

**Pacific Swimming CBA+ Short Course**

**October 5 & 6, 2013**

Hosted by Orinda Aquatics

Enter online @ <http://ome.swimconnection.com/pc/oapb20131005>



**Attention: No Friday night set-up allowed. Gates will not open until 7:15 on Saturday Morning**

**SANCTION:** Held under USA/Pacific Swimming Sanction Number: **13-164**

*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.

**USE OF AUDIO AND VIDEO:** 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, 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:** **Head Referee:** Mary Ruddell

**Admin Referee:** Amy Gonzales

**Head Starter:** Rick Giambastini

**Meet Director:** Renee Owyong – [r.owyong@att.net](mailto:r.owyong@att.net) (preferred)/510.339.8841 (no calls after 8:00 PM)

**Head Marshal:** Matt Shieman

**LOCATION: SODA AQUATIC CENTER at CAMPOLINDO HIGH SCHOOL:** 300 Moraga Road, Moraga, California. **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 25-Yard competition pool with 16 lanes with electronic timing system. 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 the Course.

•All events are timed finals.

•All events will be seeded fastest to slowest.

•Swimmers can 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 timeline, per the "four-hour rule", based on the swimmer's age and gender.**

•If local conditions warrant it, the Meet Referee, with concurrence of the Meet Director may require a mandatory scratch down. Immediate cash refunds will be made for mandatory scratches.

•Swimmers in the 500 Free must provide their own timers and their own lap counters.

•**All coaches and deck officials must wear their USA swimming membership cards in a visible manner.**

**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:** •Sale and use of alcoholic beverages and smoking and the use of other tobacco products is prohibited in all areas of the meet venue during the meet.

- Coaches, parents, siblings and officials may not use the pool.
- Glass containers of any kind are not allowed in pool area.
- All pets are prohibited in the pool area.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in the locker rooms or designated areas is not appropriate and is strongly discouraged.

**ELIGIBILITY:** •Swimmers must be current members of USA-S and enter their name and registration number on the meet entry card as shown on their Registration Card. All swimmer registrations will be checked against the SWIMS database. Any swimmer found not to be registered with USA swimming by the Meet Director must register 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 the listed "PC-A" time standard. Swimmers in the "B" Division must have met at least the listed "PC-B" time standard. All entry times slower than the listed "PC-B" time standard will be in the "C" Division.

•Entry forms must be completely filled out including best **SHORT COURSE yards** time for each event. Time Conversions from long course meters will no longer be required or allowed. Pacific Swimming Rules and Regulations specify that when you have achieved a specific class level (for example, "PC-B" or "PC-A") in an event in one course, you are considered to be qualified at the same level in all courses. Accordingly you must always enter a time that maintains the class for which you qualified in an event.

•**"No Time" entries 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.

•Swimmers 19 years of age and older may participate in the 17-18 division, but may not receive awards. Such swimmers must have met the listed 17-18 time standards.

•Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming policy.

**ENTRY PRIORITY:** Meet entries will not be accepted any earlier than August 31<sup>st</sup>. Entries of swimmers from "year-round" Zone 2 teams in "good standing" postmarked or entered online by 11:59 p.m. on September 7<sup>th</sup>, will be given 1<sup>st</sup> priority acceptance. Entries from member Zone 2 teams "in good standing" (year-round and seasonal) postmarked or entered online between 12:00 am Sept. 7<sup>th</sup> and 11:59 pm on Monday September 14<sup>th</sup> 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.

**ENTRY FEES:** \$2.75 per individual event, plus an \$8 per swimmer participation fee. A check for the total amount must accompany each entry. Checks should be made payable to Orinda Aquatics. There are no refunds. Entries will not be accepted unless accompanied with the full fee amount.

