

***Fred Siegrist Memorial
2013 Summers End Swim Classic
Short Course Meet Hosted by the Walnut Creek Aquabears
August 9-11, 2013***



This meet has been pre-approved by USA and Pacific Swimming. Times from this meet may be used to enter future USA-Swimming Meets.

In granting this approval 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, psych sheets and live meet results. By entering this meet, the athlete or his/her guardian consents to this publication.

USE OF AUDIO & 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 electronic 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.

OFFICIALS:

Head Referee	Leo Lin	Head Starter	John King
Meet Director	Eddie Contreras (925) 706-7377 aquabears@gmail.com	Head Meet Marshal	Betsy Messman

LOCATION: Diablo Valley College Aquatic Center, 321 Golf Club Road, Pleasant Hill, CA 94523. 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.

COURSE: Outdoor, heated 25 yard pool, up to 8 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 7'-6" at the start end and 7'-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: Friday – Meet begins at 5:30 p.m. (check-in begins at 4:00 p.m., general warm-up from 4:00-5:15 p.m.). Saturday and Sunday – Meet begins at 9:00 a.m. (check-in begins at 7:30 a.m., general warm-up from 7:30- 8:45 a.m.). **Special extended warm-up on Friday from 5:15-5:25 p.m. and from 8:45-8:55 a.m. on Saturday and Sunday for 8 & under swimmers only**

RULES: Current USA Swimming rules will govern the meet. Pacific Swimming Safety Guidelines and Warm-up Procedures will be in effect. A copy of these procedures will be posted at the pool. All events are timed finals. There is no limit on the number of events a swimmer can compete in. All coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner.

RACING STARTS: The swimmer 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement

RESTRICTIONS: No alcoholic beverages and tobacco products are allowed at Diablo Valley College. All shelters must be properly secured. No glass containers are allowed in the meet venue which includes at least the pool deck and the locker room area. No propane heater is permitted except for snack bar/meet operations. **No deck changing. No set-up or shelters allowed on the pool deck except coaches.**

ELIGIBILITY: Open to all USA and recreational swimmers. Swimmers 19 and over may participate in 15-18, 9&OVER, and OPEN events, but will not be awarded nor score points. 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.

ENTRIES:

Option 1 – Online Meet Entries: (The deadline for all online meet entries is midnight, Wednesday, July 31, 2013)

Using your browser, go to: <http://www.ome.swimconnection.com/pc/wcab20130809>

Follow entry instructions:

- a. Enter all swimmers

- b. **If Recreational League Swimmer** (no USA Swimming Reg. No. available), click on the "Guide me how to enter a swimmer to this meet" tab. In the following screen, Ignore Swimming Association, and click **NO** to the question "Is your swimmer registered with USA Swimming", and enter the swimmer's information on the next screen, and enter your TEAM's abbreviated name.
- c. **Entry times must be submitted in yards.**
- d. Make online credit card payment for meet entries at the secure site
- e. You will receive confirmation of acceptance into the meet at time of payment. This confirmation should be brought to the meet as proof of entry.

Note: Entering the meet online is completely voluntary and is in no way required or expected in order to enter the meet. Swim Connection LLC charges a processing fee for this service of \$1.00 per swimmer plus 5% of the Entry Fees. 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 the attached forms. **No refunds will be made.**

Option 2 – Surface Mail Entries: Individual Consolidated Entry Cards must be completely filled out, including best short course time for each event. **Entry times must be submitted in yards.** 'No time' entries will not be accepted. **Entries must be postmarked by midnight Monday, July 31, 2013, or hand delivered by 5:00 p.m. on Wednesday, July 31, 2013 to 1374 Lupine Court, Concord, CA 94521.** No late entries will be accepted. **No refunds will be made.** Enclose a self addressed stamped postcard if you wish to confirm entry.

ENTRY FEES: \$5.00 per individual event, plus \$8.00 per swimmer pool/water surcharge. Relays are \$16.00 each. A check for the total amount must accompany each entry. Checks should be made payable to the Walnut Creek Aquabears. **There will be no refunds.** Entries will not be accepted unless accompanied with the full fee amount.

CHECK-IN: This meet will be deck seeded. Swimmers must check-in at the check-in table. Close for check-in for all 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 allowed to compete in the event.

SCRATCHES: Any swimmer not reporting for or competing in an individual timed final event shall not be penalized. Swimmers who must withdraw from an event after it is seeded are requested to inform the referee immediately.

