

**PACIFIC SWIMMING SHORT COURSE SENIOR T&F CHAMPIONSHIP MEET  
DECEMBER 11-12-13, 2009 - FRIDAY, SATURDAY, SUNDAY  
HOSTED BY THE WALNUT CREEK AQUABEARS**



**PACIFIC  
SWIMMING**

Enter this meet online at: <http://ome.swimconnection.com/pc/wcab20091211>

**SANCTION:** Held under USA Pacific Swimming Sanction No.: **1639**

**LOCATION:** Lehmer's Pontiac/GMC Aquatic Center at Diablo Valley College, 321 Golf Club Road, Pleasant Hill, CA. 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 costs \$2.00 on Friday (bring quarters).

**COURSE:** Short Course. Outdoor, heated 25 yard pool, up to 8 lanes all deep water. Separate warm up area available.

**TIME:** Competition begins each day at 9:00 a.m. each day, with warm ups from 7:30 a.m. to 8:50 a.m. Finals will begin at 4:00 p.m., with warm-ups from 3:00 to 3:50 p.m.

**RULES:** 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. The 1000 Free, 1650 Free, and relays will be swum as timed finals. Trials and finals will be swum for all other events. A Championship Final, Consolation Final and Bonus Final will be swum in that order. **Swimmers may compete in a maximum of three (3) events per day.** Time trials may be offered with the concurrence of the Meet Referee and the Meet Director. All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. **This is a National Officials Qualifying Meet.** Officials wishing to be evaluated must apply to the Meet referee when they first arrive at the meet and attend pre-session meetings. Briefing will occur one hour before the start of Trials and Finals. Shorts are not permitted for Finals. For an N3 evaluation to be valid it must be done over 4 sessions in the position. N2 evaluation must be done over 3 sessions in the position. Recertification evaluations must each be done over two sessions, however, the official must work at least 4 sessions at the meet for the recertification evaluation(s) to be valid.

**SPECIAL RULES:** The 1000 Free events will be swum fastest to slowest alternating women and men. The fastest heat of the 1650 Free will be swum in finals in the event order on the day offered. Remaining heats will swim fastest to slowest during the trials session. Swimmers must provide timers and counters for the 1000 Free and 1650 Free.

**RESTRICTIONS:** No deck changing at Lehmer's Pontiac/GMC Aquatic Center. No alcoholic beverages and tobacco products are allowed at Diablo Valley College. All shelters must be properly secured. No glass containers are allowed in the meet venue. No propane heater is permitted except for snack bar/meet operations.

**ELIGIBILITY:** Swimmers must be current members of USA-Swimming and enter their name and registration number on the meet entry card as they are shown on their Registration Card. 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. **Meet is open to all qualified swimmers, who have met the 'Pacific Swimming Junior T&F' time standards. Swimmers will be allowed two (2) bonus events for the meet.** To enter a bonus event please enter a short course time SLOWER than the 'Pacific Swimming Junior T&F' standard for that event. You will be placed in the proper session to swim that event by the computer operator. 'No Time' entries 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. **ENTRY TIMES MUST HAVE BEEN ACHIEVED PRIOR TO NOVEMBER 30, 2009.**

**CHECK-IN:** The meet will be deck seeded per USA-Swimming rule 207.12.7.B(2). Swimmers must check-in at the Clerk-of-Course. Close of check-in for all events shall be no more than 30 minutes before the estimated time of the start of the first heat of the event. Swimmers who do not check-in prior to the close will not be allowed to compete in the event. **Check-in for the 1650 Free will close at the announced time each day.**

**SCRATCHES:** Pacific Swimming rule Section 3.B.5.b.3 will be enforced. Exceptions are outlined in Pacific Swimming section 3.B.5.b.5. Any swimmer who has checked in for an individual event and fails to swim that event will be scratched from the meet unless the swimmer returns to the clerk of the course and repeats the check-in process for all remaining events. Failure to swim an event after re-check-in will result in being barred from the next individual event in which a swimmer is entered on that day or the next meet day, whichever is first. The penalty will not apply if the swimmer scratches the event before it is seeded, or if the Referee accepts proof that the failure was caused by illness, injury or other circumstances beyond the control of the swimmer. Any swimmer who checks in for a final event and fails to compete in that final will be subject to disqualification from the remainder of the meet or a \$25.00 fine if that is their last event of the meet.

**OFFICIALS:**

<b>Head Referee:</b> Millie Nygren	<b>Meet Director:</b> Leo Lin, 925-933-2708 <a href="mailto:aquabears@gmail.com">aquabears@gmail.com</a>
<b>Head Starter:</b> Mike Davis	<b>Head Marshal:</b> Betsy Messman

**CAMP SELECTION MEET:** This Meet will be used to select swimmers registered in the Pacific Swimming LSC for the Olympic Training Center Distance Camp. The camp is open to swimmers 13-18 years old. Swimmers not competing at the Junior National Championship Meet in Columbus OH on December 10-12, 2009 must enter and swim at this meet in order to be considered for the camp. Applicants must compete in one of the following events.

- 1) 1650 Freestyle
- 2) 1000 Freestyle
- 3) 500 Freestyle
- 4) 400 Individual Medley

Swimmer's competing in the Junior National Championship Meet in Columbus, OH on December 10-12, 2009 may use the November 6-8, 2008 Senior Trials & Finals meet hosted by the Terrapins as a qualification meet. Swimmers who are interested in attending this camp should contact Jennifer Malick at (408) 848-1311 or email [jmalick@charter.net](mailto:jmalick@charter.net).

**ENTRIES:** **Option 1: Online Meet Entries** - Enter at: <http://ome.swimconnection.com/pc/wcab20091211> 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, December 2, 2008**. Use of this system is completely 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.

**Option 2: Traditional Postal System Mailed Entries** - All entries must be on attached Consolidated Entry Card. Entries must be postmarked by midnight, **Monday, November 30, 2008** or hand delivered no later than 8:00 PM on **Wednesday, December 2, 2008**. 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 Senior Standard for that event. **DO NOT CONVERT TIMES USING ANY CONVERSION FORMULAS.**

- RELAYS:** Each team is limited to two (2) relays entries in each relay event. All relays will be swum at the beginning of the final sessions and will be swum fastest to slowest. Relays entries will be taken on deck. Relay entries will be due by 12:00 noon each day. \$20.00 per relay. Relay only swimmers must provide proof of USA Swimming registration.
- ENTRY FEES:** \$6.50 per event entered and \$5.00 participation fee per swimmer. If mailing entries, make checks payable to **Walnut Creek Aquabears** and mail with paper entry form to 1374 Lupine Court, Concord, CA, 94521. Relay only swimmers will not be charged the participation fee.
- TIME TRIALS:** If offered - \$9.00 per event. Enter on deck. Open to swimmers already entered in the meet. Three (3) events limit per day does apply. Relay only swimmers may swim the time trials upon payment of the \$5.00 participation fee and the event entry fee.
- HOTEL INFO:** Holiday Inn of Concord, 1050 Burnett Ave, Concord (group rate of \$84.00 single or double occupancy, including breakfast buffet). The hotel is a few minutes away from Diablo Valley College. Ask for the "Aquabears" rate or contact Paul Policaprio at 925-246-8517.
- SCORING:** Individual Events will be scored 1<sup>st</sup> through 16<sup>th</sup> place (20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1). Relay Events will be scored 1<sup>st</sup> through 16<sup>th</sup> place (40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2).
- AWARDS:** Team Awards: Distinctive Awards for 1<sup>st</sup> through 3<sup>rd</sup> place. Individual Events: Distinctive Awards for 1<sup>st</sup> through 3<sup>rd</sup> place. Individual High Point Awards.
- ADMISSION:** Free. A three (3) day program will be available for a reasonable cost.
- HOSPITALITY:** Coaches and working officials will be offered lunch and dinner on Friday, Saturday and Sunday as well as beverages and snacks throughout the meet. Timers will be offered snacks and beverages throughout the meet.
- SNACK BAR:** There will be a snack bar available.

