



PLS-WCAB-VKNG-DCC

Club Series Meet #1

September 28th & 29th, 2012

Hosted by Pleasanton Seahawks Swim Team

Enter this meet online at: <http://ome.swimconnection.com/PC/PLS20120928>



PACIFIC
SWIMMING

SANCTION: Held under USA/Pacific Swimming Sanction #: 12-155.

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.

NOTICE: By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print, or other media, information and/or imagery related to their participation in this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets, and live meet results. By entering the meet, the athlete or his/her guardian consents to this publication.

USE OF AUDIO AND VIDEO: Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms.

OFFICIALS: Meet Director: *Simon Lee* (meetdirector@PleasantonSeahawks.org)
Meet Referee: *Alex Dourov*
Head Starter: *Mani Nair*
Head Marshal: *Tim Sproul*

LOCATION: Pleasanton Aquatic Center. 4455 Black Ave, Pleasanton, CA 94588. From 580, exit Santa Rita Rd and head south. After approximately 2.1 miles, turn right on Black Ave, the pool will be on your right. From 680, exit Stoneridge Rd and head east. Turn right on Hopyard. After approximately 1.7 miles, turn left on Black Ave, the pool will be about a mile down the road on your left.

COURSE: Up to ten lanes, short course, will be run. Warm up area available. Electronic timing will be used. The minimum water depth, measured in accordance with Article 103.2.3, is 6' 6" at the start end and 6' 6" at the turn end. The competition pool has certified in accordance with 104.2.2C(4).

TIME: Competition begins at 5:30 p.m. on Friday, with warm-ups from 4:30 to 5:15 p.m. Competition begins at 9:00 a.m. on Saturday, with warm ups from 7:45 a.m. to 8:45 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 are limited to a maximum of five events per day.** 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.

SPECIAL RULES: *Positive check-in is required for the 500 Free by the start of Event 1. Positive check-in is required for the 400 IM by the start of Event 15.* There is no check-in for all other events, and no penalty for missing events. The 500 Free and the 400 IM will be seeded fastest to slowest, alternating girls and boys. 11 & Over swimmers can either swim the 200 BK or the 50 BK, but NOT both. The same rule applies for the 200 BR/50 BR.

COACHES: All coaches **must** sign in at the meet and present their registration cards. Coaches listed as "expired" on the list or who have no card and do not show up on the registered list will be told to remove themselves from coaching swimmers on the deck. The meet director or meet referee will assign the affected swimmers a certified coach.

UNACCOMPANIED SWIMMERS: Any USAS athlete-member competing at the meet must be accompanied by a USA Swimming member-coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a coach-member of the athlete's USAS Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USAS Club Member-Coach.

RACING STARTS: Any swimmer entered in 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.

RESTRICTIONS: Glass containers of all kinds, sale and use of alcoholic beverages and tobacco products are prohibited in all areas of the meet venue defined as on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by swimmers, during the meet and during warm-up periods. No propane heaters / containers or similar devices including gas powered generators, other than provided for the snack bar / meet operations, are allowed in any areas of the meet venue. No pets or animals are allowed in the venue except for guide dogs. 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. **Plastic tarps are NOT allowed on the grass, but blankets will be allowed.**

ELIGIBILITY: *This meet is restricted to swimmers from **Diablo Country Club, Diablo Viking Aquatics, Pleasanton Seahawks, and Walnut Creek Aquabears, and unattached members of those teams.** Swimmers must be current members of USA-S and enter their name and registration number 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. **'No Time' entries will be accepted.** 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.*

SEEDING: *This meet will be pre-seeded, except for events 7 and 8, (500 Free), and 37 and 38, (400 IM).*

ENTRIES: The deadline for online entries is 11:59 pm on Tuesday, September 25th, 2012

Using your browser, go to: <http://ome.swimconnection.com/PC/PLS20120928> and follow the 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.**

ENTRY FEES: \$2.75 per individual event, plus an \$8.00 per swimmer participation fee. **There will be no refunds.**

ADMISSION: Free. A meet program will be posted at the meet, and provided to coaches.

HOSPITALITY/SNACK BAR: There will be no Snack Bar or Hospitality services throughout the meet.

AWARDS: None

EVENT SUMMARY

Friday, September 28th, 2012

Girls Event #	Age Group	Stroke & Distance	Boys Event #
1	11&Over	100 I.M.	2
3	9-10	100 I.M.	4
5	8&Under	100 I.M.	6
7	9&Over	500 Free	8

500 Free – seeded fastest to slowest, alternating girls & boys. Swimmers must check-in for the 500 Free by the start of Event 1, and provide their own timers and lap counters.

Saturday, September 29th, 2012

Girls Event #	Age Group	Stroke & Distance	Boys Event #
9	11&Over	100 Free	10
11	9-10	100 Free	12
13	8&Under	50 Free	14
15	11&Over	200 Breast*	16
17	11&Over	50 Breast*	18
19	9-10	50 Breast	20
21	8&Under	25 Breast	22
23	11&Over	100 Fly	24
25	9-10	100 Fly	26
27	8&Under	50 Fly	28
29	11&Over	200 Back**	30
31	11&Over	50 Back**	32
33	9-10	50 Back	34
35	8&Under	25 Back	36
37	11&Over	400 I.M.	38

400 I.M. – seeded fastest to slowest, alternating girls & boys. Swimmers must check-in for the 400I.M. by the start of Event 15, and provide their own timers.

* 11&Over Swimmers can swim in EITHER the 200 Breast, OR the 50 Breast events, BUT NOT BOTH.

** 11&Over Swimmers can swim in EITHER the 200 Back, OR the 50 Back events, BUT NOT BOTH.