AWARDS: Individual Events: Distinctive medals for 1st through 3rd places in each division (Gold, Silver, and Bronze), Ribbons for 4th through 8th places in each division (Gold, Silver, and Bronze), Heat Winner Ribbons. A swimmer's entry time determines which division they will be awarded in. Swimmer's entering an event with a time faster than the Gold Time Standard will be in the Gold Division. Swimmers entering an event with a time between the Gold and Silver Time Standards will be in the Silver Division. Swimmers entering an event with a time slower than the Silver Time Standard will be in the Bronze Division. Individual High Point Awards will be given for the highest scoring boy and girl in each division in the following age groups: 6&UN, 7, 8, 9, 10, 11, 12, 13, 14, 15-18. Individual Events will also be awarded in those age groups. In the case of a tie, duplicate awards will be given. OPEN and 9&OVER events will be awarded as one event, but will not be scored. **Relay Events:** Distinctive medals for 1st place, Ribbons for 2nd and 3rd places. Team High Point Trophies will be awarded to the top three scoring teams in two divisions, according to the number of entries received. *Note: Individual awards must be picked up at the meet. We will not mail or distribute them after the meet.*

SCORING: All events will be scored 1st through 8th places in each division. Points for individual events will be 9, 7, 6, 5, 4, 3, 2, 1. Points for relay events will be 18, 14, 12, 10, 8, 6, 4, 2.

ADMISSION: Free. A three-day program will be available for a reasonable price.

REFRESHMENTS: A full snack bar will be in operation each day. Lunch & beverages will be served to deck officials and coaches. Snacks and beverages will be served to timers throughout the day.

Summers End Swim Classic
Spirit Advertisement

Support your team or swimmer by purchasing a "Spirit Ad" to appear in the Summers End Classic Program.

Individuals or teams may purchase these ads.

All ads must be copy ready, preferably in black and white. Send your copy ready "Spirit Ad" and a check made out to WCAB at 1374 Lupine Court, Concord, CA 94521, all ads must be received by the entry deadline.

Prices:	¼ page	½ page	Full page
	\$ 25	\$ 50	\$ 100

Question about Spirit Ads- Contact Eddie Contreras at aquabears@gmail.com, or (925) 706-7377

Schedule of Events:

Friday, August 10 th – Warm-up/Check-in at 4:00 p.m., Competition at 5:30 p.m.								
Girls				Event	Boys			
Bronze min.	Silver min.	Gold min.	Event #		Event #	Bronze min.	Silver min.	Gold min.
--	2:36.39	2:25.39	1	15-18 100 I.M. ¹	2	--	2:28.99	2:14.99
	2:36.49	2:25.49	3	13/14 100 I.M. ¹	4	--	2:32.99	2:19.99
--	1:22.79	1:12.49	5	11/12 100 I.M.	6	--	1:23.99	1:13.49
--	1:34.79	1:22.99	7	9/10 100 I.M.	8	--	1:34.79	1:22.99
--	1:49.99	1:37.99	9	7/8 100 I.M.	10	--	1:49.99	1:37.99
--	2:09.99	1:49.99	11	6&U 100 I.M.	12	--	2:09.99	1:49.99
--	--	--	13	9&OVER 200 I.M.	14	--	--	--

Note: 1 – enter 200 IM time

Saturday, August 11 th – Warm-up/Check-in at 7:30 a.m., Competition at 9:00 a.m.								
Girls				Event	Boys			
Bronze min.	Silver min.	Gold min.	Event #		Events #	Bronze min.	Silver min.	Gold min.
--	--	--	15	OPEN 100 Free	16	--	--	--
--	29.09	23.19	17	6&U 25 Back	18	--	29.09	23.19
--	23.19	18.99	19	7/8 25 Back	20	--	23.19	18.99
--	45.19	39.49	21	9/10 50 Back	22	--	45.19	39.49
--	39.59	34.59	23	11/12 50 Back	24	--	38.99	34.19
--	1:12.09	1:06.59	25	13/14 50 Back ²	26	--	1:09.19	1:04.09
--	1:11.99	1:06.39	27	15-18 50 Back ²	28	--	1:06.19	1:01.49
--	--	--	29	OPEN 100 Breast	30	--	--	--
--	29.09	23.19	31	6&U 25 Fly	32	--	29.09	23.19
--	21.59	17.99	33	7/8 25 Fly	34	--	21.59	17.99
--	41.59	36.39	35	9/10 50 Fly	36	--	41.59	36.39
--	36.69	32.09	37	11/12 50 Fly	38	--	36.39	32.19
--	1:12.09	1:06.09	39	13/14 50 Fly ²	40	--	1:07.09	1:04.99
--	1:11.99	1:05.99	41	15-18 50 Fly ²	42	--	1:05.09	59.99
--	--	--	43	9&OVER 200 Free	44	--	--	--
All relays are mixed relays (any combination of boys and girls)				15-18 Mixed 200 FR	45	No time standards for relays		
				13-14 Mixed 200 FR	47			
				11-12 Mixed 200 FR	49			
				9/10 Mixed 200 FR	51			
				7/8 Mixed 100 FR	53			
				6&U Mixed 100 FR	55			

