

PACIFIC SWIMMING LONG COURSE SENIOR-2 P&F MEET

Hosted by Walnut Creek Aquabears

July 12 to 14, 2019

Enter Online: <https://ome.swimconnection.com/PC/wcab20190712>



SANCTION: Held under USA/Pacific Swimming Sanction No. **19-101**

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. The results of this meet will be posted in real time on the Internet at <http://www.aquabears.org>. Club timing lane assignments will be posted on the WCAB website 5 days before the meet.

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:

Meet Referee: Peter McNamara	Head Starter: Mark Ryan
Meet Marshal: Will Kane	Admin Official: Clint Benton
Meet Director: Maureen deBack, aquabears@gmail.com	

LOCATION: Diablo Valley College Pool, 321 Golf Club Road, Pleasant Hill, CA 94523

DIRECTIONS: 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.

COURSE: Outdoor, heated 50 meter pool, up to 7 lanes all deep water with non-turbulent lane lines. Colorado automatic timing system will be used. Separate warm up lane available. The minimum water depth, measured in accordance with Article 103.2.3, is 13'-0" at the start end and 4'-0" 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: Prelims begin at 9:00 a.m. each morning (check-in begins at 7:30 a.m., general warm-up from 7:30- 8:45 a.m.) and Finals start time will be determined based on the number of entries.

- 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 individual events are prelims and finals, except the 800 Free and 1500 Free, which are timed finals.
 - All relay events are timed finals.
 - All prelims and timed final events will swim fast to slow. The fastest three heats of prelim events will be circle seeded.
 - Finals sessions will include Bonus Final, Consolation Final and Championship Final swum in that order.
 - Athletes may compete in a maximum of three individual (3) events per day, including bonus events.
 - **Entries will close early for any day if the estimated timeline for the morning session for that day reaches 3:00 p.m.** If local conditions warrant it, 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 must provide their own timers and lap counters for the 800 and 1500 Free.
 - The 800 Free and 1500 Free will be swum fastest to slowest, alternating women and men.

UNACCOMPANIED ATHLETES: Any USA-S 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 USA-S 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-S 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 USA-S Club Member-Coach.

RACING STARTS: Athletes must be certified by a USA-S 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, on standing areas and in all areas used by athletes, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages is prohibited at Diablo Valley College
- No glass containers are allowed in the meet venue.
- Only athletes, coaches, officials, and volunteers will be allowed on the pool deck.
- Deck changes are 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 (LEO) are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- Coaches Pop-ups will be allowed on the pool deck. All other team areas must be in areas not on the pool deck.

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 under the age of 12 years are not eligible to compete.
- Athletes must meet the Senior-2 time standards as outlined by Pacific Swimming time verification procedures. No refunds will be given if a time cannot be proven.
- Athletes may enter up to two (2) bonus events. Athletes must meet the minimum Senior Open time standard for bonus events.
- 12 year-old athletes may not enter bonus events.
- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- No time conversions will be accepted.
- Entries with "NO TIME" will be rejected.

SEEDING: Event seeding will be in the following order: conforming long course meters (LCM), non-conforming short course yards (SCY), and non-conforming short course meters (SCM), Bonus (LCM), Bonus (SCY). See Rules for distance events seeding.

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 meet. Close of check-in for all events shall be no more than 60 minutes before time of the start of the first heat of the event. Athletes who do not check-in will not be allowed to compete in the event.

SCRATCH RULE: Athletes entered in a Preliminaries & Finals meet that is seeded on the deck that have checked in for that event, shall swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim an event shall result in being barred from the rest of his/her events that day including relays. If the athlete qualified for a final before missing an event they may swim that final.

Any athlete qualifying for any level of finals in an individual event who does not wish to compete shall scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that they may not intend to compete in consolation finals or finals. In this case they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event. In a non-positive check-in Preliminaries & finals meet any athlete qualifying for a consolation final or final race in an individual event who fails to show up in said consolation final or final race prior to calling the alternate shall be barred from further competition for the remainder of the meet. If the No-Show occurs on the last day that the athlete is entered in an individual final event in the meet, and no other individual event penalty is applicable, the athlete shall then be fined \$100.00. The final shall be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.

