

ORINDA AQUATICS  
PACIFIC SWIMMING LONG COURSE C/B/BB+ MEET  
APRIL 14 & 15, 2018



**PACIFIC**  
SWIMMING

Enter online @ Swim Connection: <http://ome.swimconnection.com/pc/oapb20180414>

**Zone 2 Priority Clubs for Orinda Aquatics Site:** Year Round: OAPB, AAA, AIA, ALGA, BEAR, MONT, OAK, EBSD, ECG, FAST, FF, ONDA, OTST, PST, SAIL, HILL, SRVA, WCAB

**Attention: No Friday night set-up allowed. Gates will not open until 7:00 on Saturday Morning**

**SANCTION:** Held under USA/Pacific Swimming Sanction Number: **18-048**

*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. By entering the meet, the athlete or his/her guardian consents to this publication.

**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 OFFICIALS:**

<b>Meet Referee:</b> Holly Taifer/Leo Lin	<b>Head Starter:</b> Lisa Kaplan
<b>Head Marshal:</b> Kristen Thompson	<b>Admin Official:</b> Tom Cross
<b>Meet Director:</b> Renee Owyong – <a href="mailto:r.owyong@att.net">r.owyong@att.net</a>	

**LOCATION:** Soda Aquatic Center at Campolindo High School – 300 Moraga Road, Moraga, California.

**DIRECTIONS:** **Highway 24 West**-take Central Lafayette exit, turn right on Deer Hill Rd, right on First St, right on Mt. Diablo Blvd, left on Moraga Rd, and right on Campolindo Dr. **Highway 24 East**-take Orinda exit, turn right on Moraga Way, left on Glorietta Blvd, right on Rheem Blvd, left on Moraga Rd, left on Campolindo Dr. Pool is located behind high school. Parking lot located on left. **Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed. No overnight/RV parking allowed.**

**COURSE:** Outdoor 50-meter competition pool with 8 lanes with electronic timing system. If entries warrant: a double-ended course configuration will be used. A separate pool will be available for warm-down during the meet. The minimum water depth as measured in accordance with article 103.2.3 is 10' on the primary start end and 7' on the secondary start end of the competition pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

**TIME:** Meet begins at 9:00 AM each day. The competition course will be open for warm-ups from 7:30 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**
- Athletes in the 400 Free must provide their own timers.

- All athletes in the 400 Free must have met the 10&un minimum USA-S Motivational “B” time standard to enter. Girls: 7:36.79 LCM or 8:26.09 SCY/Boys: 7:29.49 LCM or 8:16.69 SCY

**UNACCOMPANIED ATHLETES:** Any USA Swimming 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 USAS 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 Swimming 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 USAS Club Member-Coach.

**RACING STARTS:** Any athlete entered in this meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming 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, on 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.
- 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 are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- Coaches, Parents and Siblings may not use the pool

**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 USA Swimming Motivational “BB” minimum time standard. Athletes 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 not be accepted.**
- Entry times submitted for this meet may 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. Such athletes must have met standards for the 17-18 age group.
- Athlete’s age will be the age of the athlete on the first day of the meet.

**ENTRY PRIORITY:** Meet entries will not be accepted any earlier than March 10, 2018. Entries of athletes from ASSIGNED Zone 2 “year round” clubs in “good standing” postmarked or entered online by 11:59 p.m. on Saturday, March 17, 2018 will be given 1<sup>st</sup> priority acceptance. Entries from members of Zone 2 clubs (year-round and seasonal) postmarked or entered online between 12:00 am on Sunday, March 18, 2018 and 11:59 pm on Saturday, March 24, 2018 will be given 2<sup>nd</sup> 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: Athletes who falsify their entry form by listing a club 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 Pacific Swimming Review Committee for**

**disciplinary action.**

**ENTRY FEES:** \$4.00 per event, \$10.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/OAPB20180414> 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 athlete 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 an athlete by Pacific Swimming.** Online entries will be accepted through **Wednesday, April 4, 2018 or until the meet closes due to reaching capacity under the four-hour rule.**

**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, April 2, 2018** or hand delivered by 6:30 p.m. **Wednesday, April 4, 2018, or until the meet closes due to reaching capacity under the four-hour rule.** 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: Orinda Aquatics**

