

**WALNUT CREEK AQUABEARS
14&UNDER 'LAST CHANCE'
PACIFIC SWIMMING ZONE 2 SHORT COURSE B/A+ MEET
MARCH 3 & 4, 2018**



Enter Online: <http://ome.swimconnection.com/pc/wcab20180303>

SANCTION: Held under USA/Pacific Swimming Sanction No. **18-039**

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 at www.aquabears.org.

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: Leo Lin
Meet Marshal: Rick Millington	Admin Official: Chris Ottati
Meet Director: Todd Krohn 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 10 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 4'-6" at the start end and 4'-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: Meet will begin at 9:00 AM on Saturday and Sunday with warm-ups from 7:30 to 8:45 AM. A special warm-up time for 8 and under swimmers only will be held from 8:45 to 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 **FOUR (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 athletes 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 must provide their own timers and lap counters for the 500 Free and 1650 Free.

ATTENTION HIGH SCHOOL ATHLETES: If you are a California (CIF) high school athlete in season, you need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. You can Un-attach at the meet if necessary. This does not apply for California or Nevada athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

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, 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 (LEO) 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.
- Coach's canopies only will be allowed along the sides of the pool.

ELIGIBILITY:

- Athletes 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 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 "A" Division must have met at least USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division must have met at least the listed "B" minimum time standard.
- To compete in 10 & Under events, athletes 8 and younger must have met the 10 & Under "B" minimum time standard.
- Entries with "**NO TIME**" will be **REJECTED**.
- 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 any special accommodations on entry times and seeding per Pacific Swimming policy.
- The 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 earlier than *Saturday, January 27, 2018*. Entries from members of Zone 2 clubs postmarked or entered online by 11:59 p.m. on *Friday, February 2, 2018*, will be given 1st 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 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 Committee for disciplinary action.

ENTRY FEES: \$4.00 per event plus an \$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: To enter online go to <http://ome.swimconnection.com/pc/wcab20180303> 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 a swimmer by Pacific Swimming. Online entries will be accepted through 11:59 p.m. on Wednesday, **February 21, 2018.**

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athletes best time. Entries must be postmarked by midnight, Tuesday, **February 20, 2018,** or hand delivered by 6:30 p.m. Wednesday, **February 21, 2018.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Walnut Creek Aquabears

**Mail or hand-deliver entries to: WCAB Meet Entries c/o Laurie Benton
1374 Lupine Court
Concord, CA 94521**

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: "A" medals will be awarded to athletes achieving a new "A" time regardless of place achieved in event.

ADMISSION: Free. A meet program will be available at 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 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 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.

Club athletes entered in session	Trained and carded officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	+1

EVENTS SUMMARY

Saturday, March 3					Sunday, March 4				
13-14	11-12	10&Un	9-10	8&Un	13-14	11-12	10&Un	9-10	8&Un
200 Free	200 Free	200 Free	50 Back	25 Free	200 IM	200 IM	200 IM	50 Free	50 Free
100 Brst	100 Brst	100 Brst	100 Free	50 Back	50 Free	50 Free	100 Back	50 Brst	50 Brst
200 Back	50 Back	100 Fly	100 IM	25 Brst	200 Brst	50 Brst	500 Free	50 Fly	25 Fly
100 Fly	200 Back			100 Free	100 Back	200 Brst			50 Fly
400 IM	100 Fly			100 IM	200 Fly	100 Back			25 Back
100 Free	400 IM				500 Free	50 Fly			
1650 Fr*	100 Free					200 Fly			
	100 IM					500 Free			
	1650 Fr*								

Saturday, March 3

Girls Event #	Event Description	Boys Event #
1	13-14 200 Free	2
3	11-12 200 Free	4
5	10&Un 200 Free	6
7	8&Un 25 Free	8
9	13-14 100 Breast	10
11	11-12 100 Breast	12
13	10&Un 100 Breast	14
15	11-12 50 Back	16
17	9-10 50 Back	18
19	8&Un 50 Back	20
21	13-14 200 Back	22
23	11-12 200 Back	24
25	8&Un 25 Breast	26
27	13-14 100 Fly	28
29	11-12 100 Fly	30
31	10&Un 100 Fly	32
33	13-14 400 IM	34
35	11-12 400 IM	36
37	13-14 100 Free	38
39	11-12 100 Free	40
41	9-10 100 Free	42
43	8&Un 100 Free	44
45	11-12 100 IM	46
47	9-10 100 IM	48
49	8&Un 100 IM	50
51	13-14 1650 Free	52
	11-12 1650 Free	

Sunday, March 4

Girls Event #	Event Description	Boys Event #
53	13-14 200 IM	54
55	11-12 200 IM	56
57	10&Un 200 IM	58
59	13-14 50 Free	60
61	11-12 50 Free	62
63	9-10 50 Free	64
65	8&Un 50 Free	66
67	11-12 50 Breast	68
69	9-10 50 Breast	70
71	8&Un 50 Breast	72
73	13-14 200 Breast	74
75	11-12 200 Breast	76
77	8&Un 25 Fly	78
79	13-14 100 Back	80
81	11-12 100 Back	82
83	10&Un 100 Back	84
85	11-12 50 Fly	86
87	9-10 50 Fly	88
89	8&Un 50 Fly	90
91	13-14 200 Fly	92
93	11-12 200 Fly	94
95	8&Un 25 Back	96
97	13-14 500 Free	98
	11-12 500 Free	
	10&Un 500 Free	

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

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 Consolidated Entry Form

Name: Last, First Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M F	LSC – (PC, SN)
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USA-#															
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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
		: .	SCY / LCM

of entries _____ x \$4.00 = \$ _____
 Participation Fee \$ 8.00
 Total \$ _____

Coach

Athlete's
Address

Home Phone	Cell Phone
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Email