SHORT COURSE SENIOR 2 MEET
Hosted by Walnut Creek Aquabears
Co-sponsored by Pacific Swimming
March 5 and 6, 2016
Enter Online: http://ome.swimconnection.com/pc/wcab20160305

SANCTION: Held under USA/Pacific Swimming Sanction No. **16-037**
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://www.aquabears.org.

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: *Meet Referee:* David Benjamin   *Head Starter:* Charlotte Rooney
Meet Marshal: Reuben J. Cogburn   *Admin Official:* Marie Lin
Meet Director: Eddie Contreras, aquabears@gmail.com (925) 706-7377

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.

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: 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.).

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 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 500 and 1650 Free.
• The 500 Free and 1650 Free will be swum fastest to slowest, alternating women and men.
• Athletes competing in the 1650 free may receive official split times for the 1000 free.

ATTENTION HIGH SCHOOL ATHLETES: If you are a high school athlete in season, you need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

UNACCOMPANIED SWIMMERS: 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.
  • Changing into or out of swimsuits other than in locker rooms or 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.
  • 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 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 under the age of 12 years are not eligible to compete.
  • Athletes must meet the Senior 2 time standards as outlined by Pacific Swimming time verification procedures. No refunds will 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 athletes 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.
  • Entry times submitted for this meet will be checked against the SWIMS database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. **Entry times must have been achieved after September 1, 2015 and prior to the closing date of entries for the meet, February 24, 2016.** If the time cannot be proven prior to the meet, the swimmer will be not be allowed to check-in for the event until the entry time has been proven. When possible, the coaches will be notified of the athletes who have not proven their entry time. No refunds will be given if a time cannot be proven.

SEEDING: Event seeding will be in the following order: conforming short course yards (SCY), non-conforming long course meters, and non-conforming short course meters (LCM), Bonus (SCY), Bonus (LCM), as per USA Swimming rules 207.12.7B. See Rules for distance events seeding.

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 meet. Close of check-in for all events shall be no more than 60 minutes before time of the start of the first heat of the event. Athletes who do not check-in will not be allowed to compete in the event.

SCRATCH RULE: Athletes entered in a timed final individual event that is seeded on the deck that have checked in for that event, shall 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 in which the athlete is entered on that day or the next meet day, whichever is first.

ENTRY FEES: $6.50 per individual event plus an $8.00 per swimmer participation fee. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

ONLINE ENTRIES: To enter online go to **http://ome.swimconnection.com/pc/wcab20160305** 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 swimmer 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, **February 24, 2016**.

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, **February 22, 2016,** or hand delivered by 6:30 p.m. Wednesday, **February 24, 2016.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Walnut Creek Aquabears

Mail entries to: **WCAB Senior 2 Meet**   Hand delivers entries to: **WCAB Senior 2 Meet**
                              1374 Lupine Court   **1374 Lupine Court**
                              Concord, CA 94521   **Concord, CA 94521**

AWARDS: None.

ADMISSION: Free. A 2-day program 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.

ORDER OF EVENTS

Saturday, March 5

Girls Event #	Bonus Time Standard (Senior Open)	Time Standard (Senior 2)	Event Description	Time Standard (Senior 2)	Bonus Time Standard (Senior Open)	Boys Event #
1	2:19.99	2:09.29	200 Free	1:58.59	2:08.39	2
3	1:10.79	1:05.39	100 Back	59.79	1:04.69	4
5	2:34.89	2:22.99	200 Fly	2:11.39	2:22.29	6
7	29.99	27.69	50 Free	24.79	26.89	8
9	2:56.39	2:42.79	200 Breast	2:28.09	2:40.49	10
11	5:32.89	5:07.29	400 I.M.	4:43.99	5:07.69	12
13	21:27.19	19:48.19	1650 Free	18:39.99	20:13.29	14

The 1650 Free will be swum fastest to slowest, alternating women and men.
Athletes must provide timers and lap counters for the 1650 Free.
Athletes competing in the 1650 Free may receive an official split time for the 1000 Free

Sunday, March 6

Girls Event #	Bonus Time Standard (Senior Open)	Time Standard (Senior 2)	Event Description	Time Standard (Senior 2)	Bonus Time Standard (Senior Open)	Boys Event #
15	1:21.99	1:15.69	100 Breast	1:07.89	1:13.59	16
17	2:32.99	2:21.19	200 Back	2:09.89	2:20.69	18
19	1:04.99	59.99	100 Free	54.19	58.69	20
21	2:36.79	2:24.79	200 I.M.	2:12.29	2:23.29	22
23	1:12.39	1:05.29	100 Fly	58.99	1:03.89	24
25	6:12.69	5:43.99	500 Free	5:21.19	5:47.89	26

The 500 Free will be swum fastest to slowest, alternating women and men.
Athletes must provide timers and lap counters for the 500 Free.

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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 / 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 $6.50 = $_____

+ Participation Fee $ 8.00

= Total $_____

Coach

Home Phone	Cell Phone

E-Mail Address