**Mail/Hand Deliver entries to: Renee Owyong, 6537 Liggett Drive, Oakland, CA 94611**

**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 9-10, 11-12, 13-14, 15-16 and 17-18 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 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 athletes entered in meet per club per day	Number of trained and carded officials
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 athletes over 100	+1

**EVENT SUMMARY**

SATURDAY				SUNDAY			
8&under	9-10	11-12	13-18	8&under	9-10	11-12	13-18
50 Back	200 Free	200 IM	200 Free	50 Breast	100 Back	200 Back	200 Back
100 Breast	50 Back	50 Back	100 Back	100 Free	50 Breast	50 Breast	100 Breast
50 Free	100 Breast	100 Breast	200 Breast	50 Fly	100 Free	200 Fly	100 Free
	50 Free	100 Free	50 Free		50 Fly	50 Free	100 Fly
*400 Free (w)	*400 Free (w)	50 Fly	*400 Free (w)	*400 Free (m)	*400 Free (m)	100 Back	*400 Free (m)
		*400 Free (w)				*400 Free (m)	

SATURDAY EVENTS		
GIRLS EVENT #	EVENTS	BOYS EVENT #
<b>1</b>	13&up 200 Free	<b>2</b>
<b>3</b>	11-12 200 IM	<b>4</b>
<b>5</b>	9-10 200 Free	<b>6</b>
<b>7</b>	11-12 50 Back	<b>8</b>
<b>9</b>	9-10 50 Back 8&un 50 Back	<b>10</b>
<b>11</b>	13&up 100 Back	<b>12</b>
<b>13</b>	11-12 100 Breast	<b>14</b>
<b>15</b>	9-10 100 Breast 8&un 100 Breast	<b>16</b>
<b>17</b>	13&up 200 Breast	<b>18</b>
<b>19</b>	11-12 100 Free	<b>20</b>
<b>21</b>	9-10 50 Free 8&un 50 Free	<b>22</b>
<b>23</b>	13&up 50 Free	<b>24</b>
<b>25</b>	11-12 50 Fly	<b>26</b>
<b>53</b>	<b>Open 400 Free*</b>	

SUNDAY EVENTS		
GIRLS EVENT #	EVENTS	BOYS EVENT #
<b>27</b>	11-12 200 Back	<b>28</b>
<b>29</b>	9-10 100 Back	<b>30</b>
<b>31</b>	13&up 200 Back	<b>32</b>
<b>33</b>	11-12 50 Breast	<b>34</b>
<b>35</b>	9-10 50 Breast 8&un 50 Breast	<b>36</b>
<b>37</b>	13&up 100 Breast	<b>38</b>
<b>39</b>	11-12 200 Fly	<b>40</b>
<b>41</b>	9-10 100 Free 8&un 100 Free	<b>42</b>
<b>43</b>	13&up 100 Free	<b>44</b>
<b>45</b>	11-12 50 Free	<b>46</b>
<b>47</b>	9-10 50 Fly 8&un 50 Fly	<b>48</b>
<b>49</b>	13&up 100 Fly	<b>50</b>
<b>51</b>	11-12 100 Back	<b>52</b>
	<b>Open 400 Free*</b>	<b>54</b>

**Athletes entering the 400 Free must provide their own timers**

*\*All athletes in the 400 Free must have met the 10&un minimum "B" time standard to enter. Girls: 7:36.79LCM or 8:26.09SCY/Boys: 7:29.49LCM or 8:16.69SCY*

All Time standards are located on the Pacific Swimming Website: [http://www.pacswim.org/page/times\\_standards.shtml](http://www.pacswim.org/page/times_standards.shtml)

**Zone 2 Pacific-CBA+ Long Course Meet  
Orinda Aquatics – April 14 & 15, 2018  
Consolidated Entry Card**

**ATHLETE (Last, First, MI):**

LSC Code (PC, CC, SN):

CLUB ABBR:

IF UNATT  
Team Abbrev:

CLUB NAME:

AGE

DATE OF BIRTH

AMOUNT PAID

\$

**USA Swimming  
REG #**

SEX

**Boy      Girl**

Age Group:

EVENT #	DISTANCE/STROKE/COURSE	ENTRY TIME (LCM)
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		: .
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		: .
		: .

# of events \_\_\_\_\_ x \$ 4.00 = \_\_\_\_\_

Participation Fee = + \$ 10.00

Total Amount Due \_\_\_\_\_

Coach:

Athlete's  
Address

Contact Phone #:

Contact Email: