

OAKLAND UNDERCURRENT SWIM TEAM  
"MARTIN LUTHER KING JR MEET"  
PACIFIC SWIMMING SHORT COURSE C/B/BB+ MEET  
JANUARY 13-14, 2018



Enter Online: <http://ome.swimconnection.com/pc/ONDA20180113>

**Z2 Assigned Clubs:** ONDA, AAA, AIA, ALGA, BEAR, EBSD, ECG, FAST, HILL, MONT, NWA, OAK, OTST, SAIL, PLS, EBA, OAKW

**Attention:** NO Friday night set-up of tents/pop-ups allowed.

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **18-014**

*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 may be posted in real time on the Internet at MeetMobile.** Club assignments for **timing chairs** may be posted on the website prior to start of meet.

**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:**

<i>Meet Referee:</i> David Benjamin	<i>Head Starter:</i> David Kaplan
<i>Meet Marshal:</i> Rigoberto Sanchez	<i>Admin Official:</i> Amy Alington
<i>Meet Director:</i> Janet Green, <a href="mailto:ondaswimming@gmail.com">ondaswimming@gmail.com</a>	

**LOCATION:** Contra Costa College, 2600 Mission Bell Drive, San Pablo, CA. 94806.

**DIRECTIONS:** Take I-80 East or West, Exit El Portal Drive. Head West on El Portal. Turn Right on Castro Drive, the pool is on the left side.

**COURSE:** Outdoor heated 25 yard pool with up to ten (10) lanes available for competition. An additional five (5) lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 5' at the start end and 5' at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4) .

**TIME:** Meet will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. A special warm-up time for 8 and under athletes only will be held from 8:45 to 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.
- Athletes may compete in a **maximum of 4** events per day.
- All athletes 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 athletes 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.**
- Athletes will be responsible for providing their own timers for the 400 IM, and 500 Freestyle

**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 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.
- 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 (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 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 athlete with the registration and times database. The meet host will 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 will be added to the regular registration fee). Duplicate registrations will be refunded by mail.
- Athletes in the "BB+" Division must have met at least the listed "BB" time standard. Athletes in the "B" Division must have met at least the listed "B" time standard. All entry times slower than the listed "B" time standard will be in the "C" Division. For 8&U, athletes in the "A" division must have met at least the listed "A" time standard.
- 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 athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such athletes must have met standards for the 17-18 age group.
- The athlete's age will be the age of the athlete on the first day of the meet

**ENTRY PRIORITY:** Meet entries will not be accepted any earlier than December 8th, 2018. Entries from members of Zone 2 clubs **ONDA, AAA, AIA, ALGA, BEAR, EBSD, ECG, FAST, HILL, MONT, NWA, OAK, OTST, SAIL, PLS, EBA, OAKW** postmarked or entered online by 11:59 p.m. on January 3rd, 2018 will be given 1st priority acceptance. Entries from members of all Zone 2 clubs (year round and seasonal) postmarked or entered online between 12:00 am January 4th, 2018 and 11:59 pm January 5th, 2018 will be given 2nd 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:** \$4.00 per event plus an \$8.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/ONDA20180113> 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 **Friday, January 5th, 2018.**

**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 postmarked by midnight, Wednesday, **January 3rd, 2018** or hand delivered by 6:30 p.m. Friday, **January 5th, 2018**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: OCPP**

**Mail entries to: Janet Green**  
**4115 Oakmore Rd**  
**Oakland, CA 94602**

**Hand deliver entries to: Janet Green**

**4115 Oakmore Rd**  
**Oakland, CA 94602**

**CHECK-IN:** The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. 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. Athletes who do not check in will not be seeded and will not be allowed to compete in that event.

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

**AWARDS:** The first 8 places will be awarded for 9-10, 11-12, 13-14, 15-18 age groups in each division (C/B/BB+). 8 & U will be awarded in each division (PC-A, PC-B, and PC-C). All athletes achieving an A time for the first time will be awarded a standard A medal, regardless of place achieved in the event. No awards will be given for athletes 19 years of age and older. Note: Individual awards must be picked up at the meet. We will not mail or distribute awards after the meet.

**ADMISSION:** Free. A meet program will be available at 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 and volunteers.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours.

**MINIMUM OFFICIALS:** The Meet Referee shall conduct an inventory of Officials and shall compare the number of athletes entered against the number of Officials that worked representing each club per day of the meet. Those clubs 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.

Club athletes entered in session	Trained and carded officials requested
1-10	0
11-25	2
26-50	3
51-75	4
76-100	5
100 or more	5

**EVENT SUMMARY**

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
25 BK	200 IM	200 IM	200 IM	25 FL	200 FR	200 FR	200 FR
50 FR	50 FR	50 FR	50 FR	50 BK	50 BK	50 BK	200 BK
25 BR	100 BK	100 BK	100 BK	100 IM	100 IM	100 IM	200 FL
50 BR	50 BR	200 BR	200 BR	100 FR	100 FR	100 FR	100 FR
50 FL	50 FL	100 FL	100 FL	25 FR	100 BR	50 FL	100 BR
	500 FR (Open)	500 FR (Open)	500 FR (Open)		400 IM (Open)	400 IM (Open)	400 IM (Open)

Athletes will be responsible for providing their own timers for the 400 IM, and 500 Freestyle

EVENTS

Saturday, January 13, 2018		
EVENT #	EVENT	EVENT #
1	13-Over 200 I.M.	2
3	11-12 200 I.M.	4
5	9-10 200 I.M.	6
7	8-UN 25 Back	8
9	13-Over 50 Free	10
11	11-12 50 Free	12
13	10-UN 50 Free	14
15	13-Over 100 Back	16
17	11-12 100 Back	18
19	9-10 100 Back	20
21	8-UN 25 Breast	22
23	13-Over 200 Breast	24
25	11-12 200 Breast	26
27	10-UN 50 Breast	28
29	13-Over 100 Fly	30
31	11-12 100 Fly	32
33	10-UN 50 Fly	34
35	OPEN 500 Free	36

Sunday, January 14, 2018		
EVENT #	EVENT	EVENT #
37	13-Over 200 Free	38
39	11-12 200 Free	40
41	9-10 200 Free	42
43	8-UN 25 Fly	44
45	13-Over 200 Back	46
47	11-12 50 Back	48
49	10-UN 50 Back	50
51	13-Over 200 Fly	52
53	11-12 100 IM	54
55	10-UN 100 IM	56
57	13-Over 100 Free	58
59	11-12 100 Free	60
61	10-UN 100 Free	62
63	13-Over 100 Breast	64
65	11-12 50 Fly	66
67	9-10 100 Breast	68
69	8-UN 25 Free	70
71	OPEN 400 IM	72

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by Oakland Undercurrent S.T. SCY C,B,BB+ January 13-14, 2018 Consolidated Entry Form													
Name: Last,				First				Middle					
Club Abbr.			UNATT TEAM ABBR				Club Name						
Age			Date of Birth				Sex M   F		LSC – (PC, SN)				
USA-#													
Event #	Distance / Stroke					Entry Time			Circle one				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee        \$ <b>8.00</b> Total                        \$ _____													
Coach													
Athlete's Address													