

OAKLAND UNDERCURRENT – MARTIN LUTHER KING JR MEET  
PACIFIC SWIMMING SHORT COURSE C/B/BB+ MEET  
JANUARY 12-13, 2019



Enter Online: <http://ome.swimconnection.com/pc/onda20170114>

Zone 2 Assigned Clubs: ONDA, AAA, ALGA, BEAR, EBSD, ECG, FAST, MONT, HILL, PST, OTST, OAK, SAIL, EBA, OAPB, NWA, FF, OAKW, OAPB, PLS, CROW, DA

**Attention: NO Friday night set-up of tents/pop-ups allowed.**

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **19-012**

*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 at 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 VISUAL:** Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

**OFFICIALS:**

<b>Meet Referee:</b> David Benjamin	<b>Head Starter:</b> Dionne Dunn
<b>Meet Marshall:</b> Pam Mackey	<b>Admin Official:</b> Tom Cross
<b>Meet Director:</b> Janet Green <a href="mailto:ondaswimming@gmail.com">ondaswimming@gmail.com</a>	

**LOCATION:** El Cerrito Community Pool, 7007 Moeser Lane, El Cerrito, CA.

**DIRECTIONS:** The pool is located at the intersection of Ashbury Ave and Moeser Lane, several blocks uphill from San Pablo Ave. From I-80 East, take the Central Ave exit. Turn right onto Central Ave, left onto San Pablo Ave and right onto Moeser. From I-80 West, take the Cutting Blvd exit, turn left onto Cutting, right onto San Pablo Ave and left onto Moeser.

**COURSE:** OUTDOOR heated 25 yard pool with up to 8 lanes used for competition. Separate lanes will be available for warm-up and warm down. The minimum water depth, measured in accordance with Article 103.2.3, is 13 feet at the start end and 7 feet at the turn end. In accordance with Article 104.2.2C (4) the competition course has been certified. A copy of the certification is on file with USA swimming.

**TIME:** Meet will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. A special warm-up time for 8 and under athletes only will be held from 8:45-8:55 AM.

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- All events are timed finals.
- All events will swim fast to slow.
- Athletes may compete in 4 events per day.
- All athletes ages 12 and under should complete competition within four (4) hours.
- Entries will be accepted until the number of splashes exceeds the estimated time line, per the "Four-Hour Rule," based on the athletes' age and gender.
- If local conditions warrant, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch-down. Immediate cash refunds will be made for any mandatory scratches.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**
- Athletes in the Open 500 Free must have achieved the USA-S Motivational 11-12 "B" Time Standard for their gender and must provide their own timers and lap counters.

**UNACCOMPANIED ATHLETES:** Any USA Swimming 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 athlete or the athlete's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the athlete 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 athlete entered in this 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 the race in the water. It is the responsibility of the athlete or the athlete's legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:**

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, in standing areas and in all areas used by athletes, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages are prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Changing into or out of swimsuits other than in locker rooms or designated areas is prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue, which includes, pools, athlete/coach areas, all spectator areas and open ceiling locker rooms, any time athletes, coaches, officials and/or spectators are present.
- Coaches, parents and siblings may not use the pool

**ELIGIBILITY:**

- Athletes 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 athlete with the registration and times database. The meet host will check all athlete 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.
- Athletes in the "BB" Division must have met at least the listed "BB" time standard. Athletes in the "B" Division must have met at least the listed "B" time standard. All entry times slower than the listed "B" time standard will be in the "C" Division. For 8&U, athletes in the "A" division must have met at least the listed "A" time standard.
- Entries with "**NO TIME**" will be **ACCEPTED. (EXCEPTION – Open 500 Freestyle, see rules).**
- 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 athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such athletes must have met the 'B' standards for the 17-18 age group.
- The athlete's age will be the age of the athlete on the first day of the meet.

**ENTRY PRIORITY:** Meet entries will not be accepted any earlier than *December 17, 2018*. Entries from members of "assigned" "year round" Zone 2 clubs postmarked or entered online by 11:59 PM. on *December 23, 2018* will be given 1<sup>st</sup> priority acceptance. Entries from members of all Zone 2 clubs (year round and seasonal) postmarked or entered online between 12:00 AM *December 24, 2018* and 11:59 PM *December 30* will be given 2<sup>nd</sup> 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.

**\*\* NOTE: Athletes who falsify their entry form by listing a club to which they are not legitimately associated will be rejected from the meet. Further, entry fees will not be refunded and they may be referred to the Pacific Swimming Review Committee for disciplinary action.**

**ENTRY FEES:** \$4.00 per event plus an \$8.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch-downs.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/onda20190112> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per athlete plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing fee, enter the meet using a mail entry. **Entering online is a convenience, is completely voluntary, and is in no way required or expected of an athlete by Pacific Swimming.** Online entries will be accepted through Wednesday, **JANUARY 2, 2019**, or until the meet has reached capacity, whichever comes first.

