

**2015 Fred Siegrist Memorial Summer's End Swim Classic**  
**Short Course Meet hosted by the Walnut Creek Aquabears**  
**August 7 to 9, 2015**



*This meet has been pre-approved by USA and Pacific Swimming. Times from this meet may be used to enter future USA-Swimming meets. In granting this approval 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.* **Approved Meet Number: AP15-2**

**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, psych sheets and live meet results. By entering this meet, the athlete or his/her guardian consents to this publication.

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

**OFFICIALS:** Head Referee: Leo Lin                      Head Starter: John King  
Head Marshal: Kevin Taylor                      Admin Referee: Chris Ottati and Kathy Kaminek  
Meet Director: Eddie Contreras, 925-706-7377, [aquabears@gmail.com](mailto:aquabears@gmail.com)

**LOCATION:** Diablo Valley College Aquatic Center, 321 Golf Club Road, Pleasant Hill, CA 94523.

**DIRECTIONS:** From Interstate-680, take the Willow Pass Road exit and turn west onto Willow Pass Road. Turn right onto Contra Costa Boulevard. Turn left on Golf Club Road. Turn left at the first light into Diablo Valley College. Immediately turn left again. The Aquatics Center is south of the tennis courts. Parking permits are required. Do not park in "Faculty Staff" spaces.

**COURSE:** Outdoor, heated 25 yard pool, up to 8 lanes all deep water with non-turbulent lane lines. Colorado automatic timing system with three buttons will be used. Separate warm up area available. The minimum water depth, measured in accordance with Article 103.2.3, is 7'-6" at the start end and 7'-6" at the turn end. The competition pool has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming.

**TIME:** Friday – Meet begins at 5:30 p.m. (check-in begins at 4:00 p.m., general warm-up from 4:00-5:15 p.m.). Saturday and Sunday – Meet begins at 9:00 a.m. (check-in begins at 7:30 a.m., general warm-up from 7:30- 8:45 a.m.). Special extended warm-up on Friday from 5:15-5:25 p.m. and from 8:45-8:55 a.m. on Saturday and Sunday for 8 & under swimmers only

- RULES:**
- Current USA Swimming rules will govern the meet. Pacific Swimming Safety Guidelines and Warm-up Procedures will be in effect. A copy of these procedures will be posted at the pool.
  - All events are timed finals.
  - All events will swim fast to slow.
  - Swimmers may compete in a maximum of five (5) individual events per day.
  - **Entries will be accepted until the estimated time line reaches 2.5 hours on Friday, and 6 hours on Saturday and Sunday.**
  - 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 mandatory scratches.
  - Swimmers in the 500 Free must provide their own timers and lap counters.
  - All coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner.

**UNACCOMPANIED SWIMMERS:** Any USA-S athlete-member competing at the meet must be accompanied by a USA-S 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 Swimming member coach as being proficient in performing a racing start, or must start each race from within 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 at Diablo Valley College.
- Sale and use of alcoholic beverages is prohibited at Diablo Valley College.
- No glass containers are allowed in the meet venue which includes at least the pool deck and the locker room area.
- Propane heaters are prohibited, except for snack bar/meet operations.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Deck setup is limited to officials and coaches. Space for coach setup with good visibility may be limited and teams are encouraged to share table/tent space where possible.
- All shelters must be properly secured.
- 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:**

- Open to all USA and recreational swimmers.
- Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming policy.
- Entries with "NO TIME" will be accepted.
- Please enter your best estimated time for the 13-14 and 15&Over age groups in the following events: 100 I.M., 50 Fly, 50 Back, 50 Breast.
- For ages 9 and over, swimmers in the **Gold Division** must have met at least the listed USA-S Motivational "A" time standard. Swimmers in the **Silver 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 **Bronze Division**. **There will be no divisions for the 13-14 and 15&Over age groups in the following events: 100 I.M., 50 Fly, 50 Back, 50 Breast.**
- For ages 8 and under, swimmers in the **Gold Division** must have met at least the listed Pacific Swimming "PC-A" time standard. Swimmers in the **Silver Division** must have met at least the listed "PC-B" time standard. All entry times slower than the listed "B" time standard will be in the **Bronze Division**. Swimmers 19 and over may participate in 15&Over and 9&Over events, but will not be awarded nor score points.
- "A" Medals will be awarded to swimmers achieving the "A" time standard in an event for the first time.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRY FEES:** \$5.50 per individual event, plus \$8.00 per swimmer pool/water surcharge. Relays are \$16.00 each. A check for the total amount must accompany each entry. Make check payable to: Walnut Creek Aquabears. There will be no refunds. Entries will not be accepted unless accompanied with the full fee amount.

