

Attention: NO Friday night set-up of tents/pop-ups allowed.

SANCTION: Held under USA/Pacific Swimming Sanction Number: 19-087

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 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 Referees: Tom Cross/David Benjamin
 Head Starter: David Kaplan

 Head Marshal: Pam Mackey
 Admin Official: Angela Cardenas

 Meet Director: Janet Green, ondaswimming@gmail.com

LOCATION: Laney College Aquatic Center, 900 Fallon St., Oakland, CA

DIRECTIONS: From Concord/Walnut Creek: Take 24W continue on to 980W, take the Jackson St. exit, merge on to 5th St., make a left at Oak St., turn right on to 10th St. Pool is on right hand side between tennis courts and the building. Parking is available behind the Kaiser Convention Center building.

From Hayward and South Bay: Take I-880N and take the Oak St. exit, toward Lakeside Drive, turn right at Oak St., then turn right on 10th Street. Pool is on the right hand side between tennis courts and the building. Parking is available behind the Kaiser Convention Center building.

COURSE: 25 yard outdoor, heated pool. Up to 8 competition lanes will be available. A warm-up pool will be available during the meet. A Colorado electronic timing system and scoreboard will be used. The minimum water depth for the course, measured in accordance with Article 103.2.3, is 6'-0" at the start end and 12'-0" at the turn end of this pool. The competition course has not been certified in accordance with Article 104.2.2C (4).

TIME: Meet begins at 9:00 AM each day. The competition course will be open for warm-ups from 7:15 to 8:45 a.m. Special Warm-up for 8 & under athletes 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-Course.
 - All events are timed finals.
 - All events will swim fast to slow.
 - Athletes may compete in **4 events** per day.
 - All athletes 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 athlete's 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

UNACCOMPANIED ATHLETES: 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 athlete or the athlete's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the

athlete 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: Athletes 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 athlete or the athlete'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, in standing areas and in all areas used by athletes, 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.
 - Deck Changes are prohibited.
 - All animals, except service animals, are prohibited from all areas of the competition venue.

• 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.

• Operation of a drone or any other flying apparatus is prohibited over the venue (pools, athlete/coach area, spectator area and open ceiling locker rooms) any time athletes, coaches, official and/or spectators are present.

- Coaches, parents and siblings may not use the pool
- ONLY HOSTING CLUB, VENDOR AND COACHES' TENTS ARE ALLOWED ON THE POOL DECK

• ONLY COACHES, ATHLETES, TIMERS AND MEET STAFF ARE ALLOWED BEHIND THE STARTING BLOCKS DURING WARMUPS AND WHILE MEET IS IN SESSION.

ELIGIBILITY: • Athletes must be current members of USA Swimming 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 athlete with the registration and times database. The meet host will check all athlete 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.

• Athletes in the "BB" Division must have met at least the listed USA-S Motivational "BB" time standard. Athletes in the "B" Division must have met at least the listed "B" time standard. All entry times slower than the listed "B" time standard will be in the "C" Division. For 8&U, athletes in the "A" division must have met at least the listed Pacific Swimming "A" time standard.

• 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 athletes 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.
- Athletes 19 years of age and over may compete in the meet for time only, no awards.
- Athlete's age will be the age of the athlete on the first day of the meet.

ENTRY PRIORITY: Entries from members of all Zone 2 clubs, in good standing, postmarked or entered online by 11:59 PM *May 22, 2019* will be given 1st priority acceptance. Entries from all other Pacific LSC Zones and other LSC's, either postmarked, entered online, or hand delivered by the entry deadline of **Wednesday, May 29th** will be considered in the order that they were received.

ENTRY FEES: \$4.00 per event, \$8.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. **No refunds will be made, except mandatory scratch downs.**

ONLINE ENTRIES: You may enter this meet online or by U.S. mail. To enter on-line go to <u>http://www.fastswims.com</u> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a processing fee for this service, 6.5% of the total Entry Fees plus \$0.75 per transaction, regardless of number of athletes. 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 an athlete by Pacific Swimming. Online entries will be accepted through **Wednesday, May 29, 2019** or until the meet has reached capacity, whichever comes first. **LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.**

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athlete's best time. Entries must be postmarked by midnight, Monday May 27, 2019 or hand delivered by 6:30 p.m. on Wednesday, May 29, 2019. 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/Hand Deliver entries to: Janet Green, 4115 Oakmore Rd, Oakland, CA 94602

CHECK-IN: The meet will be deck seeded. Athletes 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. Athletes who do not check in will not be seeded and will not be allowed to compete in that event.

