

OAKLAND UNDERCURRENT
¡Que ONDA! SHORT COURSE RELAY MEET
SUNDAY, MAY 19, 2013



**PACIFIC
SWIMMING**

SANCTION: Held under USA/Pacific Swimming Sanction No. **13-093**

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 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: *Meet Referee:* Rhonda Nelson
Meet Marshal: Rick Miller

Head Starter: Sandra Kadi
Meet Director: Verónica Hernández, vhernandez@pacswim.org, 408-658-6632

LOCATION: El Cerrito Community Pool, 7007 Moeser Lane, El Cerrito, CA. The pool is located at the intersection of Ashbury Ave and Moeser Lane, several blocks uphill from San Pablo Ave.

From I-80 East, take the Central Ave exit. Turn right onto Central Ave, left onto San Pablo Ave and right onto Moeser.

From I-80 West, take the Cutting Blvd exit, turn left onto Cutting, right onto San Pablo Ave and left onto Moeser.

COURSE: Outdoor, 25 yard pool with up to 8 lanes available for competition. [Separate](#) 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 13' at the start end and 7' at the turn end. 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.
 - All swimmers ages 12 and under should complete competition within four (4) hours.
 - Entries will be limited to the first 500 relays entered, or 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.**
 - Coaches must submit any changes to relays by 8:30 am the day of the meet.

ATTENTION HIGH SCHOOL SWIMMERS: 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 unattach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

DECK CHANGING: 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.

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 his/her race(s) 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 containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.

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.
- Entries with "**NO TIME**" will be accepted.
- 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 not compete at this meet.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY PRIORITY: Zone 2 entries postmarked or entered online by 11:59 pm on Monday, April 22, 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 in which they were received.

NOTE: Each unregistered swimmer must come with (1) a completed USA Swimming registration form and (2) a check for \$75 made out to "Pacific Swimming".

ENTRY FEES: \$9.00 per relay team, plus an \$8.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

ENTRY INSTRUCTIONS: Entries for each team must come in a single package on the attached Consolidated Entry Form, Event Entry Form, and Relay Cards. Forms must be filled out completely and printed clearly with specified information for all participating swimmers. Names may not be added to this list after the entry deadline. Please photocopy these forms before completing it if you will need additional pages. No entry times are required. The following priority will be used to approximate fastest-to-slowest in order to pre-seed each event.

- | | |
|---|--|
| 1) A relays from teams with subordinate entries | 2) A relay solo entries |
| 3) B relays from teams with subordinate entries | 4) B relay with no subordinate entries |

Lastly, the attached relay cards should be printed out, copied, and filled out in advance and submitted with the entry forms. They will then be assigned heats and lanes and returned to coaches at the coaches meeting the morning of the meet. Name changes or order of swimmers may be made the morning of the meet, but no relays teams may be added at that time.

Entries must be postmarked by midnight, Monday, May 6, 2013 or hand delivered by 6:00 p.m. Wednesday, May 8, 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.

Make check payable to: O.C.P.P.

Mail entries to: Veronica Hernandez
2540 Yerba Hills Court
San Jose, CA 95121

Hand delivered entries to: Janet Green

4115 Oakmore Road
Oakland, CA 94602

CHECK-IN: The meet will be pre-seeded. Swimmers need not check-in at the Clerk-of-Course unless they need to register or unattach.

AWARDS: Each event will be scored 1st - 8th place. Points will be awarded as follows: 18-14-12-10-8-6-4-2. Team Trophies will be awarded for 1st -3rd places based on total points.

ADMISSION: Free. The program will be posted at several locations around the pools deck and copies will be handed out to coaches.

REFRESHMENTS: A snack bar will be available throughout the competition. Hospitality will be provided to coaches, working deck officials and timers.

MINIMUM OFFICIALS:

Club swimmers entered in session	Trained and carded officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5

EVENT SUMMARY

8-Under	9-10	11-12	13-14	15-18
100 Medley Relay	200 Medley Relay	200 Medley Relay	200 Medley Relay	200 Medley Relay
100 Free Relay	200 Free Relay	200 Free Relay	200 Free Relay	200 Free Relay
100 Fly Relay*	200 Fly Relay*	200 Fly Relay*	200 Fly Relay*	200 Fly Relay*
200 Breast-Back Relay*	200 Breast-Back Relay*	200 Breast-Back Relay*	200 Breast-Back Relay*	200 Breast-Back Relay*
100 Dolphin Relay*	100 Dolphin Relay*	100 Dolphin Relay*	100 Dolphin Relay*	100 Dolphin Relay*
Age Progressive Relay	Age Progressive Relay	Age Progressive Relay	Age Progressive Relay	Age Progressive Relay

* Indicates "Mixed" Relay allowed. Any combination of boys and girls within an age group, including 4 boys or 4 girls.

