



**WALNUT CREEK AQUABEARS
PACIFIC SWIMMING SHORT COURSE C/B/BB+ MEET**

October 29 and 30, 2016

Enter Online: <http://ome.swimconnection.com/pc/wcab20161029>

Zone 2 Assigned Teams: AAA, BEAR, BSW, EBSD, HILL, NWA, OAK, ONDA, OTST, PST, SAIL, TIGR, WCAB

SANCTION: Held under USA/Pacific Swimming Sanction No. **16-152**

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.

OFFICIALS:

Meet Referee: Eric Fetterman	Head Starter: Marie Lin
Meet Marshal: Kevin Taylor	Admin Official: Chris Ottati and Kathy Kaminek
Meet Director: Eddie Contreras, aquabears@gmail.com , 925-706-7377	

LOCATION: Sports Complex Pool at Blackhawk Country Club, 1098 Eagles Nest Place, Danville, CA 94506

DIRECTIONS: From 680, take Sycamore Valley Road exit, turn west on Sycamore Valley Road. Sycamore Valley Road becomes Camino Tassajara. Use the left 2 lanes to turn left onto Blackhawk Road. Use the right 2 lanes to turn right onto Blackhawk Drive. Turn left onto Eagle Nest Place. The pool is at the top of the hill. Follow directions for parking.

COURSE: Outdoor, heated 25 yard pool with up to 10 lanes available for competition. A separate area will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 6'-6" at the start end and 13'-6" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Meet will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. 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, 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 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 USA Swimming 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 USA Swimming Club Member-Coach.

RACING STARTS: Any athlete entered in the meet 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. When unaccompanied by a member-coach, 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.
- FRAMES ONLY for canopies will be allowed overnight on lawn areas. NO OTHER personal belongings can be left on lawn areas.
- Changing into or out of swimsuits other than in locker rooms or 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.

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 "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 "PC-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 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 any earlier than September 24th, 2016. Entries from members of "assigned" "year round" Zone 2 clubs postmarked or entered online by 11:59 PM. on September 30th, 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 October 1st, 2017 and 11:59 PM on October 7th, 2017 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 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/wcab20161029> 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, October 19th, 2016, or until the meet has reached capacity, whichever comes first.

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, October 17th, 2016 or hand delivered by 6:30 PM, Wednesday, October 19th, 2016. No late entries will be accepted. No entries received after the meet has reached capacity will be accepted. Requests for confirmation of receipt of entries should include a self-addressed, stamped envelope.

Make check payable to: Walnut Creek Aquabears

**Mail entries 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 shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

AWARDS: First through eighth places in each division (C, B & BB) will be awarded for the 9-10, 11-12, 13-14, 15-18 age groups. First through eighth place in each division (PC-C, PC-B, and PC-A) will be awarded for the 8 & Under age group. 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 19 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 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 and volunteers.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. No entry into facility prior to 7:00 AM.

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 required
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 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
50 FR	200 FR	200 FR	200 FR	50 BR	50 BR	200 BR	200 BR
25 FL	100 FL	100 FL	200 FL	25 BK	100 BK	100 BK	200 BK
50 BK	50 BK	50 BK	100 BK	25 FR	200 IM	400 IM	400 IM
25 BR	100 BR	100 BR	100 BR	100 FR	100 FR	100 FR	100 FR
	50 FR	50 FR	50 FR		50 FL	50 FL	100 FL
		1000 FR (Boys)	1000 FR (Boys)			1000 FR (Girls)	1000 FR (Girls)

EVENTS

Saturday, October 29, 2016			Sunday, October 30, 2016		
EVENT #	EVENT	EVENT #	EVENT #	EVENT	EVENT #
1	13-18 200 FR	2	41	13-18 200 BR	42
3	11-12 200 FR	4	43	11-12 200 BR	44
5	9-10 200 FR	6	45	9-10 50 BR	46
7	8-UN 50 FR	8	47	8-UN 50 BR	48
9	13-18 200 FL	10	49	13-18 200 BK	50
11	11-12 100 FL	12	51	11-12 100 BK	52
13	9-10 100 FL	14	53	9-10 100 BK	54
15	8-UN 25 FL	16	55	8-UN 25 BK	56
17	13-18 100 BK	18	57	13-18 400 IM	58
19	11-12 50 BK	20	59	11-12 400 IM	60
21	9-10 50 BK	22	61	9-10 200 IM	62
23	8-UN 50 BK	24	63	8-UN 25 FR	64
25	13-18 100 BR	26	65	13-18 100 FR	66
27	11-12 100 BR	28	67	11-12 100 FR	68
29	9-10 100 BR	30	69	9-10 100 FR	70
31	8-UN 25 BR	32	71	8-UN 100 FR	72
33	13-18 50 FR	34	73	13-18 100 FL	74
35	11-12 50 FR	36	75	11-12 50 FL	76
37	9-10 50 FR	38	77	9-10 50 FL	78
	11-18 MEN 1000 FR	40	79	11-18 Women 1000 FR	

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

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 October 29 and 30, 2016
 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
		: .	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