

**ALBANY ARMADA AQUATICS**

**"LONG COURSE KICK OFF"**

**ZONE 2 PC-C/B/A+ MEET**

**APRIL 26-27, 2014**

Enter Online: <http://ome.swimconnection.com/pc/AAA20140426>

**TEAMS: AAA, AIA, ALGA, BEAR, BSW, EBAT, EBDS, EGC, HILL, MONT, OAPB, ONDA, OTST, PST, SAIL, TERA, TRIV, WCAB**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **14-064**

*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 & 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 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 the ejection from the swimming pool facility by the Meet Referee or his/her designee.

**OFFICIALS:**      *Meet Referee:* David Benjamin      *Head Starter:* Marie Lin      *Admin Referee:* Amy Gonzalez  
                         *Meet Marshal:* Linda Sawyer      *Meet Director:* Verónica Hernández, vernehernwest@gmail.com

**LOCATION:** CONCORD COMMUNITY POOL: 3501 Cowell Rd, Concord. Hwy 680 north, take Treat Blvd. exit right onto Treat Blvd. Hwy 680 South, take Treat/Geary exit, left at end of ramp, left onto Treat Blvd. Turn left onto Cowell. Limited parking is available at the pool and an overflow parking at El Monte Elementary School behind the pool at 1400 Dina Drive.

**COURSE:** Outdoor heated pool: Up to nine (9) 50 meter competition lanes. Separate 25 yard, warm up lanes will be available throughout the duration of the meet. Water Depth: The minimum water depth for the course is 5' at the start and turn ends, measured in accordance with Article 103.2.3. Pool Certification: 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 swimmers only will be held from 8:45 to 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.
- Swimmers may 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 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.
- All events will be swum **Fastest to Slowest**.
- **All Swimmers in the 400 Free and 400 IM must provide their own timers.** The 400's will swim the 11-18 year olds combined, but they will be awarded separately (See Awards section).

**ATTENTION HIGH SCHOOL SWIMMERS (February through May):** If you are a high school swimmer in season, you need to be Unattached from this meet. It is the swimmers responsibility 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:** 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 swimmer or the swimmer's legal guardian to arrange for supervision by a USA-S 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 USA-S Club Member-Coach.

**RACING STARTS:** Swimmers 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 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.
- No glass bottles and containers of any kind are permitted anywhere in the meet venue.
- No propane containers or heaters are permitted at meet venue, except for snack bar/meet operations.
- No pets allowed inside the venue with the exception of service animals.
- All shelters must be properly secured.
- 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 will 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. If Long Course times are not available, Short Course times will be accepted, as long as they are designated as such.
- No converted times will 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 any 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.
- 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 March 22, 2014. Entries from members of Zone 2 teams in "good standing," postmarked or entered online by 11:59 p.m. on April 6th, 2014 will be given priority acceptance. Zone 2 teams assigned to this site are: AAA, AIA, ALGA, BEAR, BSW, EBAT, EBDS, EGC, HILL, MONT, OAPB, ONDA, OTST, PST, SAIL, TERA, TRIV, & WCAB. 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.

**TEAM ASSIGNMENTS:** The following teams are assigned to compete at this venue: AAA,

**ENTRY FEES:** \$2.75 per event plus a \$10.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/aaa20140426> 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, April 16 until 11:59 PM.

**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, April 14, or hand delivered by 7:00 p.m. Wednesday, April 16 to either address listed below. 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.

**Make check payable to:** Albany Armada Aquatics **OR Hand deliver entries to:** Verónica Hernández on the Albany High Pool Deck  
**Mail entries to:** 2540 Yerba Hills Court at: 603 Key Route Blvd, Albany, CA 94706  
 San Jose, CA 95121 (No mailed entries to this address)

**CHECK-IN:** The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Close of check-in for all individual events shall be no more than 60 minutes before 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 seeded and will not be allowed to compete in that event.

**SCRATCHES:** Any swimmer not reporting for or competing in an individual timed final event shall not be penalized. Any swimmer who must withdraw from an event is asked to scratch that event at clerk of course; if the event has already been seeded, the swimmer is requested to notify the referee immediately.

**AWARDS:** First through eighth place swimmers in each age group/gender will be awarded in each division: C/B/A+. Events that contain multiple age group participants will be awarded as such: 8 & Under, 9-10, 11-12, 13-14, 15-18. All B swimmers achieving a New PC-A time will be awarded a standard A medal, regardless of place achieved in the event. No awards will be given for swimmers 19 years of age and older. Note: Individual awards must be picked up at the meet. Awards will not be mailed.

**ADMISSION:** Free. A 2 day program will be available for purchase at the meet.

**REFRESHMENTS:** 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:**

# of Swimmers Entered in Meet per Team	# 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

**EVENT SUMMARY**

Saturday				Sunday			
8 & Un	9 - 10	11 - 12	13 & Up	8 & Un	9 - 10	11 -12	13 & Up
	200 Free	200 Free	200 Free		200 IM	200 IM	200 IM
50 Breast	50 Breast	50 Breast	100 Breast	50 Back	50 Back	50 Back	100 Back
	100 Back	100 Back	200 Back		100 Breast	100 Breast	200 Breast
	100 Fly	100 Fly	100 Fly	50 Fly	50 Fly	50 Fly	100 Free
50 Free	50 Free	50 Free	50 Free	100 Free	100 Free	100 Free	200 Fly
		11 & Over 400 IM			9 & Over 400 Free		

**EVENTS:**

Girls Event #	Saturday Events Age Group, Event Description	Boys Event #
1	13 & Up 200 Free	2
3	11 - 12 200 Free	4
5	9 - 10 200 Free	6
7	13 & Up 100 Breast	8
9	11 - 12 50 Breast	10
11	10 & Un 50 Breast	12
13	13 & Up 200 Back	14
15	11 - 12 100 Back	16
17	9 - 10 100 Back	18
19	13 & Up 100 Fly	20
21	11 -12 100 Fly	22
23	9 - 10 100 Fly	24
25	13 & Up 50 Free	26
27	11 - 12 50 Free	28
29	10 & Un 50 Free	30
31	11 & Up 400 IM	32

Girls Event #	Sunday Events Age Group, Event Description	Boys Event #
33	13 & Up 200 IM	34
35	11 - 12 200 IM	36
37	9 - 10 200 IM	38
39	13 & Up 100 Back	40
41	11 - 12 50 Back	42
43	10 & Un 50 Back	44
45	13 & Up 200 Breast	46
47	11 - 12 100 Breast	48
49	9 - 10 100 Breast	50
51	13 & Up 100 Free	52
53	11 - 12 50 Fly	54
55	10 & Un 50 Fly	56
57	13 & Up 200 Fly	58
59	11 - 12 100 Free	60
61	10 & Un 100 Free	62
63	9 & Up 400 Free	64

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

Pacific Swimming – Albany Armada Aquatics

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April 26-27, 2014

Consolidated Entry Form

Name: Last, First Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M F	LSC – (PC, SN)
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USA-S#																			
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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
		: .	SCY / LCM

# of entries \_\_\_\_\_ x \$2.75= \$ \_\_\_\_\_  
 Participation Fee \$10.00  
 Total \$ \_\_\_\_\_

Coach

Swimmer's Address

Home Phone	Cell Phone
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Email