**ONLINE ENTRIES:** To enter online, go to <http://ome.swimconnection.com/pc/wcab20150807> 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, July 29, 2015.** If you are a recreational league swimmer, click on the "Guide me how to enter a swimmer to this meet" tab. In the following screen, ignore "Swimming Association," and click NO to the question "Is your swimmer registered with USA Swimming?" Enter the swimmer's information on the next screen, and enter your TEAM'S abbreviated name.

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be completely filled out, including best short course time for each event. Entry times must be submitted in yards. 'No time' entries will be accepted. **Entries must be postmarked by midnight Monday, July 27, 2015, or hand delivered by 5:00 p.m. on Wednesday, July 29, 2015.** No late entries will be accepted. No refunds will be made. Enclose a self addressed stamped postcard if you wish to confirm entry.

**Make check payable to:** Walnut Creek Aquabears

**Mail or hand deliver entries to:** WCAB Meet Entries  
1374 Lupine Court  
Concord, CA 94521

**RELAY ENTRIES:** Relays may be pre-entered on the attached entry form or via online entry. Deck entries will be accepted for relays each day until 10:30 a.m.

**CHECK-IN:** This meet will be deck seeded. Swimmers must check-in at the check-in table. Close for check-in for all 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 allowed to compete in the event.

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

- AWARDS:**
- Individual Events will be awarded in the following ages: 6&Under, 7, 8, 9, 10, 11, 12, 13, 14, 15-18.
  - Distinctive medals for 1st through 3rd places in each division (Gold, Silver, and Bronze), Ribbons for 4th through 8th places in each division (Gold, Silver, and Bronze), and Heat Winner Ribbons. A swimmer's entry time determines which division they will be awarded in.
  - Individual High Point Awards will be given for the highest scoring boy and girl in the following age groups: 6&Under, 7, 8, 9, 10, 11, 12, 13, 14, 15-18.
  - Relay Events will be awarded in the following ages: 8&Under, 9-10, 11-12, 13-14, 15-18. Distinctive medals for 1st place, Ribbons for 2nd and 3rd places.
  - Team High Point Trophies will be awarded to the top three scoring teams in two divisions, according to the number of entries received.
  - Individual awards must be picked up at the meet. We will not mail or distribute them after the meet.

**SCORING:** All events will be scored 1st through 8th places. Points for individual events will be 9, 7, 6, 5, 4, 3, 2, and 1. Points for relay events will be 18, 14, 12, 10, 8, 6, 4, and 2.

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

**SNACK BAR & HOSPITALITY:** A full snack bar will be in operation each day. Lunch & beverages will be served to deck officials and coaches. Snacks and beverages will be served to timers throughout the day.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours.

#### EVENT SUMMARY

##### Friday, August 7

9-10	11-12	13-14	15&Over
100 Free	100 Free	100 Free	100 Free
200 I.M.	200 I.M.	200 I.M.	200 I.M.

##### Saturday, August 8

8&Under	9-10	11-12	13-14	15&Over
50 Free	200 Free	200 Free	200 Free	200 Free
25 Fly	50 Fly	50 Fly	50 Fly	50 Fly
50 Back	100 Back	100 Back	100 Back	100 Back
25 Breast	50 Breast	50 Breast	50 Breast	50 Breast
100 I.M.	100 I.M.	100 I.M.	100 I.M.	100 I.M.

