

Zone 2 PC-BA+ Short Course Last Chance Meet

Orinda Aquatics – March 2 & 3, 2013

Enter online @ Swim Connection: <http://ome.swimconnection.com/pc/oapb20130302>



Attention: No Friday night set-up allowed. Gates will not open until 7:15am on Saturday Morning

SANCTION: Held under USA/Pacific Swimming Sanction Number: 13-039

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 VIDEO: Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms. Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission to do so is given by the Meet Referee.

MEET OFFICIALS:

Meet Referee: Leo Lin	Head Starter: John King
Meet Director: Renee Owyong Email: r.owyong@att.net (preferred) Phone: 510.339.8841 no calls after 8:00PM	Head Marshal: Matt Shieman

LOCATION: SODA AQUATIC CENTER at CAMPOLINDO HIGH SCHOOL: 300 Moraga Road, Moraga, California. **Highway 24 West**-take Central Lafayette Exit, turn right on Deer Hill Rd, Right on First St, Right on Mount Diablo Blvd, Left on Moraga Rd, and right on Campolindo Dr. **Highway 24 East**-take Orinda Exit, turn right on Moraga Way, left on Glorietta Blvd, right on Rheem Blvd, left on Moraga Rd, left on Campolindo Dr. Pool is located behind high school. Parking lot located on left. **Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed. No overnight/RV parking allowed.**

COURSE: Outdoor 25-Yard competition pool with 16 lanes with electronic timing system. A separate pool will be available for warm-down during the meet. The minimum water depth as measured in accordance with article 103.2.3 is 10' on the primary start end and 7' on the secondary start end of the competition pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

TIME: Meet begins at 9:00 AM each day. The competition course will be open for warm-ups from 7:30 to 8:45 a.m. Special Warm-up for 8&under swimmers only 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 the Course. All events are timed finals. Swimmers can compete in a maximum of **FOUR (4) 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 timeline, per the "four-hour rule", based on the swimmer's age and gender.** If local conditions warrant it, the Meet Referee, with concurrence of the Meet Director may require a mandatory scratch down. Immediate cash refunds will be made for mandatory scratches. **All coaches and deck officials must wear their USA swimming membership cards in a visible manner.** All events will be seeded fastest to slowest.

SPECIAL RULES: Swimmers entering the 400 IM /500 Free must have met the 'PC-A' time standard. These events will swim alternating girls and boys. Swimmers must provide their own timers and their own lap counters (500 Free).

DECK CHANGING: Except where venue facilities require otherwise, changing into or out of swimsuits other than in the locker rooms or designated areas is not appropriate and is strongly discouraged.

ATTENTION HIGH SCHOOL SWIMMERS: All high school swimmers in season must swim UNATTACHED at this meet. It is the responsibility of the swimmer to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

UNACCOMPANIED SWIMMERS: 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 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 swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

RESTRICTIONS: Sale and use of alcoholic beverages and smoking and the use of other tobacco products is prohibited in all areas of the meet venue during the meet. Coaches, parents, siblings and officials may not use the pool. Glass containers of any kind are not allowed in pool area. All pets are prohibited in the pool area.

ELIGIBILITY: Swimmers must be current members of USA-S and enter their name and registration number on the meet entry card as shown on their Registration Card. All swimmer registrations will be checked against the SWIMS database and if found not to be 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. **Meet is open to all qualified swimmers who have met the 'PC-B' time standards, except for the 400 IM and 500 Free, for which the swimmers must have met the 'PC-A time standards.** 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 Procedure. 'No Time' entries will not be accepted. A swimmer who qualifies for a 'PC-B' or better in a specific stroke and distance (e.g. LCM) will be considered qualified in the same stroke and distance in all courses (SCY/SCM). No time conversions will be accepted. **ENTRY TIMES MUST HAVE BEEN MADE PRIOR TO February 20, 2013.** 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 older may enter in the events for the 17-18 division, but may not receive awards and must have met the 17-18 time standards.

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 will not be allowed to compete in the event.

SCRATCHES: Swimmers entered in an individual event that have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun. Failure to swim an event will result in being barred from their next individual event on that day or the next meet day, whichever is first. Exception: No penalty shall apply for failure to withdraw or compete in an individual event if the referee is notified in the event of illness or injury and accepts the proof thereof, or it is determined by the referee that the No-Show is caused by circumstances beyond the control of the swimmer.

ENTRIES: Zone 2 entries postmarked or entered online by 11:59 p.m. on Monday, February 11th, 2013 will be given 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.

Option 1 – Online Meet Entries: Deadline by 11:59, Wednesday, February 20th, 2013.