EVENT ENTRY FORM

Team: _____ **Team Code:** _____ **Zone:** _____

Event	Age Group	Gender	Yards	Stroke	# of teams entered
1	8-under	Girls	100	Medley	
2	8-under	Boys	100	Medley	
3	9-10	Girls	200	Medley	
4	9-10	Boys	200	Medley	
5	11-12	Girls	200	Medley	
6	11-12	Boys	200	Medley	
7	13-14	Girls	200	Medley	
8	13-14	Boys	200	Medley	
9	15-18	Girls	200	Medley	
10	15-18	Boys	200	Medley	
11	8-under	Girls	100	Free	
12	8-under	Boys	100	Free	
13	9-10	Girls	200	Free	
14	9-10	Boys	200	Free	
15	11-12	Girls	200	Free	
16	11-12	Boys	200	Free	
17	13-14	Girls	200	Free	
18	13-14	Boys	200	Free	
19	15-18	Girls	200	Free	
20	15-18	Boys	200	Free	
21	8-under	Mixed*	100	Fly	
22	9-10	Mixed*	200	Fly	
23	11-12	Mixed*	200	Fly	
24	13-14	Mixed*	200	Fly	
25	15-18	Mixed*	200	Fly	
26	8-under	Mixed*	200	Breast-Back	
27	9-10	Mixed*	200	Breast-Back	
28	11-12	Mixed*	200	Breast-Back	
29	13-14	Mixed*	200	Breast-Back	
30	15-18	Mixed*	200	Breast-Back	
31	8-under	Mixed*	100	Dolphin	
32	9-10	Mixed*	100	Dolphin	
33	11-12	Mixed*	100	Dolphin	
34	13-14	Mixed*	100	Dolphin	
35	15-18	Mixed*	100	Dolphin	
36	8-under	Girls	25	Age	
	10-under		50	Progressive	
	12-under		75		
	14-under		100	Free	
	18-under		200		
37	8-under	Boys	25	Age	
	10-under		50	Progressive	
	12-under		75		
	14-under		100	Free	
	18-under		200		

*Indicates "Mixed" Relay allowed. Any combination of boys and girls within an age group, including 4 boys or 4 girls.

CONSOLIDATED ATHLETE ENTRY FORM

Total Number of Relay Teams (from previous page)	1)
Total Relay Entry Fee (box 1 x \$9.00)	2)
Total Swimmers' Entry Fee (Total # of swimmers entered x \$8.00)	3)
Total Fees to be Paid (box 2 + box 3)	Total

(Photocopy before completing if you will be entering more than 25 swimmers)

Team: _____ **Team Code:** _____

Coach: _____ **Phone:** _____

***IF SWIMMER IS NOT REGISTERED ENTER THE SWIMMER'S BIRTHDATE**

No.	Age	Last Name, First Name, Middle Initial	M/F	USID # or Birthdate MM/YY/YYYY
1	/26			
2	/27			
3	/28			
4	/29			
5	/30			
6	/31			
7	/32			
8	/33			
9	/34			
10	/35			
11	/36			
12	/37			
13	/38			
14	/39			
15	/40			
16	/41			
17	/42			
18	/43			
19	/44			
20	/45			
21	/46			
22	/47			
23	/48			
24	/49			
25	/50			

Total "Swimmers Entry Fee" = [#Swimmers x \$8.00 per swimmer] = \$ _____

Club Name:		
Event Name:		Event #:
Heat:	Lane:	
Relay Team: A B C D E		
Order	Swimmers' Names	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	

Club Name:		
Event Name:		Event #:
Heat:	Lane:	
Relay Team: A B C D E		
Order	Swimmers' Names	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	

Club Name:		
Event Name:		Event #:
Heat:	Lane:	
Relay Team: A B C D E		
Order	Swimmers' Names	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	

Club Name:		
Event Name:		Event #:
Heat:	Lane:	
Relay Team: A B C D E		
Order	Swimmers' Names	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	