**Option 1 – Online Meet Entries:** Deadline by 11:59, Wednesday, September 25, 2013.

Enter online at: <http://swimconnection.com/pc/oapb20130302> to receive immediate confirmation of acceptance via email. **The "billing information" email should be brought to the meet as proof of entry.** Online entry requires payment by credit card using the secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fee. Please note that the processing fee is a separate fee from the entry fee. Online meet entry fees are paid to Swim Connection LLC. Use of this system is completely voluntary. Online Meet Entry is not required or expected by Pacific Swimming. **"No times" entries will not be accepted.**

**Option 2 – Surface Mail Entries:** Individual Consolidated Entry Forms must be completely filled out including best short course time. 'No Time' entries will not be accepted. Entries **must** be postmarked by midnight, **Monday, September 23, 2013** or hand delivered, **no later than 6:00 PM, Wednesday, September 25, 2013 to 6537 Liggett Drive Oakland, CA 94611.** NO LATE entries will be accepted. No Refunds will be made. No Faxed Entries. To confirm entry into the meet, include a self-addressed, stamped envelope or postcard with your entries.



**EVENTS**

<b>SATURDAY EVENTS</b>		
<b>GIRLS EVENT #</b>	<b>EVENTS</b>	<b>BOYS EVENT #</b>
<b>1</b>	17-18 200 IM	<b>2</b>
	15-16 200 IM	
	13-14 200 IM	
<b>3</b>	11-12 200 Breast	<b>4</b>
<b>5</b>	9-10 100 IM	<b>6</b>
<b>7</b>	8 & under 25 Free	<b>8</b>
<b>9</b>	17-18 200 Back	<b>10</b>
	15-16 200 Back	
	13-14 200 Back	
<b>11</b>	11-12 50 Back	<b>12</b>
<b>13</b>	10 & under 50 Back	<b>14</b>
<b>15</b>	17-18 100 Breast	<b>16</b>
	15-16 100 Breast	
	13-14 100 Breast	
<b>17</b>	11-12 50 Breast	<b>18</b>
<b>19</b>	8 & under 25 Fly	<b>20</b>
<b>21</b>	9-10 100 Fly	<b>22</b>
<b>23</b>	17-18 200 Fly	<b>24</b>
	15-16 200 Fly	
	13-14 200 Fly	
<b>25</b>	11-12 50 Free	<b>26</b>
<b>27</b>	10 & under 50 Free	<b>28</b>
<b>29</b>	17-18 50 Free	<b>30</b>
	15-16 50 Free	
	13-14 50 Free	
<b>31</b>	11-12 200 Fly	<b>32</b>
<b>33</b>	9-10 100 Breast	<b>34</b>

<b>SUNDAY EVENTS</b>		
<b>GIRLS EVENT #</b>	<b>EVENTS</b>	<b>BOYS EVENT #</b>
<b>35</b>	11-12 200 IM	<b>36</b>
<b>37</b>	9-10 200 Free	<b>38</b>
<b>39</b>	17-18 200 Breast	<b>40</b>
	15-16 200 Breast	
	13-14 200 Breast	
<b>41</b>	8 & under 25 Breast	<b>42</b>
<b>43</b>	11-12 100 Breast	<b>44</b>
<b>45</b>	10 & under 50 Breast	<b>46</b>
<b>47</b>	17-18 100 Back	<b>48</b>
	15-16 100 Back	
	13-14 100 Back	
<b>49</b>	11-12 200 Back	<b>50</b>
<b>51</b>	8 & under 25 Back	<b>52</b>
<b>53</b>	9-10 100 Back	<b>54</b>
<b>55</b>	17-18 100 Fly	<b>56</b>
	15-16 100 Fly	
	13-14 100 Fly	
<b>57</b>	11-12 50 Fly	<b>58</b>
<b>59</b>	10 & under 50 Fly	<b>60</b>
<b>61</b>	17-18 100 Free	<b>62</b>
	15-16 100 Free	
	13-14 100 Free	
<b>63</b>	11-12 100 Free	<b>64</b>
<b>65</b>	17-18 500 Free	<b>66</b>
	15-16 500 Free	
	13-14 500 Free	

**Swimmers entering the 500 Free on Sunday must provide own timers and lap counters**

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+ Short Course Meet  
Orinda Aquatics – October 5 & 6, 2013  
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 #**

SEX

Boy Girl

Age Group:

**EVENT #**

**DISTANCE/STROKE/COURSE**

**ENTRY TIME (LCM)**

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# of events \_\_\_\_\_ x \$ 2.75 = \_\_\_\_\_

Participation Fee = + \$ 8.00

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

Coach:

Swimmer's  
Address

Contact Phone #

Contact Email: