

**EAST BAY SILVER DOLPHINS
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
SEPTEMBER 19 – 20, 2015**

Enter Online: <http://ome.swimconnection.com/pc/EBSD20150919>

Teams Assigned: EBSD, AAA, AIA, ALGA, BEAR, ECG, HILL, MONT, ONDA, OTST, PST, SAIL, TERA, WCAB, NWA, OAKW



SANCTION: Held under USA/Pacific Swimming Sanction No. **15-128**

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: Amy Allington*
 Meet Marshal: Rudy Cristobal Admin Official: David Benjamin
 Meet Director: Dionne Dunn (510) 685-0150 / addjdunn@aol.com

LOCATION: Hercules Swim Center, 2001 Refugio Valley Road, Hercules 94547

DIRECTIONS: **Directions from Interstate 80 West** - Take the Hercules Exit; left onto San Pablo Ave.; left onto Sycamore Ave.; right onto Refugio Valley Rd. for approx. 1.5 mi. We are located on the left hand side at 2001 Refugio Valley (across from Hercules Middle High School). **Directions from Interstate 80 East**- Take the Hercules Exit; left on Sycamore Ave.; right onto Refugio Valley Rd. for approx. 1.5 mi. We are located on the left hand side 2001 Refugio Valley (across from Hercules Middle High School). **Directions from Highway 4-** Take San Pablo Ave. Exit; left onto San Pablo Ave; left onto Sycamore Ave.; right onto Refugio Valley Rd. for appx. 1.5 mi. We are located on the left hand side 2001 Refugio Valley (across from Hercules Middle High School).

COURSE: Outdoor 25 yard pool with up to 6 lanes available for competition. An additional 5 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 5'6" at the start end and 11'0 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 8:45AM each day. A special warm-up time for 8 and under swimmers only will be held 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-Course.
- All events are timed finals.
- All events will swim fast to slow.
- Swimmers may compete in 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.
- The 13-18 50 Strokes (FL, BK, BR), 9-10 25's (FL, BK, BR, and FR), and Mixed Medley Relays for all age groups are not events recognized by USA-S and will not be awarded.
- Swimmers entering the 500 Freestyle and/or 400 IM must have achieved the minimum listed time standard for their gender (Girls 500 Free – 6:59.79; Boys 500 Free – 6:43.69; Girls 400 IM – 6:15.49; Boys 400 IM – 5:59.49)
- **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 other 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 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 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. 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: EBSD, AAA, AIA, ALGA, BEAR, ECG, HILL, MONT, ONDA, OTST, PST, SAIL, TERA, WCAB, NWA, OAKW

Meet entries will not be accepted any earlier than August 15, 2015. Entries from members of assigned Zone 2 teams in "good standing" postmarked or entered online by 11:59p.m. on August 22, 2015 will be given 1st priority acceptance. Entries from members of all Zone 2 teams in "good standing" (year round and seasonal) postmarked or entered online between 12:00am August 23, 2015 and 11:59pm August 29, 2015 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 are 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 Review board 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. Relay team fees are \$9.00 per relay team. Swimmers must be entered in the meet to participate in relays. All relays will be deck seeded and entries must be received by the clerk of the course at the time determined each day by the meet referee.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/EBSD20150919> 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, **September 9, 2015**

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, **September 7, 2015** or hand delivered by 6:30 p.m. Wednesday, **September 9, 2015**. 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 stamped self-addressed envelope.

Make check payable to: East Bay Silver Dolphins
Mail or hand delivered entries to: Dionne Dunn
244 Cinnabar Way
Hercules, Ca. 94547

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 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 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.

AWARDS: Ribbons will be awarded to the 1st – 8th place finishers in the 'A', 'B', and 'C' divisions for each event for the following age groups: 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18. "A" medals will be awarded to swimmers with an entry time lower than 'A' achieving a PC'A' time standard for the first time. Ribbons will be available to be picked up by swimmers, coaches or a team representative during the meet. Ribbons will not be mailed.