Note: 2 – enter 100 time

Sunday, August 12 th – Warm-up/Check-in at 7:30 a.m., Competition at 9:00 a.m.								
Girls				Event	Boys			
Bronze min.	Silver min.	Gold min.	Event #		Events #	Bronze min.	Silver min.	Gold min.
--	--	--	57	9&OVER 500 Free	58	--	--	--
--	26.99	19.99	59	6&U 25 Free	60	--	26.99	19.99
--	19.49	16.09	61	7/8 25 Free	62	--	19.49	16.09
--	36.79	32.19	63	9/10 50 Free	64	--	36.79	32.19
--	32.99	28.89	65	11/12 50 Free	66	--	32.79	28.69
--	28.99	27.19	67	13/14 50 Free	68	--	28.69	26.99
--	28.89	27.09	69	15-18 50 Free	70	--	27.19	24.59
--	--	--	71	OPEN 100 Back	72	--	--	--
--	32.99	26.99	73	6&U 25 Breast	74	--	32.99	26.99
--	24.79	20.89	75	7/8 25 Breast	76	--	24.79	20.89
--	49.29	43.09	77	9/10 50 Breast	78	--	49.29	43.09
--	43.29	37.79	79	11/12 50 Breast	80	--	43.09	37.79
--	1:24.09	1:16.09	81	13/14 50 Breast ²	82	--	1:18.39	1:12.39
--	1:23.69	1:15.99	83	15-18 50 Breast ²	84	--	1:16.39	1:10.39
--	--	--	85	OPEN 100 Fly	86	--	--	--
All relays are mixed relays (any combination of boys and girls)				15-18 Mixed 200 MR	87	No time standards for relays		
				13-14 Mixed 200 MR	89			
				11-12 Mixed 200 MR	91			
				9/10 Mixed 200 MR	93			
				7/8 Mixed 100 MR	95			
				6&U Mixed 100 MR	97			

Note 2 – Enter 100 time

Walnut Creek Aquabears Consolidated Entry Card													
Summers End Swim Classic													
August 9-11, 2013													
Name _____													
Last _____ First _____ M.I. _____													
Club Abbr.	If unatt, team abbr	Club Name											
Age	Date of Birth	Amount Paid											
USA Swimming Registration # (for USA Swimming swimmers only)													
M	M	D	D	Y	Y	F	F	F	M	L	L	L	L
Sex		Age Group											
Event #	Distance/Stroke	Entry Time (SCY)											
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# of Entries _____ x \$5.00 = _____													
Participation Fee = ___\$8.00___													
Total = _____													
Coach:													
Swimmer's address:													
Phone:													

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Last _____ First _____ M.I. _____													
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Age	Date of Birth	Amount Paid											
USA Swimming Registration # (for USA Swimming swimmers only)													
M	M	D	D	Y	Y	F	F	F	M	L	L	L	L
Sex		Age Group											
Event #	Distance/Stroke	Entry Time (SCY)											
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Total = _____													
Coach:													
Swimmer's address:													
Phone:													

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Age	Date of Birth	Amount Paid											
USA Swimming Registration # (for USA Swimming swimmers only)													
M	M	D	D	Y	Y	F	F	F	M	L	L	L	L
Sex		Age Group											
Event #	Distance/Stroke	Entry Time (SCY)											
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# of Entries _____ x \$5.00 = _____													
Participation Fee = ___\$8.00___													
Total = _____													
Coach:													
Swimmer's address:													
Phone:													

Summer's End Swim Classic **Relay Entry Form** - All relays are Mixed Relays (any combination of boys and girls)
 Relays cost \$16.00 each (no participation fee for relay-only swimmers). There is no restriction on the number of relays a team may swim.

Team: _____ Contact Person: _____

Contact Phone: _____ # of relays entered: _____ Amount Enclosed: _____

Event #	Relay Description	Entry Time			
		A Relay	B Relay	C Relay	D Relay
45	15-18 200 Free Relay	_____	_____	_____	_____
47	13-14 200 Free Relay	_____	_____	_____	_____
49	11-12 200 Free Relay	_____	_____	_____	_____
51	9-10 200 Free Relay	_____	_____	_____	_____
53	7-8 100 Free Relay	_____	_____	_____	_____
55	6&U 100 Free Relay	_____	_____	_____	_____
87	15-18 200 Medley Relay	_____	_____	_____	_____
89	13-14 200 Medley Relay	_____	_____	_____	_____
91	11-12 200 Medley Relay	_____	_____	_____	_____
93	9-10 200 Medley Relay	_____	_____	_____	_____
95	7-8 100 Medley Relay	_____	_____	_____	_____
97	6&U 100 Medley Relay	_____	_____	_____	_____