

**PACIFIC SWIMMING SHORT COURSE SENIOR CHAMPIONSHIP MEET  
DECEMBER 12-13-14, 2008 - FRIDAY, SATURDAY, SUNDAY  
HOSTED BY THE WALNUT CREEK AQUABEARS**



**PACIFIC  
SWIMMING**

- SANCTION:** Held under USA Pacific Swimming Sanction No.: **1328**
- 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:** Outdoor, heated 25 yard pool, up to 8 lanes all deep water. Separate warm up area available.
- TIME:** Competition begins at 4:00 p.m. on Friday. Friday warm-ups are from 3:00 to 3:50 p.m. The Saturday and Sunday sessions begin at 9:00 a.m. each day, with warm ups from 7:30 a.m. to 8:50 a.m. Finals for Saturday and Sunday's events 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, 400 IM, 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 after the 'B' session trials 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 400 IM and 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 for the 400 IM and must provide timers and counters for the 1000 and 1650 Free. All trials events will be seeded fastest to slowest.
- If the estimated timeline for the trials sessions is past 12:30 p.m., then the trials sessions will be broken into 'A' and 'B' sessions. After all entries have been accepted, there will be a report reflecting the session assignments and the starting time of the 'B' session posted on the Walnut Creek Aquabears team website, [www.aquabears.org](http://www.aquabears.org). If the trials sessions are broken into 'A' and 'B' sessions, 'B' session trials will be swum after all 'A' sessions trials. The remaining heats of the 1650 free will swim at the conclusion of the 'A' session. The 'B' session will be allowed a warm-up of at least 30 minutes in the competition pool. All 'B' sessions trials must be completed by 3:00 p.m. Saturday and Sunday. If conditions warrant, the Meet Referee with the concurrence of the Meet Director may require a mandatory scratch down for the 'B' session trials only. In this instance, cash refunds for a mandatory scratch down will be available at the Clerk of the Course.
- RESTRICTIONS:** No deck changing at Lehmer's Pontiac/GMC Aquatic Center. Sale and use of alcoholic beverages and smoking and the use of other tobacco products is prohibited at Diablo Valley College. All shelters must be properly secured. No glass containers are allowed in all areas of the meet venue which includes at

least the pool deck and the locker room area. 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 Senior' time standards. Swimmers will be allowed two (2) bonus events.** To enter a bonus event please enter a short course time SLOWER than the 'Pacific Senior' 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, 2008.**

**CHECK-IN:** The meet will be deck seeded per USA-Swimming rule 207.12.11.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:** Any swimmer who has checked-in for an individual event at trials and fails to swim that event will be barred from competing in the next individual event in which the swimmer is entered in this meet. The penalty will not apply if the swimmer scratches before the event 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. **Swimmers in the 'A' session have 30 minutes after the results for the event in the 'A' session are announced to scratch or declare their intent to scratch. Swimmers in the 'B' session may qualify for finals and have 30 minutes after the results are announced to scratch or declare their intention to scratch. Finals will not be seeded until after the B session is completed.**

**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> Steve Braun	<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 Austin Texas on December 11-13, 2008 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 Austin Texas on December 11-13, 2008 may use the November 7-9, 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://swimconnection.com/pc/meet/wcabsc> 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 3, 2008**. Use of this system is completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming.
- Option 2: Traditional Postal System Mailed Entries** - All entries must be on attached Consolidated Entry Card. Entries must be postmarked by midnight, **Monday, December 1, 2008** or hand delivered no later than 8:00 PM on **Wednesday, December 3, 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. \$16.00 per relay. Relay only swimmers must provide proof of USA Swimming registration.
- ENTRY FEES:** \$5.50 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 - \$10.00 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:** Crowne Plaza Concord, 45 John Glenn Drive, Concord, CA, 925-825-7700. Ask for the "Aquabears" rate or contact Mike Caruso at 925-825-7700.
- 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 dinner on Friday, lunch and dinner on 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 limited snack bar available.

## EVENT SUMMARY

**Friday, December 12<sup>th</sup>**  
Timed Finals at 4:00 p.m.

Women			Stroke & Distance	Men		
Event #	SCY Standard	LCM Standard		Event #	SCY Standard	LCM Standard
1	5:01.99	5:40.99	400 IM	2	4:39.09	5:14.99
3	11:18.39	10:12.99	1000 Free	4	10:33.89	9:33.79

**Saturday, 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
5	N/A	N/A	200 M.R.	6	N/A	N/A
			1650 Free	8	18:29.99	18:59.99
9	2:22.19	2:40.49	200 Back	10	2:14.19	2:31.59
11	26.59	30.19	50 Free	12	23.99	27.29
13	2:22.49	2:40.69	200 I.M.	14	2:10.49	2:27.49
15	1:03.99	1:12.39	100 Fly	16	58.09	1:05.89
17	2:03.99	2:20.39	200 Free	18	1:54.09	2:09.49
19	2:42.39	3:02.99	200 Breast	20	2:29.49	2:52.39

**Sunday, December 14<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
21	N/A	N/A	200 F.R.	22	N/A	N/A
23	19:13.99	19:49.99	1650 Free			
25	2:20.79	2:38.89	200 Fly	26	2:08.69	2:25.49
27	58.19	1:05.99	100 Free	28	52.89	1:00.19
29	1:15.99	1:25.79	100 Breast	30	1:08.49	1:17.29
31	5:26.99	4:55.79	500 Free	32	5:07.99	4:37.99
33	1:06.99	1:15.69	100 Back	34	1:01.69	1:09.79

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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 \$5.50 = \$ \_\_\_\_\_

Participation Free = \$5.00

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

Coach:

Swimmer's Phone:

Swimmer's Email:

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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 \$5.50 = \$ \_\_\_\_\_

Participation Free = \$5.00

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

Coach:

Swimmer's Phone:

Swimmer's Email:

## RELAY ENTRY FORM

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

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

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

EVENT #	DESCRIPTION	'A' TEAM ENTRY TIME	'B' TEAM ENTRY TIME
5	Women's 200 Medley Relay	_____	_____
6	Men's 200 Medley Relay	_____	_____
21	Women's 200 Free Relay	_____	_____
22	Men's 200 Free Relay	_____	_____

# of Relays \_\_\_\_\_ x \$16.00 = \_\_\_\_\_  
(make check payable to Walnut Creek Aquabears)