ENTRY FEES: \$7.50 per individual event, \$10.00 per athlete participation fee, and \$20.00 per relay (relay only athletes are not required to pay the participation fee). All entry fees shall be included with entry, or entries shall not be accepted. No refunds will be made, except mandatory scratch downs

ONLINE ENTRIES: To enter online go to <https://ome.swimconnection.com/PC/wcab20190712> 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 a swimmer by Pacific Swimming.** Online entries will be accepted through Wednesday, **July 3, 2019.**

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athletes' best time. Entries must be entered using the current Pacific Swimming procedure and be postmarked by midnight, Monday, **July 1, 2019**, or hand delivered by 6:30 p.m. Wednesday, **July 2, 2019.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Walnut Creek Aquabears.

Mail or hand-deliver entries to: WCAB Meet Entries, 1374 Lupine Court, Concord, CA 94521

AWARDS: None.

ADMISSION: Free. Programs will be provided to coaches and officials, posted at the pool and at <http://www.aquabears.org>.

HOSPITALITY: Hospitality available for coaches, officials, timers, and volunteers. Lunch and dinner will be provided for coaches and working deck officials. There will be a snack bar.

ORDER OF EVENTS

Friday, July 12

Girls Event #	Event Description	Boys Event #
1	100 Breast	2
3	200 Free	4
5	100 Fly	6
7	200 IM	8
9	800 Free*	--
--	1500 Free*	10
11	400 Free Relay**	12
<p>*The 800 Free and 1500 Free are timed finals, and will swim in the prelims session, fastest to slowest, alternating women and men. Athletes must provide their own timers and lap counters for the 800 and 1500 Free.</p> <p>**The 400 Free Relay will swim at the conclusion of finals.</p>		

Saturday, July 13

Girls Event #	Event Description	Boys Event #
13	400 IM	14
15	50 Free	16
17	200 Breast	18
19	200 Back	20
21	1500 Free*	--
--	800 Free*	22
23	400 Medley Relay**	24
<p>*The 800 Free and 1500 Free are timed finals, and will swim in the prelims session, fastest to slowest, alternating women and men. Swimmers must provide their own timers and lap counters for the 800 and 1500 Free.</p> <p>**The 400 Medley Relay will swim at the conclusion of finals.</p>		

Sunday, July 14

Girls Event #	Event Description	Boys Event #
25	400 Free	26
27	100 Back	28
29	200 Fly	30
31	100 Free	32
33	800 Free Relay**	34
<p>**Clubs may request to swim the 800 Free Relay at the conclusion of prelims or finals.</p>		

Time standards may be found at: <http://www.pacswim.org/swim-meet-times/standards>

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Name: Last,			First				Middle					
Club Abbr.			UNATT TEAM ABBR				Club Name					
Age			Date of Birth				Sex M F		LSC – (PC, SN)			
USA-#												
Event #	Distance / Stroke					Entry Time			Circle One			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
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						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
<p># of entries _____ x \$7.50 = \$ _____ + Participation Fee \$ 10.00 = Total \$ _____</p>												
Coach												
Home Phone							Cell Phone					
E-Mail Address												

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Relay Entry Form

Club: _____ Code: _____ LSC: _____

Coach: _____ email: _____ mobile phone: _____

Event #	Relay Description	'A' Relay Entry Time	'B' Relay Entry Time	'C' Relay Entry Time	'D' Relay Entry Time
11	W 400 Free Relay				
12	M 400 Free Relay				
23	W 400 Medley Relay				
24	M 400 Medley Relay				
33	W 800 Free Relay				
34	M 800 Free Relay				

Total # of Relays Entered: _____ x **\$20.00** = _____

Make check payable to Walnut Creek Aquabears

Relay Only Athletes

Name	Gender	Age	USA Swimming Registration																