2.3, is 7' 3" at the start end and 7' 3" at the turn end.
- TIME:** Meet begins at 9:00 a.m. each day; general warm-ups begin at 7:30 a.m. and end at 8:45 a.m. **Special extended warm-up from 8:45-8:55 a.m. for 8-UN swimmers only.**
- 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. 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 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 warm-up periods. Glass containers, sale and use of alcoholic beverages and propane heaters are prohibited in **all** areas of the meet venue. Outside BBQ pits are not permitted. .
- 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. 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 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. Swimmers 19 years of age and older may enter in the events for the 15-18 age group, but they will not receive awards, and
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must have met the 17-18 age group time standards. ***This meet is limited to those swimmers who have achieved the qualifying "PC-B" Time Standard by March 4, 2010, using the 2010 Pacific Swimming time standards. Coach verified times will NOT be accepted for this meet.*** *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 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.

**ATTENTION
HIGH SCHOOL
SWIMMERS:**

IF YOU ARE A HIGH SCHOOL SWIMMER IN SEASON. YOU NEED TO BE UNATTACHED FROM THIS MEET. IT IS THE SWIMMER'S RESPONSIBILITY TO BE UNATTACHED FROM THIS MEET.

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 start time of the first heat of that event. A swimmer who does 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: Clint Benton
Meet Director: Eric Delore
Cell: 510 390 4015
Email: ericdelore@comcast.net

Head Starter: Kim Jew
Head Marshal: Chris Allen

**ENTRY
PRIORITY**

Zone 2 entries postmarked or entered online by 11:59 p.m. on Monday, February 22, 2010, 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 were received.

ENTRIES:

Individual events may be entered for this meet online, or by mail. Online meet entry is in no way required or expected in order to enter this meet.)

ONLINE MEET ENTRIES: Check <http://ome.swimconnection.com/pc/aia20100313> for session open or closed status.

Enter at <http://ome.swimconnection.com/pc/aia20100313> 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 their 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



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meet entry fees are paid to Swim Connection LLC. The use of this system is completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. **Online entries must be confirmed by midnight, Thursday, March 4th, 2010.** No late entries will be accepted.

MAIL / HAND DELIVERED ENTRIES: Entries must be on a Consolidated Entry Card(s). Entry cards must be completely filled out, including best short course time for each event. Entered times must be submitted in yards. "NO TIME" entries will **NOT** be accepted. **Entries must be postmarked by midnight, Monday, March 1st, 2010, or hand delivered no later than 5:00 pm Thursday, March 4th, 2009,** to the address noted below. No late entries will be accepted. Except for mandatory scratches, no refunds will be made.

ENTRY FEES AND MAILING: **\$2.75 per event and a \$5.00 participation fee per swimmer** to cover meet expenses.

Make checks payable to "Alameda Island Aquatics" and mail or hand deliver entries to:

Rebecca Boles
1082 Melrose Avenue
Alameda, CA 94502

email: rboles@berkeley.edu

AWARDS: The first 8 places will be awarded for 8&UN, 9-10, 11-12, 13-14, 15-16, and 17-18 age groups. Ribbons will be awarded for B/A divisions. All B swimmers achieving a PC-A time will be awarded a standard A medal, regardless of place achieved in the event. No awards given for swimmers 19 years of age and older. **Note: Individual awards must be picked up at the meet, they will not be mailed out or distributed after the meet.**

ADMISSION: **FREE.** A two-day program will be available for sale at a reasonable price.

HOSPITALITY: Hospitality will be available for officials, coaches; and timers (during their shifts only).

SNACK BAR: Alameda Island Aquatics will run a snack bar on both days of the meet.



PACIFIC SWIMMING

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EVENT SUMMARY

SATURDAY EVENT SUMMARY				
8&Under	9-10	11-12	13-14	15-18
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		

SUNDAY EVENT SUMMARY				
8&Under	9-10	11-12	13-14	15-18
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		

SATURDAY EVENTS LIST & QUALIFYING STANDARDS						
Girls Event #	“PC-B” time	“PC-A” time	Age Group	“PC-A” time	“PC-B” time	Boys Event #
12&under 200 Freestyle						
1	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	2
13&over 200 Freestyle						
3	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	4
8&under 25 Freestyle						
5	23.49	19.49	8 & under	18.39	23.49	6
12&under 100 Breaststroke						
7	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	8
13&over 100 Breaststroke						
9	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	10
12&Under 50 Backstroke						
11	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	12
11& over 200 Backstroke						
13	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	14
8&under 25 Backstroke						
15	27.99	23.19	8 & under	22.69	27.99	16
12&under 100 Butterfly						
17	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	18
13&over 100 Butterfly						
19	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	20
12&under 100 Freestyle						
21	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	22
13&over 100 Freestyle						
23	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	24
12&under 100 IM						
25	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	26
11&over 400 IM						
27	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	28

SUNDAY EVENTS LIST & QUALIFYING STANDARDS						
Girls Event #	"PC-B" time	"PC-A" time	Age Group	"PC-A" time	"PC-B" time	Boys Event #
12&under 200 IM						
29	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	30
13&over 200 IM						
31	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	32
12 & Under 50 Breaststroke						
33	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	34
8&under 25 Breaststroke						
35	29.99	24.79	8 & under	24.29	29.99	36
11 & Over 200 Breaststroke						
37	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	38
12 & Under 50 Butterfly						
39	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	40
8&under 25 Butterfly						
41	26.99	21.59	8 & under	20.49	26.99	42
11 & Over 200 Butterfly						
43	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	44
10&under 50 Freestyle						
45	51.99 40.29	42.99 36.49	8&under 9-10	40.89 36.59	51.99 40.39	46
11-12 50 Freestyle						
47	36.29	32.89	11-12	32.69	35.99	48
13&over 50 Freestyle						
49	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	50
12&under 100 Backstroke						
51	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	52
13&over 100 Backstroke						
53	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	54
9 & Over 500 Freestyle						
55	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	56

