

ZONE 1S SHORT COURSE PC-CBA+ MEET
CABRILLO THRESHERS
SPRING FLING
March 28-29, 2009

Enter online at <http://swimconnection.com/cab>

SANCTION	Held under USA Swimming/Pacific Sanction No. 0299
LOCATION	Cabrillo College, Aptos, 6500 Soquel Drive. The pool is located on the south side of campus. There is ample free parking in the parking lot adjacent to the pool.
COURSE	25 yard, 9 lane heated, outdoor pool. Up to 7 competition lanes with 1 warm up lane available throughout the meet.
TIME	Competition begins at 9:00 a.m. on Saturday and Sunday; with warm-ups from 7:30 – 8:45 a.m. Officials' and coaches' meetings will be conducted prior to the starting time.
RULES	Current USA / 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. All events are timed finals. All swimmers aged 12 years and younger should complete competition within four (4) hours. Swimmers may compete in a maximum of 5 (five) events per day. "No time" entries will be accepted. Entries will be accepted until the number of splashes exceeds the estimated time line, per the Four-Hour Rule, based on swimmers' age and gender. Check http://swimconnection.com/pc/meet/cab for session "open / closed" status. If conditions warrant, the meet referee with the concurrence of the meet director may require a mandatory scratch down. An immediate cash refund will be made for any such scratch down. All coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner.
RESTRICTIONS	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 the swimmers. Propane heaters, sale and use of alcoholic beverages is prohibited in all areas of the meet venue. No glass containers allowed on deck. No tents on the pool deck, only Coach's EZ ups will be allowed on the pool deck. No tents or EZ ups are allowed in the stands above the pool deck.
ELIGIBILITY	All swimmers must be current members of USA Swimming (USA-S) and enter their name and registration number on their entry form 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 must check all swimmer registrations against the SWIMS database and if not found to be

registered, the Meet Director shall accept 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 USA Swimming (USA-S) Registered swimmers. Swimmers 19 years of age and older may participate in 13 & Over events but will not receive awards. Such swimmers must have met the time standards for the 17-18 age group events. **Swimmers in the "PC-A" Division must have met at least the listed "PC-A" time standard. Swimmers in the "PC-B" Division must have met at least the listed "PC-B" time standard. All entry times slower than the listed "PC-B" time standard will be in the "PC-C" Division. Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.** 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.

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 30 minutes before the estimated time of the start of the first heat of the event. Swimmers who do not check in will not be allowed to compete in that event.

SCRATCHES

New Pacific Rule: 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.

OFFICIALS

Meet Referee: Frank Suchomel Head Marshall: Bruce Mayer
Head Starter: Brian Malick
Meet Directors:
Michelle Poirier 831 722-5841 email: michelle.poirier@gmail.com
Susan Mayer 831 247-1040 email: samayeresq@sbcglobal.net

HIGH SCHOOL SCHOOL SWIMMERS

When entering this meet, please consider whether you should designate "unattached" when registering. Please check with your coaches to determine the correct attached/unattached status.

ENTRY PROCEDURE

ENTRY PRIORITY: Zone 1 South (Z1S) entries postmarked Monday, March 9, 2009 or entered online by 11:59 p.m. Monday, March 9, 2009 will be given priority acceptance. All entries from Zone 1 South (Z1S), all other Pacific LSC Zones and other LSC's either postmarked by midnight Monday, March 16, 2009, entered online by 11:59 p.m. Wednesday, March 18, 2009 or hand delivered by 6:30 p.m. Wednesday, March 18, 2009 will be considered in the order that they were received.

Option 1: Online Meet Entries:

(The deadline for all online entries is Wednesday, March 18, 2009 at midnight). Enter at: <http://swimconnection.com/pc/meet/cab> to receive immediate confirmation of acceptance via email. The verification copy of your online entries should be brought to the meet as proof of entry. Online entry requires payment by credit card using the 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. Use of this system is completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. (*Online entries may close at an earlier date if the number of splashes exceeds the estimated time line, per the Four-Hour Rule, based on swimmers' age and gender.*)

Option 2: Surface Mail Entries:

Use attached Consolidated Entry Form. Entry forms must be completely filled out including best Short Course time for each event. ***Entered times must be submitted in YARDS. "No time" entries will be accepted. If you wish confirmation that your entries have been accepted, include a self-addressed, stamped envelope with your entry form.*** Entries must be ***postmarked by midnight, Monday, March 16, 2009 or hand delivered by 7:30p.m. on Wednesday, March 18, 2009*** to