SCRATCHES: Any athletes not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized.

AWARDS: The top 8 places will be awarded for 8 & UN, 9-10, 11-12, 13-14 age groups in each division (C/B/BB). 8&u will be awarded in each division (PC-A, PC-B, and PC-C). All athletes achieving an "A" time for the first time will be awarded a standard "A" medal, regardless of place achieved in event. No awards will be given to athletes 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.

ADMISSION: Free. A two-day program will be available for a reasonable cost.

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.

MINIMUM OFFICIALS: The Meet Referee shall conduct an inventory of Officials and shall compare the number of athletes entered against the number of Officials that worked representing each club per day of the meet. Those clubs that 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 athlete entered in session	Trained and carded officials Required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 Athletes over 100	+1

EVENT SUMMARY

	SATL	JRDAY		SUNDAY						
8&under	9-10	11-12	13-18	8&under	8&under 9-10		13-18			
	OPEN	400 IM		100 IM	200 IM	200 IM	200 IM			
25 Fly	100 Fly	100 Fly	200 Fly	50 Breast	100 Breast	200 Breast	200 Breast			
25 Back	50 Back	50 Back	200 Back	50 Back	100 Back	100 Back	100 Back			
25 Breast	50 Breast	50 Breast	100 Breast	50 Fly	50 Fly	50 Fly	200 Free			
50 Free	50 Free	100 Free	100 Free	100 Free	100 Free	200 Free				
25 Free	100 IM	50 Free	50 Free							

MEET EVENT SUMMARY

Saturday, June 8th							
GIRLS EVENT #	EVENTS	BOYS EVENT #					
1	OPEN 400 IM	2					
3	11-12 100 Fly	4					
5	9-10 100 Fly	6					
7	8&un 25 Fly	8					
9	13&up 200 Fly	10					
11	11-12 50 Back	12					
13	9-10 50 Back	14					
15	8&un 25 Back	16					
17	13&up 200 Back	18					
19	11-12 50 Breast	20					
21	9-10 50 Breast	22					
23	8&UN 25 Breast	24					
25	13&up 100 Breast	26					
27	11-12 100 Free	28					
20	9-10 50 Free	20					
29	8&un 50 Free	30					
31	13&up 100 Free	32					
33	11-12 50 Free	34					
35	9-10 100 IM	36					
37	8&un 25 Free	38					
39	13&up 50 Free	40					

Sunday, June 9th							
GIRLS EVENT #	EVENTS	BOYS EVENT #					
41	13&up 200 IM	42					
43	11-12 200 IM	44					
45	9-10 200 IM	46					
47	8&un 100 IM	48					
49	11-12 200 Breast	50					
51	9-10 100 Breast	52					
53	8&un 50 Breast	54					
55	13&up 200 Breast	56					
57	11-12 100 Back	58					
59	9-10 100 Back	60					
61	8&un 50 Back	62					
63	13&up 100 Back	64					
65	11-12 50 Fly	66					
67	9-10 50 Fly	68					
69	8&un 50 Fly	70					
71	13&up 200 Free	72					
73	11-12 200 Free	74					
75	9-10 100 Free	76					
77	8&un 100 Free	78					

All Time standards are located on the Pacific Swimming Website:

http://www.pacswim.org/page/times_standards.shtml

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ATHLETE (Last, First, MI):																
LSC Code (PC, CC, SN):																
CLUB ABBR:	IF UNATT Team Abbrev:				CLUB NAME:											
AGE	DATE OF BIRTH				AMOUNT PAID \$											
USA Swimmi REG #	ng															
sex Boy	SEX Age Group: Boy Girl															
EVENT # DISTANCE/STROKE/COURSE											EN	TRY T	IME (SCY)		
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Total Amount Due																
Coach:																
Athlete's Address																
Contact Phor Contact Emai																