

ELLIS AQUATICS "PENGUIN PLUNGE"  
PACIFIC SWIMMING SHORT COURSE C/B/BB+ MEET  
FEBRUARY 8-9, 2020

Enter Online: <http://ome.swimconnection.com/pc/EAPC20200208>

Zone 2 Assigned Clubs: BSW EA FF LAC LBD RA RHAC SRVA TIGR TRIV



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **20-018**

*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.

**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> Carol Cottam	<b>Head Starter:</b> Markus Daene
<b>Meet Marshal:</b> Clayton Basepayne	<b>Admin Referee:</b> KC Yap
<b>Meet Director:</b> Candy Windschitl (209) 815-7250 <a href="mailto:candyw@comcast.net">candyw@comcast.net</a>	

**LOCATION:** Merrill West High School Pool, 1775 W. Lowell Ave, Tracy CA. 95376

**DIRECTIONS:** **From Livermore** take Highway 580 E and follow to I-205 E to Grant Line Rd in Tracy. Take exit 6 from I-205E onto Grant Line Rd. Turn Right on Grant Line Rd. Turn Right on Corral Hollow Road, Turn Left on Lowell Ave. Turn left at School Light. **From Stockton** take Highway 5 south to I-205 to exit 8 I-205 make a left onto N Tracy blvd. Make a right onto Lowell Ave and right on to school.

**COURSE:** OUTDOOR 25 YARD pool with up to ten (10) lanes available for competition. An additional eight (8) lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 7'0" at the start end and 7'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**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 to 8:55 AM.

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures, including the Minor Athlete Abuse Prevention Policy ("MAAPP") 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 **five (5) events** per day.
- All athletes ages 12 and under should complete competition within four (4) hours.
- All athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.
- Entries will be accepted until the number of splashes exceeds the estimated time line, per the "Four-Hour Rule," based on the athlete's 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 athletes entered in the 500 Free shall provide their own timers and lap counters. All athletes entered in the 400 IM shall provide their own timers.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

**ATTENTION HIGH SCHOOL ATHLETES:** If you are a high school athlete in high school swim season, you need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**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 USA Swimming 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 USA Swimming Club Member-Coach.

**RACING STARTS:** Any athlete entered in the meet 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. When unaccompanied by a member-coach, 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 is 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. Shelters on grass area may not use stakes to secure because of sprinkler lines.
- 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. 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.
- The only canopies allowed on deck will be for coaches in the designated coaches' area. All athletes and spectators will set up in the parking lot or grass area near the pool outside of the pool deck. DO NOT USE stakes to secure canopies because of sprinkler lines. All items left overnight will not be secure, so we do not recommend leaving canopies and chairs set up outside. Items may be folded up and left on the pool deck overnight.
- Set up will be available starting at 6:30 AM on Saturday morning of the meet.

**ELIGIBILITY:**

- Athletes 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. 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 USA Swimming Motivational "BB" minimum time standard. Athletes in the "B" Division must have met at least the listed "B" minimum 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 at least the listed "A" standard.
- Entries with **"NO TIME" will not be accepted.**
- Entry times submitted for this meet may 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 and 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.
- 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 January 03, 2020. Entries from members of assigned "year round" Zone 2 clubs postmarked or entered online by 11:59PM on January 11, 2020 will be given 1st priority acceptance. Entries from members of all Zone 2 clubs (year round and seasonal) postmarked or entered online between 12:00AM January 12, 2020 and 11:59 PM January 18, 2020 will be given 2nd 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/EAPC20200208> 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 midnight Wednesday, **January 29, 2020** 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, **January 28, 2020** or hand delivered by 6:30 PM, Wednesday, **January 29, 2020**. 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: Ellis Aquatics**

**Mail entries to: Candy Windschitl**  
**1171 Williams Ct.**  
**Manteca, CA 95337**

**Hand deliver entries to: Candy Windschitl**  
**1171 Williams Ct.**  
**Manteca, CA 95337**

**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. Prior to 10:30 AM, close of check-in for each event shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. **Close of check-in for all remaining events for that day shall be at 10:30 AM.** Athletes who do not check-in will not be seeded and will not be allowed to compete in that event. Athletes who wish to scratch from an event after the close of check-in are requested to inform the Referee on the starting end of the competition course.

**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, 15-18 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 19 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 program will be available for \$3.00

**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 team 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</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&under	9-10	11-12	13-18	8&under	9-10	11-12	13-18
100 IM	100 IM	100 IM	200 IM	50 Fly	100 Fly	100 Fly	200 Fly
25 Breast	50 Fly	100 Back	200 Back	25 Back	50 Back	100 Free	200 Free
25 Fly		50 Fly	100 Fly	50 Breast	50 Breast	200 Back	100 Back
50 Free	50 Free	100 Breast	200 Breast	25 Free	100 Free	50 Breast	100 Breast
			50 Free			400 IM	400 IM
Open 500 Free							

## MEET EVENT SUMMARY

Saturday, February 8th		
GIRLS EVENT #	EVENTS	BOYS EVENT #
1	13&up 200 IM	2
3	11-12 100 IM	4
5	9-10 100 IM 8&un 100 IM	6
7	13&up 200 Back	8
9	11-12 100 Back	10
11	8&un 25 Breast	12
13	9-10 50 Fly	14
15	13&up 100 Fly	16
17	11-12 50 Fly	18
19	8&un 25 Fly	20
21	13&up 200 Breast	22
23	11-12 100 Breast	24
25	9-10 50 Free 8&un 50 Free	26
27	13&up 50 Free	28
29	Open 500 Free*	30

Sunday, February 9th		
GIRLS EVENT #	EVENTS	BOYS EVENT #
31	13&up 200 Fly	32
33	11-12 100 Fly	34
35	9-10 100 Fly	36
37	8&un 50 Fly	38
39	11-12 100 Free	40
41	13&up 200 Free	42
43	9-10 50 Back	44
45	8&un 25 Back	46
47	11-12 200 Back	48
49	13&up 100 Back	50
51	9-10 50 Breast 8&un 50 Breast	52
53	11-12 50 Breast	54
55	13&up 100 Breast	56
57	8&un 25 Free	58
59	9-10 100 Free	60
61	11-12 400 IM**	62
63	13&up 400 IM**	64

\*Athletes entered in the Open 500 Free must provide their own timers and lap counters.

\*\*Athletes entered in the 400 IM must provide their own timers.

All Time standards are located on the Pacific Swimming Website:

[http://www.pacswim.org/page/times\\_standards.shtml](http://www.pacswim.org/page/times_standards.shtml)

Pacific Swimming – Hosted by EA C/B/BB+ MEET Feb 08 & 09, 2020 Consolidated Entry Form													
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			
							: .			SCY / LCM			
							: .			SCY / LCM			
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							: .			SCY / LCM			
							: .			SCY / LCM			
# of entries _____ x \$4.00 = \$ _____ Participation Fee      \$ 8.00 Total                      \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													