Enter online at: <http://swimconnection.com/pc/oapb20130302> to receive immediate confirmation of acceptance via email. **The "billing information" email should be brought to the meet as proof of entry.** Online entry requires payment by credit card using the secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fee. Please note that the processing fee is a separate fee from the entry fee. Online meet entry fees are paid to Swim Connection LLC. Use of this system is completely voluntary. Online Meet Entry is not required or expected by Pacific Swimming. **"No times" entries will not be accepted.**

Option 2 – Surface Mail Entries: Individual Consolidated Entry Forms must be completely filled out including best short course time or long course time for each event. If your qualifying time is in yards, enter a yard time and put a Y after the time. If the qualifying time is Short Course Meters, enter the SCM time and put an S after the time. If the qualifying time is in Long Course Meters enter the LCM time a put an L after the time. 'No Time' entries will not be accepted. Entries **must** be postmarked by midnight, **Monday, February 18th, 2013** or hand delivered, **no later than 6:00 PM, Wednesday, February 20th, 2013 to 6537 Liggett Drive Oakland, CA 94611.** NO LATE entries will be accepted. No Refunds will be made. No Faxed Entries. To confirm entry into the meet, include a self-addressed, stamped envelope or postcard with your entries.

Entry Fees: \$2.75 per individual event, plus an \$8 per swimmer participation fee. A check for the total amount must accompany each entry. Checks should be made payable to Orinda Aquatics. There are no refunds. Entries will not be accepted unless accompanied with the full fee amount.

ADMISSION: Admission is free. A two-day program will be available for a reasonable cost.

HOSPITALITY/SNACK BAR: Lunches and refreshments will be provided for officials and coaches only. Timers will be served snacks and drinks. A snack bar will be available.

AWARDS: Awards will be given to top 8 finishers in the following age groups: 8&u, 9-10, 11-12, 13-14, 15-16 and 17-18 age groups. "A" medals will be awarded to "PC-B" level swimmers achieving a new "A" time regardless of place achieved in event. No awards will be given to swimmers age 19 years or older. All Individual awards must be picked up at the meet. No awards will be mailed or distributed after the meet.

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
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 and up	4 and up (1 for every 20 swimmers)

Event Summary – Saturday, March 2			
8&under	9-10	11-12	13&up
25 Free	200 Free	200 Free	200 Free
50 Back	100 Breast	100 Breast	100 Breast
25 Breast	50 Back	50 Back	200 Back
100 Free	100 Fly	200 Back	100 Fly
100 IM	100 Free	100 Fly	100 Free
	100 IM	100 Free	400 IM*
		100 IM	
		400 IM*	

*Swimmers in the 400 IM must have met the 'PC-A" to be eligible to swim that event.

Event Summary – Sunday, March 3			
8&under	9-10	11-12	13&up
25 Fly	200 IM	200 IM	200 IM
50 Free	50 Free	50 Free	50 Free
50 Breast	50 Breast	200 Breast	200 Breast
25 Back	100 Back	50 Breast	100 Back
50 Fly	50 Fly	100 Back	200 Fly
	500 Free*	50 Fly	*500 Free
		200 Fly	
		500 Free*	

*Swimmers in the 500 Free must have met the 'PC-A" to be eligible to swim that event.

Saturday Events List

Girls Event #	PC-B	PC-A	Event	PC-A	PC-B	Boys Event #
1	2:46.29	2:31.09	11-12 200 Free	2:31.29	2:46.49	2
3	2:32.29	2:18.39	13&14 200 Free	2:13.39	2:26.79	4
	2:32.29	2:18.39	15-16 200 Free	2:08.29	2:21.19	
	2:32.29	2:18.39	17-18 200 Free	2:08.29	2:21.19	
5	3:11.09	2:53.69	9-10 200 Free	2:53.69	3:11.09	6
7	23.49	19.49	8&un 25 Free	19.49	23.49	8
9	1:37.69	1:28.79	11-12 100 Breast	1:30.19	1:39.29	10
11	1:52.29	1:42.09	9-10 100 Breast	1:44.29	1:54.79	12
13	1:31.99	1:23.59	13-14 100 Breast	1:19.59	1:27.49	14
	1:31.99	1:23.59	15-16 100 Breast	1:17.49	1:25.29	
	1:31.99	1:23.59	17-18 100 Breast	1:17.49	1:25.29	
15	40.39	36.69	11-12 50 Back	37.29	41.09	16
17	45.49	41.29	9-10 50 Back	42.39	46.69	18
	1:02.99	51.99	8&un 50 Back	51.99	1:02.99	
19	3:07.59	2:50.49	11-12 200 Back	2:50.49	3:07.59	20
21	2:54.19	2:38.29	13-14 200 Back	2:40.19	2:56.29	22
	2:54.19	2:38.29	15-16 200 Back	2:38.99	2:54.89	
	2:54.19	2:38.29	17-18 200 Back	2:38.99	2:54.89	
23	31.49	25.99	8&un 25 Breast	25.99	31.49	24
25	1:41.99	1:32.79	9-10 100 Fly	1:32.79	1:41.99	26
27	1:26.59	1:18.69	11-12 100 Fly	1:20.59	1:28.69	28
29	1:19.49	1:12.19	13-14 100 Fly	1:09.09	1:16.09	30
	1:19.49	1:12.19	15-16 100 Fly	1:05.89	1:12.49	
	1:19.49	1:12.19	17-18 100 Fly	1:05.89	1:12.49	
31	1:25.69	1:17.89	9-10 100 Free	1:17.89	1:25.69	32
	2:00.99	1:39.99	8&un 100 Free	1:39.99	2:00.99	
33	1:14.69	1:07.89	11-12 100 Free	1:07.09	1:13.89	34
35	1:10.39	1:03.99	13-14 100 Free	1:00.89	1:06.99	36
	1:10.39	1:03.99	15-16 100 Free	58.29	1:04.19	
	1:10.39	1:03.99	17-18 100 Free	58.29	1:04.19	
37	1:39.79	1:30.69	9-10 100 IM	1:30.69	1:39.79	38
	2:12.29	1:49.29	8&un 100 IM	1:49.29	2:12.29	
39	1:27.09	1:19.09	11-12 100 IM	1:19.79	1:27.79	40
41		6:00.29	11-12 400 IM*	6:00.79		42
		5:40.49	13-14 400 IM*	5:29.99		
		5:43.79	15-16 400 IM*	5:28.09		
		5:43.79	17-18 400 IM*	5:28.09		