## EVENT SUMMARY

**Friday, December 11<sup>th</sup>**  
Trials start 9:00 a.m., Finals at 4:00 p.m.

Women			Stroke & Distance	Men		
Event #	SCY Standard	LCM Standard		Event #	SCY Standard	LCM Standard
1	5:14.99	5:54.49	400 IM	2	4:59.99	5:42.99
3	2:28.09	2:46.99	200 Back	4	2:26.69	2:45.39
5	2:51.19	3:12.39	200 Breast	6	2:41.69	3:01.89
7	59.79	1:07.79	100 Free	8	55.79	1:03.39
9	11:49.99	10:35.09	1000 Free	10	10:59.99	9:57.99
11	N/A	N/A	400 Free Relay	12	N/A	N/A

**Saturday, December 12<sup>th</sup>**  
Trials start 9:00 a.m., Finals at 4:00 p.m.

Women			Stroke & Distance	Men		
Event #	SCY Standard	LCM Standard		Event #	SCY Standard	LCM Standard
13	2:32.29	2:51.59	200 Fly	14	2:24.89	2:43.39
15	27.69	31.49	50 Free	16	25.89	29.49
17	2:28.99	2:46.89	200 I.M.	18	2:20.19	2:38.29
19	2:09.79	2:26.79	200 Free	20	2:01.79	2:17.99
21	19:35.99	20:05.99	1650 Free			
23	N/A	N/A	200 M.R.	24	N/A	N/A

**Sunday, December 13<sup>th</sup>**  
Trials start 9:00 a.m., Finals at 4:00 p.m.

Women			Stroke & Distance	Men		
Event #	SCY Standard	LCM Standard		Event #	SCY Standard	LCM Standard
25	5:42.29	5:09.29	500 Free	26	5:27.59	4:56.29
27	1:07.59	1:16.39	100 Fly	28	1:03.59	1:11.99
29	1:18.69	1:28.59	100 Breast	30	1:13.49	1:22.89
31	1:09.29	1:18.29	100 Back	32	1:07.19	1:15.99
			1650 Free	34	18:59.99	19:29.99
35	N/A	N/A	200 F.R.	36	N/A	N/A

**PACIFIC SWIMMING SENIOR T&F CHAMPIONSHIP MEET  
DECEMBER 11-12-13, 2009 - FRIDAY, SATURDAY, SUNDAY  
HOSTED BY THE WALNUT CREEK AQUABEARS**

Name:

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
Last First M.I.

Club Abbr.	If UN, Club Abbr.	Club Name	
Age	Date of Birth	Gender	Amount Paid

USA-Swimming Registration Number

M | M | D | D | Y | Y | F | F | F | M | L | L | L | L

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
			SCY LCM
			SCY LCM

# of entries x \$6.50 = \$ \_\_\_\_\_

Participation Free = \$5.00

Total = \$ \_\_\_\_\_

Coach:

Swimmer's Phone:

Swimmer's Email:

**PACIFIC SWIMMING SENIOR T&F CHAMPIONSHIP MEET  
DECEMBER 11-12-13, 2009 - FRIDAY, SATURDAY, SUNDAY  
HOSTED BY THE WALNUT CREEK AQUABEARS**

Name:

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
Last First M.I.

Club Abbr.	If UN, Club Abbr.	Club Name	
Age	Date of Birth	Gender	Amount Paid

USA-Swimming Registration Number

M | M | D | D | Y | Y | F | F | F | M | L | L | L | L

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
			SCY LCM
			SCY LCM

# of entries x \$6.50 = \$ \_\_\_\_\_

Participation Free = \$5.00

Total = \$ \_\_\_\_\_

Coach:

Swimmer's Phone:

Swimmer's Email:

**PACIFIC SWIMMING SENIOR T&F SHORT COURSE CHAMPIONSHIP MEET**  
**DECEMBER 11-12-13, 2009- FRIDAY, SATURDAY, SUNDAY**  
**HOSTED BY THE WALNUT CREEK AQUABEARS**

**RELAY ENTRY FORM**

Team: \_\_\_\_\_ LSC: \_\_\_\_\_ Club Code: \_\_\_\_\_

Club Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

EVENT #	DESCRIPTION	'A' TEAM ENTRY TIME	'B' TEAM ENTRY TIME
11	Women's 400 Free Relay	_____	_____
12	Men's 400 Free Relay	_____	_____
23	Women's 200 Medley Relay	_____	_____
24	Men's 200 Medley Relay	_____	_____
35	Women's 200 Free Relay	_____	_____
36	Men's 200 Free Relay	_____	_____

# of Relays \_\_\_\_\_ x \$20.00 = \_\_\_\_\_  
 (make check payable to Walnut Creek Aquabears)