

SANCTION: Held under USA/Pacific Swimming Sanction No. **19-136**

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 shall be posted in real time on the Internet at meet mobile.

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:

<i>Meet Referee:</i> Debbi Tucker	<i>Head Starter:</i> Mary Ruddell
<i>Meet Marshal:</i> Lucy Jhong	<i>Admin Official:</i> Mike Davis
<i>Meet Director:</i> Kennan Rooney – meetdirector@pleasantonseahawks.org	

CERTIFICATION MEET: Officials wishing to be evaluated must apply to the Meet Referee (dtucker@pacswim.org) before the meet by email or when they first arrive at the meet and attend pre-session meetings. Please send in your application prior to the meet by e-mail. We may not be able to accommodate applications submitted at the meet due to resource limitations. Briefing will occur one hour before the start of both Preliminaries and Finals. Officials dress for Finals is white polo shirts/blouse, blue long pants or skirts, and closed white athletic shoes. For an N3 evaluation to be valid it must be done over 4 sessions in the position. N2 evaluations must be done over 3 sessions in the position. Recertification evaluations must each be done over two sessions. However, the official must work at least 4 sessions at the meet for advancement or recertification evaluation(s) to be valid. The application form can be found on the Pacific Swimming Website.

All Officials should be LSC certified at Level 2 for their positions to officiate at this meet. Level 1 Officials having the recommendations (in writing) to work their positions by their Zone Official's Chair may be accepted to officiate.

LOCATION: Dolores Bengtson Aquatic Center, 4455 Black Avenue, Pleasanton, CA 94588.

DIRECTIONS: From Northbound or Southbound Highway 680: Exit Stoneridge Drive and go East (away from hills). Go ½ mile and turn right on Hopyard Road. Go a few miles and turn left on Black Avenue. Pool about 1 ½ miles down on left.

From Eastbound or Westbound Highway 580: Exit Santa Rita and go South. Drive about 2 miles and turn right onto Black Avenue. Pool is on the right.

PARKING: Carpooling is suggested. Limited general parking is available in the lot in front of the pool. Limited parking is available on adjacent streets. PARKING AT THE CHURCH, PAC BELL AND POST OFFICE PARKING LOTS ACROSS THE STREET, OR IN ANY LOT OR AREA POSTED AS "NO UNAUTHORIZED PARKING" SHALL RESULT IN CITATIONS AND POSSIBLE TOWING. Parking for working Officials and Coaches shall be available in the parking lot behind the pool. Officials and Coaches using the lot shall be prepared to show valid USA Swimming credentials to gain access. Overflow parking shall be available at the Alisal Elementary School on Santa Rita Road. **No overnight parking or R.V. parking is allowed.**

COURSE: Outdoor 25 yard pool with up to 16 lanes available for competition. An additional pool available for warm-up/cool down throughout the Preliminaries. A minimum of 5 lanes for warm-up/cool down will be available during Finals. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 4 feet at the start end and 4 feet at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

TIME: Meet will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. Finals will begin no less than 1 hour after the conclusion of the Preliminaries Session.

RULES:

- Current USA and Pacific Swimming rules, including the Minor Athlete Abuse Protection Policy (MAAPP), and warm-up procedures shall govern the meet. A copy of these warm-up procedures shall be posted at the Clerk-of-Course.
- All athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.
- All preliminary events will swim fast to slow, with the fastest three heats circle seeded
- All events will be Preliminaries/Finals, except for 1000 and 1650 Freestyles.
- Athletes may compete in a maximum of three (3) individual events per day.
- 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.
- Finals will be comprised of a Championship Final, Consolation Final and Bonus Final swum in that order, with 10 Athletes qualifying for each finals heat.

SPECIAL RULES:

- All Athletes entered in the 1650 and 1000 Free must positively check in by 11:00AM, on the day of the event.
- All heats of the 1650 and 1000 Free, on their respective days, will be swum fastest to slowest at the conclusion of preliminaries alternating woman and men.
- Athletes must provide timers for the 400 I.M. and timers and counters for the 1000 & 1650 Free.
- The 1000 and 1650 Free will be limited to the first 40 entrants per gender in each event.
- NOTE: 1000 & 1650 Free may not be swum as a bonus event.
- Athletes entered in a timed final individual event that is seeded on the deck that have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim an event will result in being barred from their next individual event.

UNACCOMPANIED ATHLETES: Any USA-S Athlete-Member competing at the meet shall be accompanied by a USA Swimming Member-Coach for the purposes of Athlete supervision during warm-up, competition and warm-down. If a Member-Coach 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 shall be certified by a USA-S Member-Coach as being proficient in performing a racing start, or shall 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.
- Only Athletes, Coaches, Officials, and volunteers shall be allowed on the pool deck.
- Deck Changes are 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.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, Athlete/Coach areas, spectator areas and open ceiling locker rooms) any time Athletes, Coaches, Officials and/or spectators are present.

