

**PACIFIC SWIMMING SHORT COURSE SENIOR CHAMPIONSHIP MEET  
DECEMBER 10-11-12, 2010 - FRIDAY, SATURDAY, SUNDAY  
HOSTED BY THE WALNUT CREEK AQUABEARS**



**PACIFIC  
SWIMMING**

Enter this meet online at: <http://ome.swimconnection.com/pc/wcab20101211>

**SANCTION: Held under USA Pacific Swimming Sanction No.: 10-154**

*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*

**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. Separate warm up area available. Electronic timing, with pads, will be used. 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. 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 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 1000 and 1650 Free.

**SECTIONAL TIME:** This meet is the last chance to achieve a sectional cut for the Winter Sectional on Dec 17-21, 2010 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 [m.nygren@att.net](mailto:m.nygren@att.net). 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.

**RACING START** 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.

**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 Junior 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, 2010.**

**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 30 minutes before the estimated time of the start of the first heat of the event. 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 each day.

**SCRATCHES:** Any swimmer who has checked-in for an individual event at trials and fails to swim that event will be barred from competing in the next individual event in which the swimmer is entered in this meet. The penalty will not apply if the swimmer scratches before the event 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 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:**

<b>Meet Referee:</b> Millie Nygren	<b>Meet Director:</b> Betsy Messman, 925- 256-7928 <a href="mailto:aquabears@gmail.com">aquabears@gmail.com</a>
<b>Head Starter:</b> Phil Harter	<b>Head Marshal:</b> Rick Millington

**ENTRIES:** **Option 1: Online Meet Entries** - Enter at: <http://ome.swimconnection.com/pc/wcab20101211> 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, December 1, 2010.** 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 29, 2010** or hand delivered no later than 8:00 PM on **Wednesday, December 1, 2010**. 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.

**HOTEL INFO:** Crowne Plaza Concord, 45 John Glenn Drive, Concord, CA, 925-825-7700 or 877-276-4600 Ask for the "Aquabears" rate of \$79 per night. If you have problem with your reservation, contact Kathy Marshal at 925-825-7700.

**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.

## EVENT SUMMARY

**Friday, December 10**  
Timed Finals at 4:00 p.m.

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

**Saturday, December 11**  
Trials start 9:00 a.m., Finals at 4:00 p.m.

Women			Stroke & Distance	Men		
Event #	SCY Standard	LCM Standard		Event #	SCY Standard	LCM Standard
5	2:28.09	2:46.99	200 Back	6	2:26.69	2:45.39
7	27.69	31.49	50 Free	8	25.89	29.49
9	2:28.99	2:46.89	200 I.M.	10	2:20.19	2:38.29
11	1:07.59	1:16.39	100 Fly	12	1:03.59	1:11.99
13	2:09.79	2:26.79	200 Free	14	2:01.79	2:17.99
15	2:51.19	3:12.39	200 Breast	16	2:41.69	3:01.89
17	11:49.99	10:35.09	1000 Free			
19	N/A	N/A	200 M.R.	20	N/A	N/A

**Sunday, December 12**  
Trials start 9:00 a.m., Finals at 4:00 p.m.

Women			Stroke & Distance	Men		
Event #	SCY Standard	LCM Standard		Event #	SCY Standard	LCM Standard
21	2:32.29	2:51.59	200 Fly	22	2:24.89	2:43.39
23	59.79	1:07.79	100 Free	24	55.79	1:03.39
25	1:18.69	1:28.59	100 Breast	26	1:13.49	1:22.89
27	5:42.29	5:09.29	500 Free	28	5:27.59	4:56.29
29	1:09.29	1:18.29	100 Back	30	1:07.19	1:15.99
			1000 Free	32	10:59.99	9:57.99
33	N/A	N/A	200 F.R.	34	N/A	N/A

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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	M	L
L	L	L	L	L	L	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				
# of entries x \$5.50 = \$ _____ Participation Free = \$5.00 Total = \$ _____									
Coach: _____									
Swimmer's Phone: _____									
Swimmer's Email: _____									

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Age	Date of Birth		Gender	Amount Paid					
USA-Swimming Registration Number									
M	M	D	D	Y	Y	F	F	M	L
L	L	L	L	L	L	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				
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# of entries x \$5.50 = \$ _____ Participation Free = \$5.00 Total = \$ _____									
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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
19	Women's 200 Medley Relay	_____	_____
20	Men's 200 Medley Relay	_____	_____
33	Women's 200 Free Relay	_____	_____
34	Men's 200 Free Relay	_____	_____

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