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 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.

Club swimmers entered in session	Trained and carded officials requested
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	13-18	8 & UN	9-10	11-12	13-18
50 Back	50 Back	100 Back	100 Back	25 Free	100 Free	100 Free	100 Free
50 Free	50 Free	50 Free	50 Free	50 Fly	50 Fly	100 Fly	100 Fly
50 Breast	50 Breast	100 Breast	100 Breast	25 Back	25 Back*	50 Back	50 Back*
25 Fly	25 Fly*	50 Fly	50 fly	25 Breast	25 Breast*	50 Breast	50 Breast*
100 Free	200 Free	200 Free	500 Free	100 IM	100 IM	100 IM	400 IM
100 M.R. (Mixed)*	100 M.R. (Mixed)*	200 M.R. (Mixed)*	200 M.R. (Mixed)*	100 F.R. (Mixed)*	100 F.R. (Mixed)*	200 F.R. (Mixed)*	200 F.R. (Mixed)*

EVENTS

Saturday September 19, 2015		
EVENT #	EVENT	EVENT #
1	15-18 100 Back	2
3	13-14 100 Back	4
5	11-12 100 Back	6
7	9-10 50 Back	8
9	8 & under 50 Back	10
11	15-18 50 Free	12
13	13-14 50 Free	14
15	11-12 50 Free	16
17	9-10 50 Free	18
19	8 & Under 50 free	20
21	15-18 100 Breast	22
23	13-14 100 Breast	24
25	11-12 100 Breast	26
27	9-10 50 Breast	28
29	8 & Under 50 Breast	30
31	13-18 50 Fly*	32
33	11-12 50 Fly	34
35	9-10 25 Fly*	36
37	8 & Under 25 Fly	38
39	15-18 500 Free**	40
41	13-14 500 Free**	42
43	11-12 200 Free	44
45	9-10 200 Free	46
47	8 & under 100 Free	48
49	10 & under 100 Medley relay (mixed)*	
50	11-12 200 Medley Relay (mixed)*	
51	13-18 200 Medley Relay (mixed)*	

Sunday September 20, 2015		
EVENT #	EVENT	EVENT #
53	15-18 100 Free	54
55	13-14 100 Free	56
57	11-12 100 Free	58
59	9-10 100 Free	60
61	8 & under 25 Free	62
63	15-18 100 Fly	64
65	13-14 100 Fly	66
67	11-12 100 Fly	68
69	9-10 50 Fly	70
71	8 & Under 50 Fly	72
73	13-18 50 Back*	74
75	11-12 50 Back	76
77	9-10 25 Back*	78
79	8 & under 25 Back	80
81	13-18 50 Breast*	82
83	11-12 50 Breast	84
85	9-10 25 Breast*	86
87	8 & under 25 Breast	88
89	15-18 400 IM**	90
91	13-14 400 IM**	92
93	11-12 100 IM	94
95	9-10 100 IM	96
97	8 & Under 100 IM	98
99	10 Un 100 Free Relay (mixed)*	
100	11-12 200 Free Relay (mixed)*	
101	13-18 200 Free Relay (mixed)*	

***These events are not recognized by USA-S/PC, and will not be awarded**

***FOR SEEDING PURPOSES,** 9-10 ages enter your 50 yard time for that stroke, 13-18 ages enter your 100 time for that stroke.

** Swimmers entering the 500 Freestyle and/or 400 IM must have achieved the minimum listed time standard for their gender (Girls 500 Free – 6:59.79; Boys 500 Free – 6:43.69; Girls 400 IM – 6:15.49; Boys 400 IM – 5:59.49)

Note: Relays may be “mixed” gender within an age group. A relay may be composed of any combination of female and male swimmers, or may be composed of completely of one gender (all male or all female) of swimmers. Relay events are entered by coaches submitting relay cards on the day the relays are due to be swum and not by individuals.

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

Pacific Swimming – Hosted by EBSD C/B/A+ Meet September 19 – 20, 2015 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			
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													