

Pacifica Sea Lions Aquatics Club

Pacific Swimming Zone 1 North PC-CBA+ Short Course Swim Meet

Saturday and Sunday, March 7 & 8, 2009

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

SANCTION: Held under USA/Pacific Swimming Sanction No. : **0349**

LOCATION: Oceana Pool, Oceana High School, 401 Paloma Ave. Pacifica CA 94044. From HWY 280 take HWY 1 exit towards Pacifica. Take Paloma Ave. exit. Turn left and cross over Hwy 1. Pool is located above the tennis courts.
PARKING: UPPER AND LOWER LOTS will be available for swim meet parking. Upper lot is past the pool, just above the pool area. PLEASE REFRAIN FROM PARKING IN RESIDENTIAL AREA- AS REQUESTED BY THE CITY OF PACIFICA AND LOCAL RESIDENTS. Officials parking will be located behind the pool facility.

COURSE: Indoor 25 yard heated pool. Up to seven 25-yard lanes will be used for competition. Warm-up/cool-down area will be available during the meet.

TIME: Session A (11-12 Boys & All 10/unders):

Meet begins at 8:30 AM; Warm-up is from 7:00-8:15 AM.

Session B (11-12 Girls and All 13/over swimmers). **Session B will begin one hour after Session A finishes but not before 12:00 pm.** Session B warm-ups will begin immediately after Session A finishes.

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. All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. All events are timed finals. Swimmers may compete in a maximum of **three (3)** events per day. All 11-12 swimmers in the 500 Free must have met the listed "PC-A" time standard. Swimmers entered in the 500 Free will need to provide their own timers and lap counters. All 13-14, 15-16, and 17-18 swimmers in the 400 IM must have met the listed "PC-A" time standard. The Meet will be LIMITED to the first 350 swimmers in each session, or when the meet estimated time line exceeds the Four Hour Rule per Age Group and Gender.

RESTRICTIONS: Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectators seating or standing areas and in all areas used by swimmers, during the meet and during warm-up periods. Sale and use of alcoholic beverages is prohibited in **all** areas of the meet venue. Glass containers are not permitted in all areas of the meet venue. **No tents will be allowed on the pool deck or any other area within the pool's fenced complex and no unauthorized cars may park on the lawn areas.**

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 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. **This meet is open to all teams and all of their qualified swimmers.** Swimmers in the "C" Division must have not met the listed "PC-B" time standards. Swimmers in the "B" Division must have met the listed "PC-B" time standards and have not met the listed "PC-A" time standards. Swimmers in the "A" Division must have met the Listed the "PC-A" time standards. Swimmers 19 years old and over may participate in the 17-18 division. Such swimmers must have met the listed time standards for the 17-18 age group and will not receive awards. **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. 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 policy.**

CHECK-IN: The meet will be deck seeded. Swimmers must check in at the Clerk-of-Course. The 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 the event.

ATTENTION HIGH SCHOOL SWIMMERS - IF YOU ARE A HIGH SCHOOL SWIMMER IN SEASON, YOU NEED TO UNATTACH FROM THIS MEET. IT IS YOUR RESPONSIBILITY TO BE

expenses.

Make check payable to the PSL and mail the entry form to:

**Pacifica Sea Lions
P.O. Box 405
Pacifica, Ca 94044**

AWARDS: Individual events will be awarded in the A, B, and C Division. Ribbons for 1st- 8th place are given to the following age groups 6/un, 7-8, 9-10, 11-12, 13-14, 15-16, & 17-18. Swimmers 19 years of age and older will not be awarded. New "A" time medals will be awarded, regardless of place achieved in the event. Current "PC-A" time standards are listed in the 2009 Pacific Swim Guide and on the PC web site. All awards must be picked up at the meet by coaches at end of each session. Awards will not be mailed.

ADMISSION: Free. A two-day program will be available for \$ 4.00. Snack bar will be available both Saturday and Sunday.

EVENT RECAP

Saturday, March 7, 2009

8 and under	9/10	11/12	13 and over
25 Fly	50 Back	50 Breast	200 Fly
25 Free	50 Breast	100 Back	50 Free
100 Free	100 Free	50 Fly	200 Free
	200 IM	500 Free	100 Back

Sunday, March 8, 2009

8 and under	9/10	11/12	13 and over
50 Back	50 Free	100 Fly	100 Breast
50 Breast	100 Fly	200 IM	200 Back
50 Free	100 Breast	50 Free	100 Free
	200 Free	200 Breast	400 IM

SESSION A - GIRLS			Saturday March 7, 2009	SESSION A - BOYS		
Girls	"PC-B" Time Standard	"PC-A" Time Standard	Event	"PC-B" Time Standard	"PC-A" Time Standard	Boys
1	47.99	43.49	9/10 50 Back	47.99	43.49	2
			11/12 50 Breast	46.69	42.29	4
5	26.99	21.59	8/un 25 Fly	26.99	20.49	6
7	54.09	49.09	9/10 50 Breast	54.09	49.09	8
			11/12 100 Back	1:31.99	1:23.49	10
11	23.49	19.49	8/un 25 Free	23.49	18.39	12
13	1:29.29	1:21.09	9/10 100 Free	1:29.19	1:21.09	14
			11/12 50 Fly	39.99	36.29	16
17	1:54.59	1:35.29	8/un 100 Free	1:51.59	1:28.99	18
19	3:42.59	3:22.09	9/10 200 IM	3:44.89	3:23.59	20
			11/12 500 Free	...**...	6:59.39	22