ELIGIBILITY:

- Athletes shall be current Members USA Swimming, and shall enter their name and registration number on their entries exactly as they are shown in their USA Swimming Registration. If this is not done, it may be difficult to match the Athlete with the registration and times database. The meet host shall 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 shall be added to the regular registration fee). Duplicate registrations shall be refunded by mail.
- Athletes under the age of 12 years are not eligible to compete.
- Athletes shall meet the Senior 2 time standards as outlined by Pacific Swimming time verification procedures. No refunds shall be given if a time cannot be proven.
- 13 & Over Athletes may enter up to two (2) bonus events. Athletes shall meet the minimum Senior Open time standard for bonus events.
- 12 year old Athletes may not enter bonus events.

- Disabled Athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- No time conversions shall be accepted.
- Entries with "NO TIME" shall be rejected.

SEEDING: Event seeding shall be in the following order: conforming short course yards, non-conforming long course meters, and non-conforming short course meters - USA Swimming rules 207.11.7B. Bonus seeding shall follow the same order. **See Rules for distance events seeding.**

PRELIMINARIES - The scratch deadline for Saturday's preliminaries shall be **5:30 pm FRIDAY**. Coaches are encouraged to e-mail their scratches to the Meet Referee (dtucker@pacswim.org) and the Admin Referee (mdavis@pacswim.org). The scratch deadline for Sunday's preliminaries shall be **30 minutes after the start of Saturday's FINALS**. The scratch box will be located at the Scratch Desk at the start of the meet on Saturday until the scratch deadline. The penalty for failure to compete in an individual preliminary heat in which such athlete is entered and has not been scratched will be:

- Barred from the rest of his/her events that day.
- If the Athlete qualifies for a final before missing an event, they may swim that final.

NOTE: Heat sheets for the next day will be posted on Meet Mobile, the Pac Swim Website, and the Pleasanton Seahawks Website.

FINALS - Any Athlete qualifying for any level of finals in an individual event who does not wish to compete shall scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the Referee that they may not intend to compete in Bonus, Consolation or Championship Finals. In this case they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual Preliminary Event. In a non-positive check-in Preliminaries & Finals meet any Athlete qualifying for a Bonus Final, Consolation Final or Championship Final race in an individual event who fails to show up in said Bonus Final, Consolation Final or Championship Final race prior to calling the alternate shall be barred from further competition for the remainder of the Meet. If the No-Show occurs on the last day that the Athlete is entered in an individual final event in the meet, and no other individual event penalty is applicable, the Athlete shall then be fined \$100.00. The fine shall be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.

ENTRY FEES: \$7.50 per individual event plus an \$8.00 per Athlete participation fee. Entries shall be rejected if payment is not sent at time of request. No refunds shall be made, except mandatory scratch downs.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/PLS 20191109> 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 shall be accepted through Wednesday, **October 30, 2019**.

MAILED OR HAND DELIVERED ENTRIES: Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with Athlete's best time. Entries shall be entered using the current Pacific Swimming procedure and postmarked by midnight, **Monday, October 28, 2019** or hand delivered by 6:30 p.m. **Wednesday, October 30, 2019**. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Pleasanton Seahawks

Mail entries to: Aashima Goel
3021 Summit View Drive
San Ramon, CA 94582

AWARDS: None.

ADMISSION: Free.

HOSPITALITY: Hospitality available for Coaches and Officials. Meals will be provided for Coaches and working Officials. There will be a snack bar.

ORDER OF EVENTS

Saturday, November 9, 2019		
GIRLS EVENT #	EVENT	BOYS EVENT #
1	200 BACK	2
3	50 FREE	4
5	200 I.M.	6
7	100 FLY	8
9	200 FREE	10
11	200 BREAST	12
101	1650 FREE***	102

Sunday November 10, 2019		
GIRLS EVENT #	EVENT	BOYS EVENT #
13	200 FLY	14
15	100 FREE	16
17	100 BREAST	18
19	500 FREE	20
21	100 BACK	22
23	400 I.M	24
103	1000 FREE***	104

***1650 and 1000 will be swum at the end of prelims fast to slow

Time standards may be found at: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by Pleasanton Seahawks
 SENIOR-2 PRELIMINARIES & FINALS
 November 9-10, 2019
 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 / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM

of entries _____ x \$7.50 = \$ _____
 Participation Fee \$8.00
 Total \$ _____

Coach

Athlete's
Address

Home Phone	Cell Phone
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Email