

**WALNUT CREEK AQUABEARS  
PACIFIC SWIMMING ZONE 2 LONG COURSE C/B/BB+ MEET  
JULY 16 and 17, 2016**

Enter Online: <http://ome.swimconnection.com/pc/wcab20160716>



**Team Assigned to WCAB site: BSW, CCAD, CROW, DA, EA, LAC, LBD, OA, PLS, RA, RAM, SRVL, TERA, TIGR, TRIV**

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **16-098**

*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 <http://www.aquabears.org>. Club timing assignments will be posted on the WCAB website and emailed to club contacts.

**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:**

<b>Meet Referee:</b> David Benjamin	<b>Head Starter:</b> Leo Lin
<b>Meet Marshal:</b> Kevin Taylor	<b>Admin Official:</b> Cindy Rowland
<b>Meet Director:</b> Eddie Contreras, <a href="mailto:aquabears@gmail.com">aquabears@gmail.com</a> , (925) 706-7377	

**LOCATION:** Diablo Valley College Pool, 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. Bring quarters to pay for parking.

**COURSE:** Outdoor, heated 50 meter pool, up to 8 lanes all deep water with non-turbulent lane lines. Colorado automatic timing system will be used. Separate warm up lane available. The minimum water depth, measured in accordance with Article 103.2.3, is 13'-0" at the start end and 4'-0" 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 athletes 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 for the 400 Free.

**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.
- Coach's canopies only will be allowed on the pool deck. No set up before 7:00 a.m.

**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 "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.
- 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 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 any 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.
- 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, June 11, 2016*. Entries from members of "year round" Zone 2 clubs postmarked or entered online by 11:59 p.m. on *Friday, June 17, 2016* will be given 1st priority acceptance. Entries from members of all Zone 2 clubs (year round and seasonal) postmarked or entered online between 12:00 am on *Saturday, June 18, 2016* and 11:59 pm *Friday, June 24, 2016*, 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 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 the Pacific Swimming Review Committee for disciplinary action.**

**ENTRY FEES:** \$4.00 per event plus a \$10.00 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/wcab20160716> 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 11:59 p.m. on **Wednesday, July 6, 2016.**

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with the athlete's best time. Entries must be postmarked by midnight, Saturday, **July 2, 2016**, or hand delivered by 6:30 p.m. Wednesday, **July 6, 2016**. 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:** The first 8 places will be awarded for 8 and Under (PC C/B/A divisions), 9-10, 11-12, and 13-14 age groups (C/B/BB+ divisions). All athletes achieving an A time for the first time will be awarded a standard A medal, regardless of place achieved in the event. No awards will be given for athletes 15 years of age and older. Note: Individual awards must be picked up at the meet. We will not mail or distribute awards after the meet.

**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. **No entry into facility prior to 7:00 a.m.**

**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.

<b>Club athletes entered in session</b>	<b>Trained and carded officials requested</b>
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 Athletes over 100	+1

**EVENTS SUMMARY**

Saturday, July 16, 2016					Sunday, July 17, 2016				
13-18	11-12	10&Un	9-10	8&Un	13-18	11-12	10&Un	9-10	8&Un
200 Free	200 Free	100 Breast	50 Free	50 Free	100 Free	100 Free	100 Back	100 Free	100 Free
100 Breast	50 Free	100 Fly	50 Back	50 Back	200 Breast	200 Breast	200 Free	50 Breast	50 Breast
200 Back	100 Breast	200 IM			100 Back	50 Breast		50 Fly	50 Fly
100 Fly	200 Back				200 Fly	100 Back			
200 IM	50 Back				400 Free	200 Fly			
	100 Fly					50 Fly			
	200 IM								

**Saturday, July 16, 2016**

Girls Event #	Event Description	Boys Event #
1	13-18 200 Free	2
3	11-12 200 Free	4
5	11-12 50 Free	6
7	9-10 50 Free	8
9	8&Un 50 Free	10
11	13-18 100 Breast	12
13	11-12 100 Breast	14
15	10&Un 100 Breast	16
17	13-18 200 Back	18
19	11-12 200 Back	20
21	11-12 50 Back	22
23	9-10 50 Back	24
25	8&Un 50 Back	26
27	13-18 100 Fly	28
29	11-12 100 Fly	30
31	10&Un 100 Fly	32
33	13-18 200 IM	34
35	11-12 200 IM	36
37	10&Un 200 IM	38

**Sunday, July 17, 2016**

Girls Event #	Event Description	Boys Event #
39	13-18 100 Free	40
41	11-12 100 Free	42
43	9-10 100 Free	44
45	8&Un 100 Free	46
47	13-18 200 Breast	48
49	11-12 200 Breast	50
51	11-12 50 Breast	52
53	9-10 50 Breast	54
55	8&Un 50 Breast	56
57	13-18 100 Back	58
59	11-12 100 Back	60
61	10&Un 100 Back	62
63	13-18 200 Fly	64
65	11-12 200 Fly	66
67	11-12 50 Fly	68
69	9-10 50 Fly	70
71	8&Un 50 Fly	72
73	13-18 400 Free	74
75	10&Un 200 Free	76

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

**WALNUT CREEK AQUABEARS**  
**PACIFIC SWIMMING ZONE 2 SHORT COURSE C/B/BB+ MEET**  
**JULY 16 and 17, 2016**  
 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
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

# of entries \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_  
 Participation Fee        \$ 10.00  
 Total                                \$ \_\_\_\_\_

Coach

Swimmer's  
Address

Home Phone	Cell Phone
------------	------------

Email