

**OAKLAND UNDERCURRENT Martin Luther King Jr Meet
PACIFIC SWIMMING ZONE 2 SHORT COURSE C/B/A+ MEET**

Saturday, January 16 - Sunday, January 17, 2016

Enter Online: <http://ome.swimconnection.com/PC/onda20160116>

Teams: ONDA, SAIL, AAA, AIA, ALGA, BEAR, EBSD, ECG, HILL, MONT, OTST, PST, EBA, FF, OAPB, OAK



SANCTION: Held under USA/Pacific Swimming Sanction No. **16-017**

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. **The results of this meet may be posted in real time on the Internet.**

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.

MEET PERSONNEL:

Meet Referee: Peter McNamara	Head Starter: Charlie Gonzales
Meet Marshal: James Craft	Admin Official: Amy Gonzales
Meet Director: Janet Green – ondaswimming@gmail.com	

LOCATION: Trefethen Aquatic Center at Mills College in Oakland, California. Mills is located immediately off of Highway 580 in Oakland at the junction of 580 (MacArthur Freeway) and Highway 13 (Warren Freeway), approximately seven miles from the Bay Bridge.

DIRECTIONS: From Downtown Oakland: Take the second MacArthur Blvd. exit (after High St.). Bear right onto MacArthur Blvd. The Mills gate is immediately ahead on your left. **From Concord/Walnut Creek:** Take I-680 south to Highway 24 west. Come through the tunnel. Take Highway 13 south toward Hayward. Take the San Francisco exit onto I-580 west. Stay in the exit lane and immediately take the MacArthur/High St. exit. Turn right at the stop sign, then left again at the light. Mills College entrance is on your left. **From Hayward and South Bay:** Take I-580 west to the MacArthur/High St. exit just after the junction with Highway 13. Turn left at the stop sign and proceed under the freeway overpass. Turn left at the light onto MacArthur Blvd. The Mills gate is immediately ahead on your left.

COURSE: 25 yard, outdoor pool with up to 8 lanes used for competition. Separate lanes will for warm-up and warm down. The minimum water depth, measured in accordance with Article 103.2.3, is 7'3" at the start end and 7'3" 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 begins at 9:00 a.m. on Saturday and Sunday, with warm ups from 7:30 a.m. to 8:45 a.m. **Special extended warm-up on Saturday and Sunday for 8 & under swimmers only 8:45 to 8:55 am.** Check-in begins at 7:30 a.m. on Saturday and Sunday.

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 events 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.
- Swimmers competing in the 500 Free events must provide their own timers.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

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 containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Changing into or out of swimsuits other than in locker rooms or designated areas is 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. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.

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 USA Swimming Motivational "A" minimum time standard. Swimmers 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.
- Entries with **"NO TIME" will be REJECTED.**
- 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 and 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 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 **December 12th**. Entries from members of the assigned "year round" Zone 2 teams postmarked or entered online by 11:59 p.m. on **December 19th**, will be given 1st priority acceptance. Entries from members of all Zone 2 teams (year round and seasonal) postmarked or entered online between 12:00 am **December 20th** and 11:59 pm **December 26th**, 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: Swimmers who falsify their entry form by listing a team 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 Board of Review Committee for disciplinary action.**

ENTRY FEES: \$4.00 per event plus an \$8.00 participation fee per swimmer. 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/onda20160116> 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 **Friday, January 8th, 2016, unless meet capacity is met earlier than January 8th, in which case online entries will be closed once meet capacity is met.**

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, Friday, January 8th 2016, or hand delivered by 6:30 p.m. Friday, January 8th 2016. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

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

**Mail entries to: ONDA Meet Director
4115 Oakmore Road
Oakland, CA 94602**

**Hand deliver entries to: Janet Green
4115 Oakmore Road
Oakland, CA 94602**

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

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

AWARDS: The first 8 places will be awarded for 8&UN, 9-10, 11-12, 13-14, 15-16 and 17-18 age groups. Ribbons will be awarded for C/B/A divisions. All B swimmers achieving a PC-A time will be awarded a standard A medal, regardless of place achieved in the event. No awards given for swimmers 19 years of age and older. **Note: Individual awards must be picked up at the meet. We will not mail or distribute them after the meet.**

ADMISSION: Free. A 2-day program will be available for a reasonable price.

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 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

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-UP	8 & UN	9-10	11-12	13-UP
25 BACK	200 IM	200 IM	200 IM	50 BACK	200 FREE	200 FREE	200 FREE
50 FREE	100 FLY	200 BACK	50 FREE	100 IM	50 BACK	200 FLY	100 BACK
50 BREAST	50 FREE	50 FREE	100 BREAST	25 FLY	100 IM	100 FREE	200 FLY
25 BREAST	50 BREAST	100 BREAST	200 BACK	25 FREE	100 FREE	200 BREAST	100 FREE
50 FLY	100 BACK	50 BACK	100 FLY		100 BREAST	50 FLY	200 BREAST
	50 FLY	500 FREE (GIRLS)				500 FREE (BOYS)	

EVENTS

Saturday, January 16th 2016		
GIRLS EVENT #	EVENT	BOYS EVENT #
1	13-UP 200 IM	2
3	11-12 200 IM	4
5	9-10 200 IM	6
7	8 & UN 25 BACK	8
9	11-12 200 BACK	10
11	9-10 100 FLY	12
13	13-UP 50 FREE	14
15	10 & UN 50 FREE	16
17	11-12 50 FREE	18
19	13-UP 100 BREAST	20
21	11-12 100 BREAST	22
23	10 & UN 50 BREAST	24
25	13-UP 200 BACK	26
27	9-10 100 BACK	28
29	11-12 50 BACK	30
31	8 & UN 25 BREAST	32
33	13-UP 100 FLY	34
35	10 & UN 50 FLY	36
37	11-UP 500 FREE (GIRLS)	

Sunday, January 17th 2016		
GIRLS EVENT #	EVENT	BOYS EVENT #
39	13-UP 200 FREE	40
41	9-10 200 FREE	42
43	11-12 200 FREE	44
45	10 & UN 50 BACK	46
47	13-UP 100 BACK	48
49	11-12 200 FLY	50
51	10 & UN 100 IM	52
53	13-UP 200 FLY	54
55	8 & UN 25 FLY	56
57	11-12 100 FREE	58
59	13-UP 100 FREE	60
61	9-10 100 FREE	62
63	11-12 200 BREAST	64
65	13-UP 200 BREAST	66
67	8 & UN 25 FREE	68
69	11-12 50 FLY	70
71	9-10 100 BREAST	72
	11-UP 500 FREE (BOYS)	74

Girls 500 FREE will be swum on Saturday. Boys 500 FREE will be swum on Sunday.

All 500 FREE swimmers must provide their own timers and counters.

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

Pacific Swimming – Hosted by Oakland Undercurrent (ONDA)
 Martin Luther King Meet 2016 Short Course C/B/A+ Meet
 Saturday, January 16th – Sunday, January 17th, 2016
 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				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													