

PACIFIC SWIMMING SHORT COURSE SENIOR I TIMED FINALS MEET
HOSTED BY PLEASANTON SEAHAWKS
co-sponsored by Pacific Swimming
FEBRUARY 15 -17, 2014
Enter online at: <http://ome.swimconnection.com/pc/PLS20140215>



Sanction	Held under Pacific Sanction number 14-025 <i>In granting this sanction, it is understood 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.</i>
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.
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 is prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.
Meet Officials	<u>Meet Referee:</u> Fred Vogelgesang <u>Head Starter:</u> Mani Nair <u>Admin Referee:</u> Millie Nygren <u>Meet Director:</u> Rani Mukkamala, meetdirector@pleasantonseahawks.org, (preferred) or 925-519-2573 <u>Head Marshal:</u> Lucy Jhong
Location	Dolores Bengtson Aquatic Center, 4455 Black Avenue, Pleasanton, CA 94588. From I-580 take Santa Rita exit. Drive south for about two miles to Black Avenue. Turn right onto Black Avenue. Aquatic center is on your right after approximately ¼ mile.
Course	Outdoor, heated pool – 25 yards by 50 meters; up to 16 lanes available for competition. A separate pool will be available for warm up and warm down. Locker rooms with showers are available. Electronic timing system will be used. The minimum water depth, measured in accordance with Article 103.2.3 is 4 feet at the start end and 4 feet at the turn end. Equipment shall be installed so that it will not interfere with swimmers start, turns or finish and the normal overflow functions of the pool water recirculation system. All deck level wiring shall carry no more than 12Volts AC. The competition course has been certified in accordance with 104.2.2C(4). The copy of the certification is on file with USA Swimming.
Time	Competition begins on Saturday, Sunday and Monday at 9 a.m., with warm-ups from 7:30-8:45 a.m. All events are timed finals.
Rules	<ol style="list-style-type: none"> 1. Current USA and Pacific Swimming rules will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk-of-Course. 2. All events will be timed finals (see special rules below). 3. Swimmers may compete in a maximum of five (5) events per day. 4. All events will swim FASTEST to SLOWEST. 5. All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. Each coach must check in with the meet director prior to the first session in which he or she plans to coach. Please be sure your coach's card is valid and that all your certifications are up to date and valid for the duration of the meet. If your coach's card is expired or your certifications have lapsed, you will not be allowed to coach. 6. Attention High School Swimmers: If you are a high school swimmer in competition season, you need to be unattached from this meet. It is your responsibility to be unattached from this meet. You can un-attach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).
Special Rules	<ol style="list-style-type: none"> 1. The 1000 free will be swum as timed finals, fastest to slowest, alternating women and men's heats and will be swum on Saturday as the last event. The 1650 free events will be swum as timed finals, fastest to slowest. The women's 1650 free will be swum as the last event on Sunday. The men's 1650 free will be swum as the last event on Monday. 2. Swimmers must provide timers and counters for the 1000 free and 1650 free.
Unaccompanied Swimmers	Any USAS 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 USAS Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the