Susan Mayer
3336 Oneill Court
Soquel, CA 95073-2237

NO REFUNDS WILL BE MADE except for mandatory scratches. No late entries will be accepted. (*Entries may be returned if they are received after the number of splashes exceeds the estimated time line, per the Four Hour Rule, based on swimmers' age and gender.*)

ENTRY FEES

\$2.25 per individual event
\$5.00 participation fee per swimmer to help cover meet expenses. Make check payable to **Cabrillo Threshers Swim Team**. Mail or hand deliver entries to:

Susan Mayer
3336 Oneill Court
Soquel, CA 95073-2237

AWARDS

Awards will be given for 1st – 8th places in each age group for each level PC-C /PC-B/PC-A+. Swimmers earning a “PC-A” time will receive an “A” medal.

Swimmers age **13 & Over will be awarded in three separate age groups: 13-14, 15-16, and 17-18.** Swimmers 19 years of age and older will not receive awards.

Awards will be in team folders and must be picked up by a coach before the end of the meet. They will not be mailed.

ADMISSION

Admission is free. A two day program will be available for a fee.

REFRESHMENTS A snack bar will be available Saturday and Sunday. Lunch & beverages will be served to deck officials and coaches. Snacks and beverages will be available for officials, coaches and timers throughout the day.

MISCELLANEOUS No overnight parking is authorized. Facilities will not be provided after meet hours. Parking is free on Saturday and Sunday.

Summary of Events Saturday, March 28, 2009

8 and under	10 and under	11-12	13 and over
50 Fly	100 Fly	100 Fly	200 Fly
25 Free	100 Free	100 Free	100 Free
25 Back	50 Back	50 Back	200 Back
50 Breast	50 Breast	50 Breast	100 Breast
100 Free	200 Free	500 Free	500 Free

Girls		Event Number	Age Group	Event	Event Number	Boys	
PC-B Time	PC-A Time					PC-B Time	PC-A Time
1:45.29	1:35.59	1	10 un	100 Fly	2	1:47.99	1:37.99
59.99	52.59	3	8 un	50 Fly	4	59.99	52.09
1:31.19	1:22.69	5	11-12	100 Fly	6	1:31.29	1:22.89
3:11.29	2:53.59	7	13-14	200 Fly	8	3:03.99	2:46.99
3:08.59	2:51.19		15-16			2:54.59	2:38.49
3:18.59	3:00.29		17-18			2:58.59	2:42.19
1:29.29	1:21.09	9	10 un	100 Free	10	1:29.29	1:21.09
23.49	19.49	11	8 un	25 Free	12	23.49	18.39
1:18.89	1:11.59	13	11-12	100 Free	14	1:17.99	1:10.79
1:15.89	1:08.79	15	13-14	100 Free	16	1:10.79	1:04.29
1:15.29	1:08.39		15-16			1:07.89	1:01.59
1:16.29	1:09.19		17-18			1:07.09	1:00.79
47.99	43.49	17	10 un	50 Back	18	47.99	43.49
27.99	23.19	19	8 un	25 Back	20	27.99	22.69
42.69	38.69	21	11-12	50 Back	22	42.69	38.69
3:06.39	2:49.09	23	13-14	200 Back	24	2:59.99	2:43.39
3:07.99	2:50.59		15-16			2:53.29	2:37.29
3:22.59	3:03.89		17-18			3:03.39	2:46.49
54.09	49.09	25	10 un	50 Breast	26	54.09	49.09
1:04.99	55.29	27	8 un	50 Breast	28	1:04.99	54.79
47.99	43.59	29	11-12	50 Breast	30	46.69	42.29
1:37.19	1:28.19	31	13-14	100 Breast	32	1:31.99	1:23.49
1:38.69	1:29.49		15-16			1:27.99	1:19.79
1:43.99	1:34.39		17-18			1:29.29	1:21.09
3:17.29	2:59.09	33	10 un	200 Free	34	3:15.89	2:57.89
1:54.59	1:35.29	35	8 un	100 Free	36	1:51.59	1:28.99
7:42.69	6:59.99	37	11-12	500 Free	38	7:41.99	6:59.39
7:14.59	6:34.49	39	13-14	500 Free	40	6:55.89	6:17.49
7:09.19	6:29.59		15-16			6:48.19	6:10.49
7:26.59	6:45.39		17-18			6:48.19	6:10.49