*Special Rules: 400 IM will swim fastest to slowest alternating girls and boys. Swimmers in the 400 IM must provide their own timers.

Sunday Events List

Girls Event #	PC-B	PC-A	Event	PC-A	PC-B	Boys Event #
43	3:06.19	2:49.19	11-12 200 IM	2:51.69	3:08.89	44
45	2:54.09	2:38.19	13-14 200 IM	2:31.79	2:46.99	46
	2:54.09	2:38.19	15-16 200 IM	2:26.79	2:41.49	
	2:54.09	2:38.19	17-18 200 IM	2:26.79	2:41.49	
47	3:31.79	3:12.49	9-10 200 IM	3:12.49	3:31.79	48
49	27.39	22.59	8&un 25 Fly	22.59	27.39	50
51	34.59	31.39	11-12 50 Free	30.79	33.89	52
53	32.39	29.39	13-14 50 Free	27.89	30.69	54
	32.39	29.39	15-16 50 Free	26.99	29.69	
	32.39	29.39	17-18 50 Free	26.99	29.69	
55	39.09	35.49	9-10 50 Free	35.49	38.99	56
	53.29	43.99	8&un 50 Free	43.99	53.29	
57	3:30.19	3:11.09	11-12 200 Breast	3:11.39	3:30.59	58
59	3:17.29	2:59.29	13-14 200 Breast	2:51.39	3:08.59	60
	3:09.99	2:52.69	15-16 200 Breast	2:53.29	3:10.69	
	3:09.99	2:52.69	17-18 200 Breast	2:53.29	3:10.69	
61	52.29	47.49	9-10 50 Breast	47.49	52.19	62
	1:10.19	57.99	8&un 50 Breast	57.99	1:10.19	
63	45.59	41.39	11-12 50 Breast	42.19	46.49	64
65	28.49	23.49	8&un 25 Back	23.49	28.49	66
67	1:39.19	1:30.19	9-10 100 Back	1:30.19	1:39.29	68
69	1:26.29	1:18.39	11-12 100 Back	1:19.79	1:27.79	70
71	1:20.19	1:12.89	13-14 100 Back	1:10.39	1:17.49	72
	1:20.09	1:12.79	15-16 100 Back	1:09.89	1:16.89	
	1:20.09	1:12.79	17-18 100 Back	1:09.89	1:16.89	
73	44.29	40.19	9-10 50 Fly	40.19	44.29	74
	1:06.59	54.99	8&un 50 Fly	54.99	1:06.59	
75	38.49	34.99	11-12 50 Fly	35.59	39.05	76
77	3:06.39	2:49.39	13-14 200 Fly	2:44.99	3:01.49	78
	3:06.39	2:49.39	15-16 200 Fly	2:34.79	2:50.29	
	3:06.39	2:49.39	17-18 200 Fly	2:34.79	2:50.29	
79	3:13.59	2:55.99	11-12 200 Fly	3:06.99	3:25.69	80
81		7:41.99	9-10 500 Free*	7:41.99		82
		6:30.49	11-12 500 Free*	6:28.29		
		6:09.59	13-14 500 Free*	5:57.89		
		6:16.59	15-16 500 Free*	5:53.69		
		6:16.59	17-18 500 Free*	5:53.69		

*Special Rules: 500 Free will swim fastest to slowest alternation girls and boys. Swimmers in the 500 Free must provide their own timers and lap counters.

**Zone 2 Pacific-B/A+ Short Course Last Chance Meet
Orinda Aquatics – March 2&3, 2013
Consolidated Entry Card**

NAME (Last, First, MI):

LSC Code (PC, CC, SN):

CLUB ABBR:

IF UNATT
Team Abbrev:

CLUB NAME:

AGE

DATE OF BIRTH

AMOUNT PAID
\$

USA-S
REG #

SEX
Boy Girl

Age Group:

EVENT #	DISTANCE/STROKE/COURSE	ENTRY TIME (LCM)
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of events _____ x \$ 2.75 = _____
Participation Fee = + \$ 8.00
Total Amount Due _____

Coach:

Swimmer's
Address

Contact Phone #
Contact Email: