

**PLEASANTON SEAHAWKS  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET**

**October 19-20, 2013**

Enter Online: <http://ome.swimconnection.com/pc/PLS20131019>



**SANCTION:** Held under USA Pacific Swimming Sanction No. **13-174**

*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, psych sheets and live meet results. By entering this meet, the athlete or his/her guardian consents to this publication.

**USE OF AUDIO AND VIDEO:** 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 electronic devices, including but not limited to film and digital cameras, cell phones and tablets, 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> Mani Nair
<b>Admin Referee:</b> Charlotte Rooney	<b>Meet Marshal:</b> Tim Sproul
<b>Meet Director:</b> Simon Lee – (925) 480-7573, <a href="mailto:meetdirector@pleasantonseahawks.org">meetdirector@pleasantonseahawks.org</a>	

**LOCATION:** Dolores Bengtson Aquatic Center, 4455 Black Avenue, Pleasanton, CA 94588.

**DIRECTIONS:** From I-580 Santa Rita exit. Drive south for about two miles to Black Avenue. Turn right onto Black Avenue. Aquatic center is on your right after approximately ¼ mile.

**PARKING:** **Carpooling is suggested.** Limited general parking is available in the lot in front of the pool. Limited parking is available on adjacent streets. **PARKING AT THE CHURCH, PAC BELL AND POST OFFICE PARKING LOTS ACROSS THE STREET, OR IN ANY LOT OR AREA POSTED AS “NO UNAUTHORIZED PARKING” WILL RESULT IN CITATIONS AND POSSIBLE TOWING.** Parking for working Officials and coaches will be available in the parking lot behind the pool. Officials and Coaches using the lot must be prepared to show valid USA Swimming credentials to gain access. Overflow parking will be available at the Alisal Elementary School and the Amador High School parking lots on Santa Rita Road. No overnight parking or R.V. parking is allowed.

**COURSE:** Outdoor, heated pool – 50 meters by 25 yards; up to 16 lanes available for competition. A separate pool will be available for warm up and warm down. Locker rooms with showers are available. Electronic timing system will be used. The minimum water depth, measured in accordance with Article 103.2.3 is 4 feet at the start end and 4 feet at the turn end. Equipment shall be installed so that it will not interfere with swimmers start, turns or finish and the normal overflow functions of the pool water recirculation system. All deck level wiring shall carry no more than 12Volts AC. The competition course has been certified in accordance with 104.2.2C(4). The copy of the certification is on file with USA Swimming.

**TIME:** Meet begins at 9:00 A.M. each day, warm-ups from 7:30 A.M. to 8:45 A.M. each day. A special warm-up time for 8 and under swimmers only will be held from 8:45 to 8:55 A.M.

**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, **and will be swum fastest to slowest.**
- **Swimmers may compete in a maximum of four (4) individual events per day.**
- **All swimmers 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 swimmers age and gender.**
- 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.**

**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:** The swimmer 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 swimmer or the swimmer'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 swimmers, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- All shelters must be properly secured.
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

**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 in the "A" Division must have met at least the listed "PC-A" time standard. Swimmers in the "B" Division must have met at least the listed "PC-B" time standard. All entry times slower than the listed "PC-B" time standard will be in the "C" Division.
- Entries with "**NO TIME**" **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.
- 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.
- Swimmers 19 years of age and over may compete in the meet for time only, no awards. Such swimmers must have met the time standards for the 17-18 age group.
- *The swimmer's age will be the age of the swimmer on the first day of the meet.*

**ENTRY PRIORITY:** Meet entries will not be accepted any earlier than September 14, 2013. Entries from members of "year round" Zone 2 teams in "good standing," postmarked or entered online by 11:59 p.m. on September 21, 2013 will be given 1<sup>st</sup> priority acceptance. Entries from members of all Zone 2 teams in "good standing" (year round and seasonal) postmarked or entered online between 12:00 am September 21, 2013 and 11:59 September 28, 2013 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.

**ENTRY FEES:** \$2.75 per event, \$8.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

**Make check payable to:** Pleasanton Seahawks

**Mail or Hand Delivered Entries:**

PLS Swim Meet Entries  
C/o Sharon Peck  
4209 Waycross Court  
Pleasanton, CA 94566

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be postmarked by midnight, Monday, **October 7, 2013** or hand delivered to 4209 Waycross Court, Pleasanton, CA 94566 by 6:30 p.m. Wednesday, **October 9, 2013**. No late entries will be

accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/PLS20131019> 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 swimmer 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, October 9, 2013, unless meet capacity is met earlier than October 9, in which case online entries will be closed once meet capacity is met.**

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

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

**AWARDS:** Ribbons will be awarded for 1<sup>st</sup>-8<sup>th</sup> place in "A", "B" and "C" divisions. Standard "A" medals will be given in each event to all "B" and "C" division swimmers for NEW "A" times achieved, regardless of the place achieved in the event. Awards will be given out in the following age groups: 8 and under, 9-10, 11-12, 13-14, 15-18. Awards must be collected before the end of the meet. They will not be mailed.

**ADMISSION:** Free. Program will be available for purchase with a reasonable cost.

**REFRESHMENTS:** A snack bar will be available serving hot breakfast, hot lunches, salads and other nutritious items and beverages. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers.

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

**MINIMUM OFFICIALS RULE:** The Meet Referee shall conduct an inventory of Officials and shall compare the number of swimmers entered against the number of Officials that worked representing each team per day of the meet. Those teams 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.

Number of swimmers entered in meet per team per day	Number of trained and carded officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 Swimmers over 100	+1

**EVENTS SUMMARY**

	<b>8 &amp; UN</b>	<b>9-10</b>	<b>11-12</b>	<b>13-14</b>	<b>15-18</b>
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<b>Saturday</b>	50 Breast	100 Breast	200 Breast	200 Breast	200 Breast
	25 Back	100 Back	100 Back	100 Back	100 Back
	100 Free	100 Free	200 Free	200 Free	200 Free
	25 Fly	50 Fly	50 Fly	100 Fly	100 Fly
<b>Sunday</b>	<b>8 &amp; UN</b>	<b>9-10</b>	<b>11-12</b>	<b>13-14</b>	<b>15-18</b>
	50 Back	50 Back	400 IM	400 IM	400 IM
	50 Free	50 Free	50 Back	100 Free	100 Free
	100 IM	200 IM	100 Free	50 Free	50 Free
	25 Breast	50 Breast	50 Free	200 Fly	200 Fly
			50 Breast	100 Breast	100 Breast

### EVENTS

<b>Saturday, October 19, 2013</b>		
<b>Event #</b>	<b>Event</b>	<b>Event #</b>
1	13-18 200 Breast	2
3	11-12 200 Breast	4
5	9-10 100 Breast	6
7	8-UN 50 Breast	8
9	13-18 100 Back	10
11	11-12 100 Back	12
13	9-10 100 Back	14
15	8-UN 25 Back	16
17	13-18 200 Free	18
19	11-12 200 Free	20
21	9-10 100 Free	22
23	8-UN 100 Free	24
25	13-18 100 Fly	26
27	11-12 50 Fly	28
29	9-10 50 Fly	30
31	8-UN 25 Fly	32

<b>Sunday, October 20, 2013</b>		
<b>Event #</b>	<b>Event</b>	<b>Event #</b>
33	11-12 400 IM	34
35	13-18 400 IM	36
37	9-10 50 Back	38
39	11-12 50 Back	40
41	8-UN 50 Back	42
43	13-18 100 Free	44
45	11-12 100 Free	46
47	9-10 50 Free	48
49	8-UN 50 Free	50
51	13-18 50 Free	52
53	11-12 50 Free	54
55	9-10 200 IM	56
57	8-UN 100 IM	58
59	13-18 200 Fly	60
61	8-UN 25 Breast	62
63	9-10 50 Breast	64
65	11-12 50 Breast	66
67	13-18 100 Breast	68

=> 13-18 individual events will be swum together but scored separately as 13-14 and 15-18

<b>Pacific Swimming - Hosted by Pleasanton Seahawks</b> <b>C/B/A+ Meet</b> <b>October 19-20, 2013</b> <b>Entry Form</b>															
Name: Last,				First				Middle							
Club Abbr.				UNATT TEAM ABBR.				Club Name							
Age				Date of Birth				Sex		LSC - (PC, SN)					
								M    F							
USA -#															
Event #	Distance / Stroke			Entry Time				Circle one							
				:       .				LC/SCY							
				:       .				LC/SCY							
				:       .				LC/SCY							
				:       .				LC/SCY							
				:       .				LC/SCY							
				:       .				LC/SCY							
				:       .				LC/SCY							
				:       .				LC/SCY							
				:       .				LC/SCY							
# of entries ___ x \$2.75 =                    \$ Participation Fee =                            +    \$8 Total    \$															
Coach:															
Swimmer's Address:															
Contact Phone #:							Email Address:								