

**PACIFIC SWIMMING SENIOR 2 T/F CHAMPIONSHIP MEET  
HOSTED BY WALNUT CREEK AQUABEARS  
DECEMBER 7-8, 2019**

Enter Online: <http://ome.swimconnetion.com/pc/wcab20191207>



**ENTRIES WILL REMAIN OPEN UNTIL THE ESTIMATED TIMELINE FOR EACH PRELIMS SESSION REACHES 5.5 HOURS.**

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **19-164**

*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. The results of this meet will be posted in real time on the Internet at <http://results.teamunify.com/wcab/index.html>

**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:**

|  |                                       |
|--|---------------------------------------|
| <b>Meet Referee:</b> Mike Tramack  | <b>Head Starter:</b> Charlie Gonzales |
| <b>Meet Marshal:</b> Rick Millington   | <b>Admin Official:</b> Marie Lin      |
| <b>Meet Director:</b> Maureen Deback, <a href="mailto:aquabears@gmail.com">aquabears@gmail.com</a> |                                       |

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

**DIRECTIONS:** 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. Parking permits are required. Do not park in "Faculty Staff" spaces.

**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 4'-6" at the start end and 4'-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:** Saturday and Sunday – Prelims begin at 9:00 a.m. (general warm-up from 7:30- 8:45 a.m.) and Finals **tentatively** begin at 4:00 p.m.

**RULES:**

- Current USA and Pacific Swimming rules, including the Minor Athlete Abuse Protection Policy (MAAPP), and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- All events are prelims and finals, except the 1650 Free, which is a timed final.
- All prelim and timed final events will swim fast to slow.
- Finals sessions will include Bonus Final, Consolation Final and Championship Final swum in that order.
- Athletes may compete in a maximum of three (3) events per day, including bonus events.
- 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.
- Athletes must provide their own timers and lap counters for the 1650 Free.
- Athletes must positively check-in for the 1650 Free. The deadline will be 11:00 a.m. on the day of the event.
- **ENTRIES WILL REMAIN OPEN UNTIL THE ESTIMATED TIMELINE FOR EACH PRELIMS SESSION REACHES 5.5 HOURS.**

**UNACCOMPANIED ATHLETES:** Any USA-S 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-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 must be certified by a USA-S member-coach as being proficient in performing a racing start, or must 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 at Diablo Valley College.

- Sale and use of alcoholic beverages is prohibited at Diablo Valley College.
- No glass containers are allowed in the meet venue.
- Only athletes, coaches, officials, and volunteers will 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.
- Coaches Pop-ups will be allowed on the pool deck. All other team areas must be in areas not on the pool deck.

**ELIGIBILITY:** • Athletes shall be current members of 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.
- Athletes may enter up to two (2) bonus events. Athletes must meet the minimum Senior Open time standard for bonus events.
- 12 year old athletes may not enter bonus events.
- Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- No time conversions will be accepted.
- Entries with "NO TIME" will be rejected.

**SEEDING:** Event seeding shall be in the following order: conforming short course yards (SCY), non-conforming long course meters, and non-conforming short course meters (LCM). See Rules for distance events seeding.

**ENTRY FEES:** \$7.50 per individual event plus an \$8.00 per swimmer participation fee. 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/wcab20191207> 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, **November 27, 2019.**

**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 entered using the current Pacific Swimming procedure and be postmarked by midnight, Monday, **November 25, 2019,** or hand delivered by 6:30 p.m. Wednesday, **November 27, 2019.** 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: Walnut Creek Aquabears**

Mail entries to: WCAB Meet Entries  
1374 Lupine Court  
Concord, CA 94521

Hand delivers entries to: WCAB Meet Entries  
1374 Lupine Court  
Concord, CA 94521

**AWARDS:** None.

**ADMISSION:** Free. Programs will be available for reasonable price.

**HOSPITALITY:** Hospitality available for coaches, officials, timers, and volunteers. Lunches will be provided for coaches and working deck officials. There will be a snack bar.

## ***IMPORTANT INFORMATION - NEW SCRATCH PROCEDURES – PLEASE READ***

**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** ([mtramack@gmail.com](mailto:mtramack@gmail.com)) and the **Admin Referee** ([marieklin@gmail.com](mailto:marieklin@gmail.com)). 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 *failing to show* in an individual preliminary heat in which such athlete is entered and has not been scratched *or has not declared a false start* will be:

- *The athlete must positively check-in with the Admin Ref for any subsequent preliminary events they are entered in if they wish to swim that event.*
- 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 [results.teamunify.com/wcab/index.html](http://results.teamunify.com/wcab/index.html), [www.pacswim.org](http://www.pacswim.org), and [www.aquabears.org](http://www.aquabears.org).

**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 *compete 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.

**ORDER OF EVENTS**

| <b>Saturday, December 7</b> |                          |
|-----------------------------|--------------------------|
| <b>Event #</b>              | <b>Event Description</b> |
| 1                           | Women's 400 IM           |
| 2                           | Men's 500 Free           |
| 3                           | Women's 200 Free         |
| 4                           | Men's 200 Back           |
| 5                           | Women's 100 Fly          |
| 6                           | Men's 100 Breast         |
| 7                           | Women's 50 Free          |
| 8                           | Men's 200 Fly            |
| 9                           | Women's 200 Breast       |
| 10                          | Men's 100 Free           |
| 11                          | Women's 100 Back         |
| 12                          | Men's 200 IM             |
| 13                          | Women's 1650 Free        |

| <b>Sunday, December 8</b> |                          |
|---------------------------|--------------------------|
| <b>Event #</b>            | <b>Event Description</b> |
| 14                        | Men's 400 IM             |
| 15                        | Women's 500 Free         |
| 16                        | Men's 200 Free           |
| 17                        | Women's 200 Back         |
| 18                        | Men's 100 Fly            |
| 19                        | Women's 100 Breast       |
| 20                        | Men's 50 Free            |
| 21                        | Women's 200 Fly          |
| 22                        | Men's 200 Breast         |
| 23                        | Women's 100 Free         |
| 24                        | Men's 100 Back           |
| 25                        | Women's 200 IM           |
| 26                        | Men's 1650 Free          |

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

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 December 7 and 8, 2019  
 Enter Online: <http://ome.swimconnetion.com/pc/wcab20191207>

|  |                   |  |                 |  |  |            |               |  |                 |  |  |  |  |
|--|-------------------|--|-----------------|--|--|------------|---------------|--|-----------------|--|--|--|--|
| Name: Last,                      First                      Middle   |                   |  |                 |  |  |            |               |  |                 |  |  |  |  |
| Club Abbr.   |                   |  | UNATT TEAM ABBR |  |  |            | Club Name     |  |                 |  |  |  |  |
| Age  |                   |  | Date of Birth   |  |  |            | Sex<br>M    F |  | LSC – (PC, SN)  |  |  |  |  |
| USA-#  |                   |  |                 |  |  |            |               |  |                 |  |  |  |  |
| 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 |  |  |  |  |
| # of entries _____ x <b>\$7.50</b> = \$ _____<br><br>+ Participation Fee <b>\$ 8.00</b><br><br>= Total    \$ _____ |                   |  |                 |  |  |            |               |  |                 |  |  |  |  |
| Coach  |                   |  |                 |  |  |            |               |  |                 |  |  |  |  |
| Home Phone   |                   |  |                 |  |  |            | Cell Phone    |  |                 |  |  |  |  |
| E-Mail Address   |                   |  |                 |  |  |            |               |  |                 |  |  |  |  |