SHORT COURSE SENIOR-II MEET
Hosted by Walnut Creek Aquabears
Co-sponsored by Pacific Swimming
February 27 to March 1, 2015
Enter Online: **http://ome.swimconnection.com/pc/wcab20150227**

SANCTION: Held under USA/Pacific Swimming Sanction No. **15-036**
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:* Marie Lin
    Meet Marshal: Rueben Cogburn   *Admin Official:* Chris Ottati and Kathy Kaminek
    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: Friday – Meet begins at 5:30 p.m. (check-in begins at 4:00 p.m., general warm-up from 4:00-5:15 p.m.,). 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.
 • Swimmers may compete in a maximum of four (4) 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.
 • Timing assignments will be assigned to participating teams.
 • All events will be swum fastest to slowest. The 1650 Free, 500 Free, and 400 IM will be swum alternating women's and men's heats.
 • Swimmers must provide their own timers and lap counters for the 500 and 1650 Free, and must provide their own timers for the 400 IM.

ATTENTION HIGH SCHOOL SWIMMERS: If you are a high school swimmer in season, you need to be Unattached from this meet. It is the swimmer's 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).

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 swimmer or the swimmer's legal guardian to arrange for supervision by a USA-S 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 USA-S Club Member-Coach.

RACING STARTS: Swimmers 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 swimmer or the swimmer'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 swimmers, coaches, officials, and volunteers will be allowed on the pool deck.
   • Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
   • Coaches Pop-ups will be allowed on the pool deck. All other team areas must be in areas not on the pool deck.
   • 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.

ELIGIBILITY: • Swimmers 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 swimmer with the registration and times database. The meet host will 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.
   • Swimmers must meet the SR-II time standards as outlined by Pacific Swimming time verification procedures. No refunds will be given if a time cannot be proven.
   • Swimmers under the age of 12 years are not eligible to compete.
   • Swimmers may enter up to two (2) bonus events. Swimmer must meet the minimum SR-Open time standard for bonus swims.
   • 12 year old swimmers 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 will be in the following order: conforming short course yards, non-conforming long course meters, and non-conforming short course meters as per USA Swimming rules 207.12.7B. See Rules for distance events seeding.

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

SCRATCH RULE: Swimmers 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 in which the swimmer is entered on that day or the next meet day, whichever if 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.

ONLINE ENTRIES: To enter online go to **http://ome.swimconnection.com/pc/wcab20150227** 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 a swimmer by Pacific Swimming.** Online entries will be accepted through Wednesday, **February 18, 2015**.

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be entered using the current Pacific Swimming procedure and be postmarked by midnight, **Tuesday, February 17, 2015,** or hand delivered by 6:30 p.m. Wednesday, **February 18, 2015.** 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 Senior II Meet   Hand delivers entries to: WCAB Senior II Meet
                      1374 Lupine Court   1374 Lupine Court
                      Concord, CA 94521   Concord, CA 94521

AWARDS: None.

ADMISSION: Free. A 3-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.

MISCELLANEOUS: No overnight parking is allowed. No noise makers allowed in the pool venue. Parents, please respect the area designated for coaches (do not sit or stand in front of coaches, keep clear of coaches area).

<div align="center">

ORDER OF EVENTS

Friday, February 27, 2015		
Women's Event #	**Event**	**Men's Event #**
1	1650 Free	2

</div>

The 1650 Free will be swum fastest to slowest, alternating women's and men's heats.
Swimmers must provide their own timers and lap counters for the 1650 Free.

Saturday, February 28, 2015		
Women's Event #	**Event**	**Men's Event #**
3	200 IM	4
5	100 Fly	6
7	200 Breast	8
9	50 Free	10
11	200 Back	12
13	500 Free	14

Sunday, March 1, 2015		
Women's Event #	**Event**	**Men's Event #**
15	200 Free	16
17	100 Breast	18
19	200 Fly	20
21	100 Free	22
23	100 Back	24
25	400 IM	26

The 500 Free will be swum fastest to slowest, alternating women's and men's heats. There will be a 10 minute break before the start of the 500 Free. Swimmers must provide their own timers and lap counters for the 500 Free.

The 400 IM will be swum fastest to slowest, alternating women's and men's heats. There will be a 10 minute break before the start of the 400 IM. Swimmers must provide their own timers for the 400 IM.

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

SHORT COURSE SENIOR-II MEET
Hosted by Walnut Creek Aquabears
Co-sponsored by Pacific Swimming
February 27 to March 1, 2015
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 / 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