	<p>swimmer or the swimmer's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USAS Club Member-Coach. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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.</p>
Restrictions	<ol style="list-style-type: none"> 1. Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas and in all areas used by swimmers, during the meet and during warm-up periods. 2. Glass containers, sale and use of alcoholic beverages are prohibited in <u>all</u> areas of the meet venue. 3. In accordance with Pacific Swimming Safety standards, absolutely no propane heaters will be allowed on the pool deck or in the around surrounding the aquatic center. Safety is to be determined in the sole discretion of the meet director. 4. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.
Eligibility	<ol style="list-style-type: none"> 1. Swimmers must be current members of USA-Swimming and enter their names and registration numbers on the meet entry card as they are shown on their Registration Cards. The meet host must check all swimmer 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. 2. The meet is limited to those swimmers who have met the 2013 Pacific Swimming Senior I time standards. 3. 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.
Proof of Time	<ol style="list-style-type: none"> 1. Proof of time will be required for this meet for swimmers 11-12 per Pacific Swimming rule Section 5.B.2.a. Swimmers are eligible to enter all events in Senior meets in which they have equaled or bettered the listed Senior time standards (in this case Pacific Senior I times) up to the maximum number of events per day. 2. Swimmers 13 years of age or over will be considered qualified for these meets without proof of time. 3. No refunds will be given if a time cannot be proven.
Seeding	<p>Conforming Short Course yard (Senior I Times) will be seeded first, followed by non-conforming Short Course Meter Senior I Times), followed by non-conforming Long Course Meters (Senior I Times).</p>
Entry Fees	<p>\$5.50 per individual event. \$8.00 participation fee per swimmer to help cover meet expenses. Checks must be mailed or delivered by hand along with the attached consolidated entry form to:</p> <p style="text-align: center;">PLS Swim Meet Entries C/o Sharon Peck 4209 Waycross Court Pleasanton, CA 94566</p>
Entries	<p>Option 1: Online Meet Entries - Enter at http://ome.swimconnection.com/pc/PLS20140215 To receive immediate confirmation of acceptance via email (the same web site can be used to check for session open or closed status). The "billing information" email should be brought to the meet as proof of entry. Online entry requires payment by credit card using SwimConnection's secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection, LLC. Online entries must be entered through the online entry system no later than midnight Wednesday, February 5, 2014. Use of this system is voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. No refunds will be made, except for mandatory scratches.</p> <p>Option 2: Traditional Postal System Mailed Entries - All entries must be on attached Consolidated Entry Card. Entries must be postmarked by midnight, Monday, February 3, 2014 or hand delivered no later than 8:00 PM on Wednesday, February 5, 2014. No late entries will be accepted. No refunds will be made, except for mandatory scratches. Entry forms must be completely filled out, including best conforming short course yard time, or non conforming long course meter time for each event. All entries shall be noted by (SCY) or (LCM) to the right of the entry time (SCY - short course yards; LCM - long course meters). Bonus events: enter a short course time SLOWER than the Pacific Senior I Standard for that event. DO NOT CONVERT TIMES USING ANY CONVERSION FORMULAS.</p>

Check In	The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course each day. Close of 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. However, 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	Pacific Swimming rule Section 3.B.5.b.3 will be enforced. A Swimmer entered in an individual event that is seeded on the deck that has checked in for that event, must swim in the event unless he/she notifies 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 the rest of his/her events that day including relays. If the swimmer qualified for a final before missing an event, he or she may swim that final. The penalty will not apply if the swimmer scratches the event before it is seeded, or the Referee accepts proof that the failure was caused by illness, injury or other circumstances beyond the control of the swimmer.
Awards	None
Admission	Free. A three day program will be available for a reasonable cost.
Snack Bar	A snack bar will be available. Lunch will be provided to coaches and working officials each day.
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" WILL RESULT IN CITATIONS AND POSSIBLE TOWING. Parking for working Officials and coaches will be available in the parking lot behind the pool. Officials and Coaches using the lot must be prepared to show valid USA Swimming credentials to gain access. Overflow parking will be available at the Alisal Elementary School and the Amador High School parking lots on Santa Rita Road. No overnight parking or R.V. parking is allowed.

Event Summary

Time Standards can be found at http://www.pacswim.org/page/times_standards.shtml

Saturday, Feb. 15, 2014

Event #	Description	Event #
1	100 Breast	2
3	200 Free	4
5	100 Fly	6
7	200 IM	8
9	1000 Free	10

Sunday February 16, 2014

Event #	Description	Event #
11	500 Free	12
13	50 Free	14
15	100 Back	16
17	400 IM	18
101	Women's 1650 Free	

Monday, February 17, 2014

Event #	Description	Event #
19	200 Back	20
21	200 Breast	22
23	100 Free	24
25	200 Fly	26
	Men's 1650 Free	102

**Pacific Swimming – Hosted by Pleasanton Seahawks
Senior I Meet
February 15-17, 2014
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				
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# of entries _____ x \$5.50 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													