** 11-12 SWIMMERS MUST HAVE MET THE LISTED "PC-A" TIME TO SWIM THE 500 FREE

SESSION B - GIRLS			Saturday March 7, 2009	SESSION B - BOYS		
Girls	"PC-B" Time Standard	"PC-A" Time Standard	Event	"PC-B" Time Standard	"PC-A" Time Standard	Boys
23	3:11.29	2:53.59	13/14 200 Fly	3:03.99	2:46.99	24
	3:08.59	2:51.19	15/16 200 Fly	2:54.59	2:38.49	
	3:18.59	3:00.29	17/18 200 Fly	2:58.59	2:42.19	
25	47.99	43.59	11/12 50 Breast			
27	35.09	31.79	13/14 50 Free	32.79	29.79	28
	34.69	31.39	15/16 50 Free	30.99	28.09	
	35.59	32.29	17/18 50 Free	30.99	28.09	
29	1:31.99	1:23.49	11/12 100 Back			
31	2:42.59	2:27.59	13/14 200 Free	2:34.59	2:20.39	32
	2:42.59	2:27.59	15/16 200 Free	2:27.99	2:14.29	
	2:47.59	2:32.09	17/18 200 Free	2:27.99	2:14.29	
33	40.39	36.69	11/12 50 Fly			
35	1:26.69	1:18.59	13/14 100 Back	1:22.69	1:14.99	36
	1:27.99	1:19.79	15/16 100 Back	1:19.99	1:12.59	
	1:32.09	1:23.59	17/18 100 Back	1:20.49	1:13.09	
37		6:59.99	11/12 500 Free			

** 11-12 SWIMMERS MUST HAVE MET THE LISTED "PC-A" TIME TO SWIM THE 500 FREE

SESSION A - GIRLS			Sunday, March 8, 2009	SESSION A - BOYS		
Girls	"PC-B" Time Standard	"PC-A" Time Standard	Event	"PC-B" Time Standard	"PC-A" Time Standard	Boys
39	40.29	36.49	9/10 50 Free	40.39	36.59	40
			11/12 100 Fly	1:31.29	1:22.89	42
43	59.99	51.59	8/un 50 Back	59.99	50.49	44
45	1:45.29	1:35.59	9/10 100 Fly	1:47.99	1:37.99	46
			11/12 200 IM	3:17.29	2:59.09	48
49	1:04.99	55.29	8/un 50 Breast	1:04.99	54.79	50
51	1:57.29	1:46.49	9/10 100 Breast	1:58.59	1:47.69	52
			11/12 50 Free	35.99	32.69	54
55	51.99	42.99	8/un 50 Free	51.99	40.89	56
57	3:17.29	2:59.09	9/10 200 Free	3:15.89	2:57.89	58
			11/12 200 Breast	3:35.59	3:15.69	60

SESSION B - GIRLS			Sunday, March 8, 2009	SESSION B - BOYS		
Girls	"PC-B" Time Standard	"PC-A" Time Standard	Event	"PC-B" Time Standard	"PC-A" Time Standard	Boys
61	1:31.19	1:22.69	11/12 100 Fly			
63	1:37.19	1:28.19	13/14 100 Breast	1:31.99	1:23.49	64
	1:38.69	1:29.49	15/16 100 Breast	1:27.99	1:19.79	
	1:43.99	1:34.39	17/18 100 Breast	1:29.29	1:21.09	
65	3:17.29	2:59.09	11/12 200 IM			
67	3:06.39	2:49.09	13/14 200 Back	2:59.99	2:43.39	68
	3:07.99	2:50.59	15/16 200 Back	2:53.29	2:37.29	
	3:22.59	3:03.89	17/18 200 Back	3:03.39	2:46.49	
69	36.29	32.89	11/12 50 Free			
71	1:15.89	1:08.79	13/14 100 Free	1:10.79	1:04.29	72
	1:15.29	1:08.39	15/16 100 Free	1:07.89	1:01.59	
	1:16.29	1:09.19	17/18 100 Free	1:07.09	1:00.79	
73	3:43.79	3:23.19	11/12 200 Breast			
75	... ** ...	6:00.79	13/14 400 IM	... ** ...	5:47.29	76
	... ** ...	5:58.19	15/16 400 IM	... ** ...	5:37.59	
	... ** ...	6:18.69	17/18 400 IM	... ** ...	5:43.69	

** 400 IM SWIMMERS MUST HAVE MET THE LISTED "PC-A" TIME TO SWIM THE 400 IM

PSL PC-CBA+ Meet
 Oceana Pool
 March 7 to 8, 2009
 Consolidated Entry Card

Name: Last First M.I.

Club Abbr. Club Name:

Age: Date of Birth: Age Group:

USA-S Reg. # Amt. Paid \$

Sex (Circle) Boy Girl

Event #	Distance/Stroke	Entry Time
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .

Entries # _____ X \$2.25 =	\$ _____
Participation Fee	\$5.00
ENTRY FEE TOTAL:	\$ _____

Coach:

Swimmer's Address:

Phone #:

Email: