

ORINDA AQUATICS

Zone 2 Long Course C/B/A+ Meet

Saturday and Sunday, July 26 & 27, 2008

Enter online at: <http://swimconnection.com/pc/meet/oapb>

USA Pacific Swimming Sanction NO.: 0728

LOCATION: Soda Aquatic Center at Campolindo High School, 300 Moraga Road, Moraga, California.
Highway 24 West-take Central Lafayette Exit, turn right on Deer Hill Rd, Right on First St, right on Mount Diablo Blvd, left on Moraga Rd, and right on Campolindo Dr.

Highway 24 East-take Orinda Exit, turn right on Moraga Way, left on Glorietta Blvd, right on Rheem Blvd, left on Moraga Rd, left on Campolindo Dr.

Pool is located behind high school. Parking lot located on left.

Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed.

COURSE: Outdoor 50-meter competition pool with up to 8 lanes. May start competition from both ends of pool if deemed necessary based on timeline. A Separate warm-up pool will be available.

TIME: Meet begins at 9:00 AM each day. General warm-ups are from 7:30 to 8:40 AM. Special 8-under only warm-up from 8:40-8:50.

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 the Course. All events are timed finals. Swimmers can compete in **four (4) events** per day. **Entries will be accepted until the number of splashes exceeds the estimated timeline, per the four-hour rule, based on the swimmer's age and gender. Check Swim Connection for session "open/closed" status.** If conditions warrant it, the Meet Referee, with concurrence of the Meet Director may require a mandatory scratch down. Immediate cash refunds will be made for mandatory scratches. All coaches and deck officials must wear their USA swimming membership cards in a visible manner.

SPECIAL RULES: Swimmers swimming the 400 Free must provide their own timers.

RESTRICTIONS: Smoking and the use of other tobacco products and the sale and/or use of alcoholic beverages is prohibited on Campolindo High School grounds. No glass bottles and containers allowed on deck. No food or drinks allowed in the locker rooms.

ELIGIBILITY: Meet is open to all qualified USA Swimming (USA-S) Registered swimmers. Swimmers 19 years of age and older may enter in the 15-18 age group, but will not receive awards. Swimmers must enter their name and registration number on the meet entry card as shown on their Registration Card. If this is not done, it may be difficult to match the swimmer with the registration and times database. All swimmer registrations will be checked 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. 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.

ENTRY TIMES: Entry forms must be completely filled out. Swimmers in the "C" Division must have not met the "B" time standard. Swimmers in the "B" Division must have met the listed "B" time standard but not have achieved the listed "A" time standard. Swimmers in the "A+" Division must have met the listed "A" time standard. Entry forms must be completely filled out including best **LONG COURSE METERS** time for each event. **Time Conversions from short course yards will no longer be required or allowed.** Pacific Swimming Rules and Regulations specify that when you have achieved a specific class level (for example, "B" or "A") in an event in one course, you are considered to be qualified at the same level in all courses. Accordingly you must always enter a time which maintains the class for which you qualified in an event. **"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.**

SATURDAY EVENTS

GIRLS EVENT #	"B" Time	"A" Time	EVENTS	"A" Time	"B" Time	BOYS EVENT #
1	3:30.19	3:00.19	11-12 200 IM	2:58.09	3:29.59	2
3	3:48.89	2:58.69	9-10 200 Free	2:52.39	3:35.49	4
5	2:52.79	2:28.09	17-18 200 Free	2:16.29	2:38.99	6
	2:54.29	2:29.39	15-16 200 Free	2:18.99	2:42.09	
	2:57.99	2:32.59	13-14 200 Free	2:24.99	2:49.19	
7	45.69	39.19	11-12 50 Back	38.79	45.79	8
9	55.99	43.69	10&under 50 Back	44.19	56.79	10
11	1:30.79	1:17.79	17-18 100 Back	1:10.29	1:21.99	12
	1:31.29	1:18.29	15-16 100 Back	1:11.69	1:23.59	
	1:33.49	1:20.09	13-14 100 Back	1:15.09	1:27.59	
13	1:49.99	1:33.79	11-12 100 Breast	1:33.59	1:50.49	14
15	2:17.69	1:47.09	9-10 100 Breast	1:45.99	2:13.59	16
17	3:39.99	3:08.59	17-18 200 Breast	2:50.39	3:18.79	18
	3:39.89	3:08.49	15-16 200 Breast	2:54.29	3:23.29	
	3:43.99	3:11.99	13-14 200 Breast	3:02.39	3:32.79	
19	1:26.39	1:14.09	11-12 100 Free	1:11.59	1:23.49	20
21	45.29	36.49	10&under 50 Free	36.19	44.49	22
23	37.49	32.19	17-18 50 Free	28.69	33.49	24
	37.69	32.29	15-16 50 Free	29.39	34.19	
	38.19	32.79	13-14 50 Free	30.59	35.69	
25	42.69	36.59	11-12 50 Fly	36.59	43.49	26
53	6:00.99	5:09.39	17-18 400 Free			
	6:04.19	5:12.19	15-16 400 Free			
	6:09.39	5:16.59	13-14 400 Free			

