

ORINDA AQUATICS
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET
SATURDAY & SUNDAY, MAY 30-31, 2015
ENTER ONLINE: <http://ome.swimconnection.com/pc/oapb20150530>



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: **15-173**

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 PERSONNEL:

Meet Referee: Clint Benton	Head Starter: Holly Taifer
Head Marshal: Jim Therien	Admin Official: J. Winters
Meet Director: Renee Owyong – r.owyoung@att.net	

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 Mount 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 swimmers 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.
- Swimmers may compete in a maximum of four **(4)** events per day.
- All swimmers 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 swimmers 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.**
- Swimmers in the 400 Free must provide their own timers and lap counters. All swimmers must meet the minimum 13-14 "B" time standard for their gender in order to enter the 11 & Up 400 Free. Swimmers found not to have met the minimum 13-14 "B" time standard will be scratched from the event and no refund will be given.

UNACCOMPANIED SWIMMERS: USAS 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 swimmer or the swimmer's legal guardian to arrange for supervision by a USA Swimming 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 USAS Club Member-Coach.

RACING STARTS: Any swimmer 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 swimmer or the swimmer'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 swimmers, 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.
- Coaches, Parents and Siblings may not use the pool

ELIGIBILITY:

- Swimmers 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 swimmer with the registration and times database. The meet host will check all swimmer 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.
- Swimmers in the "A" Division must have met at least USA Swimming Motivational "A" minimum time standard. Swimmers 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 will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Disabled swimmers 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.
- Swimmers 19 years of age and over may compete in the meet for time only, no awards. Such swimmers must have met standards for the 17-18 age group.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY PRIORITY: Meet entries will not be accepted any earlier than April 25, 2015. Entries of swimmers from assigned Zone 2 "year round" teams in "good standing" postmarked or entered online by 11:59 p.m. on Saturday, May 9, 2015, will be given 1st priority acceptance. All entries from members of Zone 2 teams received after that date, and all other Pacific LSC Zones and other LSC's, either postmarked, entered online or hand delivered will be considered in the order that they were received.

****Note:** Swimmers 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 Pacific Swimming Review Committee for disciplinary action.

ENTRY FEES: \$4.00 per event plus a \$10.00 participation fee per swimmer. 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/OAPB20150530> 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, May 20th, 2015.**

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be postmarked by midnight, **Monday, May 18th, 2015** or hand delivered by 6:30 p.m. **Wednesday, May 20th, 2015.** 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. Swimmers must check-in at the Clerk-of-Course. 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. 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 seeded and will not be allowed to compete in that event.

SCRATCHES: Any swimmers not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized.

AWARDS: Awards will be given to top 8 finishers in the following age groups in each division (C, B, A): 8&U, 9-10, 11-12, 13-14, 15-16 and 17-18 age groups. "A" medals will be awarded to swimmers achieving a new "A" time regardless of place achieved in event. No awards will be given to swimmers 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 swimmers entered against the number of Officials that worked representing each team per day of the meet. Those teams 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 swimmers entered in meet per team 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 swimmers 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
		50 Fly	400 Free (w)			100 Back	400 Free (m)
		*400 Free (w)				*400 Free (m)	

EVENTS

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

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

Swimmers entering the 400 Free must provide their own timers & lap counters

***All swimmers in the 400 Free must have met the 13-14 minimum "B" time standard to enter. Girls: 6:07.93LCM or 6:51.79SCY/Boys: 5:53.19 or 6:29.49SCY**

All Time standards are located on the Pacific Swimming Website: http://www.pacswim.org/page/times_standards.shtml

Zone 2 Pacific-CBA+ Long Course Meet Orinda Aquatics – May 30 & 31, 2015 Consolidated Entry Card																						
NAME (Last, First, MI):																						
LSC Code (PC, CC, SN):																						
CLUB ABBR:			IF UNATT Team Abbrev:			CLUB NAME:																
AGE			DATE OF BIRTH			AMOUNT PAID \$																
USA-S REG #			<table border="1" style="width: 100%; height: 20px;"> <tr> <td style="width: 20px;"></td> <td style="width: 20px;"></td> <td style="width: 20px;"></td> <td style="width: 20px;"></td> <td style="width: 20px;"></td> <td style="width: 20px;"></td> <td style="width: 20px;"></td> <td style="width: 20px;"></td> <td style="width: 20px;"></td> <td style="width: 20px;"></td> <td style="width: 20px;"></td> </tr> </table>																			
SEX <div style="display: flex; justify-content: space-around; width: 100%;"> Boy Girl </div>			Age Group:																			
EVENT #	DISTANCE/STROKE/COURSE					ENTRY TIME (LCM)																
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# of events _____ x \$ 4.00 = _____																						
Participation Fee = + \$ 10.00																						
Total Amount Due _____																						
Coach:																						
Swimmer's Address																						
Contact Phone # Contact Email:																						