##### Sunday, August 9

8&Under	9-10	11-12	13-14	15&Over
50 Fly	500 Free	500 Free	500 Free	500 Free
25 Back	100 Fly	100 Fly	100 Fly	100 Fly
50 Breast	50 Back	50 Back	50 Back	50 Back
25 Free	100 Breast	100 Breast	100 Breast	100 Breast
	50 Free	50 Free	50 Free	50 Free

**SCHEDULE OF EVENTS:**

**Friday, August 7**

Girls Event #	Event	Boys Event #
1	15&Over 100 Free	2
3	13-14 100 Free	4
5	11-12 100 Free	6
7	9-10 100 Free	8
9	8&Under 100 Free	10
11	15&Over 200 I.M.	12
13	13-14 200 I.M.	14
15	11-12 200 I.M.	16
17	9-10 200 I.M.	18

**Saturday, August 8**

Girls Event #	Event	Boys Event #
19	15&Over 200 Free	20
21	13-14 200 Free	22
23	11-12 200 Free	24
25	9-10 200 Free	26
27	8&Under 50 Free	28
29	15&Over 50 Fly	30
31	13-14 50 Fly	32
33	11-12 50 Fly	34
35	9-10 50 Fly	36
37	8&Under 25 Fly	38
39	15&Over 100 Back	40
41	13-14 100 Back	42
43	11-12 100 Back	44
45	9-10 100 Back	46
47	8&Under 50 Back	48
49	15&Over 50 Breast	50
51	13-14 50 Breast	52
53	11-12 50 Breast	54
55	9-10 50 Breast	56
57	8&Under 25 Breast	58
59	15&Over 100 I.M.	60
61	13-14 100 I.M.	62
63	11-12 100 I.M.	64
65	9-10 100 I.M.	66
67	8&Under 100 I.M.	68
	15&Over Mixed 200 FR**	70
	13-14 Mixed 200 FR**	72
	11-12 Mixed 200 FR**	74
	9-10 Mixed 200 FR**	76
	8&U Mixed 100 FR**	78

**Sunday, August 9**

Girls Event #	Event	Boys Event #
79	15&Over 500 Free*	80
81	13-14 500 Free*	82
83	11-12 500 Free*	84
85	9-10 500 Free*	86
87	15&Over 100 Fly	88
89	13-14 100 Fly	90
91	11-12 100 Fly	92
93	9-10 100 Fly	94
95	8&Under 50 Fly	96
97	15&Over 50 Back	98
99	13-14 50 Back	100
101	11-12 50 Back	102
103	9-10 50 Back	104
105	8&Under 25 Back	106
107	15&Over 100 Breast	108
109	13-14 100 Breast	110
111	11-12 100 Breast	112
113	9-10 100 Breast	114
115	8&Under 50 Breast	116
117	15&Over 50 Free	118
119	13-14 50 Free	120
121	11-12 50 Free	122
123	9-10 50 Free	124
125	8&Under 25 Free	126
	15&Over Mixed 200 MR**	128
	13-14 Mixed 200 MR**	130
	11-12 Mixed 200 MR**	132
	9-10 Mixed 200 MR**	134
	8&U Mixed 200 MR**	136

\*Swimmers must provide their own timers and lap counter for the 500 Free.

\*\*Mixed relays must have at least 1 boy and 1 girl.

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**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					
								: .					
								: .					
								: .					
								: .					
								: .					
								: .					
								: .					
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								: .					
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								: .					
# of entries _____ x <b>\$5.50</b> = \$ _____  <div style="margin-left: 40px;">           Participation Fee      <b>\$ 8.00</b>             Total                              \$ _____         </div>													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													

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**Relay Entry Form**

Club Name		LSC	Club Abbreviation			
Saturday, August 8						
Event	Ev. #	'A' Relay	'B' Relay	'C' Relay	'D' Relay	'E' Relay
15&Over Mixed 200 FR	70					
13-14 Mixed 200 FR	72					
11-12 Mixed 200 FR	74					
9-10 Mixed 200 FR	76					
8&Under Mixed 100 FR	78					
Sunday, August 9						
Event	Ev. #	'A' Relay	'B' Relay	'C' Relay	'D' Relay	'E' Relay
15&Over Mixed 200 MR	128					
13-14 Mixed 200 MR	130					
11-12 Mixed 200 MR	132					
9-10 Mixed 200 MR	134					
8&Under Mixed 100 MR	136					
Coach Name:				<b># of Relays</b>	<b>Total</b>	
Coach Email:				_____	_____	
				x \$16.00		

Relays may be pre-entered on the attached entry form or via online entry.  
 Deck entries will be accepted for relays each day until 10:30 a.m.