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athlete’s best time. Entries must be postmarked by midnight, Monday, **DECEMBER 31, 2018** or hand delivered by 6:30 PM, Wednesday, **JANUARY 2, 2019**. No late entries will be accepted. No entries received after the meet has reached capacity will be accepted. No refunds will be made, except mandatory scratch-downs. Requests for confirmation of receipt of entries should include a self-addressed, stamped envelope.

**Make check payable to: O.C.P.P.**

**Mail entries to: Janet Green**  
**4115 Oakmore Rd.**  
**Oakland, CA 94602**

**Hand deliver entries to: Janet Green**  
**4115 Oakmore Rd.**  
**Oakland, CA 94602**

**CHECK-IN:** The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for all individual events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check-in will not be seeded and will not be allowed to compete in that event.

**SCRATCHES:** Any athletes not reporting for or competing in an individual timed final event shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

**AWARDS:** First through eighth places in each division (C, B & BB) will be awarded for the 9-10, 11-12, 13-14 age groups. First through eighth place in each division (PC-C, PC-B, and PC-A) will be awarded for the 8 & under age group. All athletes achieving an A time for the first time will be awarded a standard A medal, regardless of place achieved in the event. No awards will be given for athletes 15 years of age and older. Note: Individual awards must be picked up at the meet. We will not mail or distribute awards after the meet.

**ADMISSION:** Free. A ‘2 DAY’ meet program will be available for a reasonable fee.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours

**MINIMUM OFFICIALS:** The Meet Referee shall conduct an inventory of Officials and shall compare the number of athletes entered against the number of Officials that worked representing each club per day of the meet. Those clubs who have not provided sufficient Officials in a day of the meet, in accordance with the table below, will be fined \$100 per missing Official per day.

<b>Number of athletes entered in meet per club per day</b>	<b>Number of trained and carded officials required</b>
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 Athletes over 100	+1

**EVENT SUMMARY**

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
	200 FR	200 FR	200 FR	50 BK	100 BK	100 BK	200 BK
25 BK	50 BK	50 BK	100 BK	25 FL	50 FL	50 FL	100 FL
50 FL	100 FL	100 FL	200 FL	50 FR	100 IM	200 IM	200 IM
25 BR	50 BR	200 BR	200 BR	50 BR	100 BR	100 BR	100 BR
100 FR	100 FR	100 FR	100 FR	25 FR	50 FR	50 FR	50 FR
	Open 500 FR(B)	200 FL	Open 500 FR(B)		Open 500 FR(G)	200 BK	Open 500 FR(G)
		Open 500 FR(B)				Open 500 FR(G)	

**EVENTS**

Saturday, January 12, 2019			Sunday, January 13, 2019		
EVENT #	EVENT	EVENT #	EVENT #	EVENT	EVENT #
1	13-18 200 FR	2	43	13-18 200 BK	44
3	11-12 200 FR	4	45	11-12 100 BK	46
5	9-10 200 FR	6	47	9-10 100 BK	48
7	13-18 100 BK	8	49	8-UN 50 BK	50
9	11-12 50 BK	10	51	13-18 100 FL	52
11	9-10 50 BK	12	53	11-12 50 FL	54
13	8-UN 25 BK	14	55	9-10 50 FL	56
15	13-18 200 FL	16	57	8-UN 25 FL	58
17	11-12 100 FL	18	59	13-18 200 IM	60
19	9-10 100 FL	20	61	11-12 200 IM	62
21	8-UN 50 FL	22	63	9-10 100 IM	64
23	13-18 200 BR	24	65	8-UN 50 FR	66
25	11-12 200 BR	26	67	13-18 100 BR	68
27	9-10 50 BR	28	69	11-12 100 BR	70
29	8-UN 25 BR	30	71	9-10 100 BR	72
31	13-18 100 FR	32	73	8-UN 50 BR	74
33	11-12 100 FR	34	75	13-18 50 FR	76
35	9-10 100 FR	36	77	11-12 50 FR	78
37	8-UN 100 FR	38	79	9-10 50 FR	80
39	11-12 200 FL	40	81	8-UN 25 FR	82
	OPEN BOYS 500 FR*	42	83	11-12 200 BK	84
			85	OPEN GIRLS 500 FR*	

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

**\*Athletes entered in the 500 free events must have achieved an 11-12 B time and provide their own lap counters and timers.**

Pacific Swimming – Hosted by Oakland Undercurrent Swim Team Martin Luther King Meet 2019 PACIFIC SWIMMING SHORT COURSE C/B/BB+ MEET January 12-13, 2019 Consolidated Entry Form													
Name: Last,				First				Middle					
Club Abbr.			UNATT TEAM ABBR				Club Name						
Age			Date of Birth				Sex B G		LSC – (PC, SN)				
USA-#													
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 \$4.00 = \$ _____ Participation Fee      \$ 8.00 Total                      \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													