Summary of Events Sunday, March 29, 2009

8 and under	10 and under	11-12	13 and over
25 Breast	100 Breast	100 Breast	200 Breast
50 Free	50 Free	50 Free	50 Free
50 Back	100 Back	200 Back	100 Back
25 Fly	50 Fly	50 Fly	100 Fly
100 IM	100 IM	400 IM	400 IM

Girls		Event Number	Age Group	Event	Event Number	Boys	
PC-B Time	PC-A Time					PC-B Time	PC-A Time
1:57.29	1:46.49	41	10 un	100 Breast	42	1:58.59	1:47.69
29.99	24.79	43	8 un	25 Breast	44	29.99	24.29
1:43.39	1:33.89	45	11-12	100 Breast	46	1:42.59	1:33.19
3:33.19	3:13.49	47	13-14	200 Breast	48	3:22.79	3:04.09
3:31.99	3:12.39		15-16			3:15.99	2:57.89
3:42.59	3:22.09		17-18			3:19.99	3:01.49
40.29	36.49	49	10 un	50 Free	50	40.39	36.59
51.99	42.99	51	8 un	50 Free	52	51.99	40.89
36.29	32.89	53	11-12	50 Free	54	35.99	32.69
35.09	31.79	55	13-14	50 Free	56	32.79	29.79
34.69	31.39		15-16			30.99	28.09
35.59	32.29		17-18			30.99	28.09
1:42.59	1:33.19	57	10 un	100 Back	58	1:45.29	1:35.59
59.99	51.59	59	8 un	50 Back	60	59.99	50.49
3:18.59	3:00.29	61	11-12	200 Back	62	3:11.99	2:54.19
1:26.69	1:18.59	63	13-14	100 Back	64	1:22.69	1:14.99
1:27.99	1:19.79		15-16			1:19.99	1:12.59
1:32.09	1:23.59		17-18			1:20.49	1:13.09
45.99	41.69	65	10 un	50 Fly	66	45.49	41.19
26.99	21.59	67	8 un	25 Fly	68	26.99	20.49
40.39	36.69	69	11-12	50 Fly	70	39.99	36.29
1:25.69	1:17.79	71	13-14	100 Fly	72	1:20.69	1:13.19
1:23.59	1:15.89		15-16			1:15.19	1:08.19
1:25.29	1:17.39		17-18			1:15.99	1:08.89
1:42.59	1:33.19	73	10 un	100 IM	74	1:42.59	1:33.19
2:09.99	1:49.29	75	8 un	100 IM	76	2:09.99	1:45.09
7:01.09	6:22.19	77	11-12	400 IM	78	7:01.09	6:22.19
6:37.49	6:00.79	79	13-14	400 IM	80	6:22.59	5:47.29
6:34.59	5:58.19		15-16			6:11.89	5:37.59
6:57.19	6:18.69		17-18			6:18.59	5:43.69

**Cabrillo Threshers
PC-CBA+
Spring Fling
March 28-29, 2009
SAMMS CONSOLIDATED ENTRY CARD**

Name: Last		First	Initial
Club Abbr.	Club Name:		If Unat, Club Abbr.
Age	Date of Birth / /	Amount Paid \$	
USS Reg. Number			XXX
Sex	M	F	Age Group
Event No.	Distance & Stroke	SCY Time	
() Events x \$2.25 =		\$	
Participation Fee \$5.00 =		\$ 5.00	
Total =		\$	
Coach:			
Swimmer's Address			
Phone # ()			
Email Address:			

**Cabrillo Threshers
PC-CBA+
Spring Fling
March 28-29, 2009
SAMMS CONSOLIDATED ENTRY CARD**

Name: Last		First	Initial
Club Abbr.	Club Name:		If Unat, Club Abbr.
Age	Date of Birth / /	Amount Paid \$	
USS Reg. Number			XXX
Sex	M	F	Age Group
Event No.	Distance & Stroke	SCY Time	
() Events x \$2.25 =		\$	
Participation Fee \$5.00 =		\$ 5.00	
Total =		\$	
Coach:			
Swimmer's Address			
Phone # ()			
Email Address:			

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