SUNDAY EVENTS

GIRLS EVENT #	"B" Time	"A" Time	EVENTS	"A" Time	"B" Time	BOYS EVENT #
27	3:30.79	3:00.69	11-12 200 Back	3:00.29	3:30.29	28
29	2:02.49	1:35.29	9-10 100 Back	1:33.69	1:58.49	30
31	3:13.99	2:46.29	17-18 200 Back	2:31.09	2:56.29	32
	3:15.19	2:47.29	15-16 200 Back	2:34.29	2:59.99	
	3:19.99	2:51.39	13-14 200 Back	2:41.59	3:08.59	
33	49.09	42.09	11-12 50 Breast	43.09	51.09	34
35	1:01.59	48.29	10&under 50 Breast	48.49	1:01.59	36
37	1:42.19	1:27.59	17-18 100 Breast	1:18.39	1:31.49	38
	1:42.29	1:27.69	15-16 100 Breast	1:20.59	1:33.99	
	1:43.99	1:29.09	13-14 100 Breast	1:23.59	1:37.49	
39	3:33.09	3:02.59	11-12 200 Fly	3:00.89	3:30.99	40
41	1:43.99	1:21.89	9-10 100 Free	1:20.59	1:41.59	42
43	1:20.69	1:09.19	17-18 100 Free	1:02.69	1:13.19	44
	1:21.09	1:09.59	15-16 100 Free	1:04.09	1:14.79	
	1:22.89	1:11.09	13-14 100 Free	1:06.59	1:17.69	
45	39.19	33.69	11-12 50 Free	32.99	38.39	46
47	55.09	42.09	10&under 50 Fly	40.99	52.89	48
49	1:27.79	1:15.19	17-18 100 Fly	1:07.29	1:18.49	50
	1:28.49	1:15.89	15-16 100 Fly	1:09.09	1:20.59	
	1:30.19	1:17.29	13-14 100 Fly	1:11.99	1:23.99	
51	1:42.39	1:26.29	11-12 100 Back	1:23.59	1:39.29	52
			17-18 400 Free	4:48.39	5:36.39	54
			15-16 400 Free	4:53.29	5:42.19	
			13-14 400 Free	5:05.59	5:56.49	

Orinda Aquatics CBA+ Long Course Meet																						
July 26 & 27, 2008																						
Consolidated Entry Card																						
NAME (Last, First, MI):																						
LSC Code (PC, CC, SN):																						
CLUB ABBR:			IF UNATT Team Abbrev:			CLUB NAME:																
AGE			DATE OF BIRTH			AMOUNT PAID \$																
USA-S REG #			<table border="1" style="width: 100%; height: 20px; border-collapse: collapse;"> <tr> <td style="width: 20px;"></td><td style="width: 20px;"></td><td style="width: 20px;"></td><td style="width: 20px;"></td><td style="width: 20px;"></td><td style="width: 20px;"></td><td style="width: 20px;"></td><td style="width: 20px;"></td><td style="width: 20px;"></td><td style="width: 20px;"></td><td style="width: 20px;"></td> </tr> </table>																			
SEX Boy Girl			Age Group:																			
EVENT #	DISTANCE/STROKE					ENTRY TIME (LCM)																
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<p style="text-align: right;"># of events _____ x \$ 2.25 = _____</p> <p style="text-align: right;">Participation Fee = + \$ 5.00</p> <p style="text-align: right;">Total Amount Due _____</p>																						
Coach:																						
Swimmer's Address																						
Contact Phone #																						
Contact Email:																						

# of Events	Cost	# of Events	Cost
1	\$7.25	6	\$18.50
2	\$9.50	7	\$20.75
3	\$11.75	8	\$23.00
4	\$14.00	9	\$25.25
5	\$16.25	10	\$27.50

Totals include the \$5 Participation Fee