

ORINDA AQUATICS

**Zone 2: PC “CBA+” Long Course Meet
Saturday and Sunday, June 27 & 28, 2009**

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

USA Pacific Swimming Sanction NO.: 0659

No Friday Night Set-up will be Allowed

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 each day. General warm-ups are from 7:30 to 8:45. A Special 8&under warm-up will be available from 8:45-8:55 each day.

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 a maximum of **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 IM 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: Swimmers must be current members of USA-S and 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. Swimmers 19 years of age and older may enter the meet provided they meet the minimum “PC-A” time standards for the 17-18 age group; such swimmers will not receive awards. 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 PC-“B” time standard. Swimmers in the “B” Division must have met the listed PC-“B” time standard but not have achieved the listed PC-“A” time standard. Swimmers in the “A+” Division must have met the listed PC-“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, PC-“B” or PC-“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.

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

ENTRIES: TWO OPTIONS FOR MEET ENTRY

Entry Priority: Zone 2 entries postmarked or entered online by 11:59 pm, Monday, June 8, 2009 will be given priority acceptance. All entries from Zone 2, all other Pacific LSC Zones and other LSC's, either postmarked, entered online, or hand delivered by the entry deadline (see Option 1 and 2 deadlines below) will be considered in the order that they are received.

Option 1: Online Meet Entries: Deadline by midnight, **Wednesday, June 17, 2009**. Enter online at: <http://swimconnection.com/pc/meet/oapb> to receive immediate confirmation of acceptance via email. **The “billing information” email 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 fee. Please note that the process is a separate fee from the entry fee. Online meet entry fees are paid to Swim Connection LLC. Use of this system is completely voluntary. Online Meet Entry is not required or expected by Pacific Swimming. **“No Entry Times” will not be accepted.**

Option 2: Surface Mail Entries: Entry forms must be completely filled out including best **long course METERS** time for each event. See Entry Times rules. **“No Entry Times” will not be accepted.** Entries **must** be postmarked by midnight, **Monday, June 15, 2009** or hand delivered to the address below, **no later than 5:00 PM, Wednesday, June 17, 2009**. Late entries will not be accepted. No Refunds will be made. No Faxed Entries. To confirm entry into the meet, include a self-addressed, stamped envelop or postcard with your entries.

ENTRY FEES: **\$2.75 per event, plus \$5.00** per swimmer participation fee to cover meet expenses. Make checks payable to: Orinda Aquatics and mail with consolidated entry form to:

**OAPB Meet Entries
1454 Allman Street
Oakland, CA 94602**

AWARDS: Awards will be given to top 8 finishers in “A”, “B” and “C” divisions for the following age groups: 8&u, 9-10, 11-12, 13-14 and 15-18 age groups. “A” medals will be awarded to PC-“B” level swimmers achieving a new PC-“A” time regardless of place achieved in event. Awards must be picked up before the end of the meet. Awards will not be mailed.

HOSPITALITY: Lunches and refreshments will be provided for officials and coaches only. Timers will be served snacks and drinks. A Snack Bar will be available.

ADMISSION: Admission is free. A two-day program will be available for a reasonable cost.

OFFICIALS: Head Referee: Steve Kumpan Head Starter: Jerry Caetano
 Meet Director: Cynthia Funai 510-482-3358 Head Marshal: Audrey Tormey
 Email: ccfunai@comcast.net

EVENT RECAP

SATURDAY			SUNDAY			
10&Un	11-12	13-18	10&Un	9-10	11-12	13-18
100 Free	200 Free	200 Fly	100 Back	200 IM	100 Fly	200 Breast
50 Back	50 Back	100 Free	50 Breast		100 Back	100 Back
100 Breast	100 Breast	100 Breast	50 Free		50 Breast	50 Free
50 Fly	100 Free	200 Free			50 Free	100 Fly
	50 Fly				200 Breast	400 IM
	400 IM					

SATURDAY EVENTS

GIRLS EVENT #	PC "B" Time	PC "A" Time	EVENTS	PC "A" Time	PC "B" Time	BOYS EVENT #
1	3:15.99	2:57.89	11-12 200 Free	2:58.19	3:16.29	2
3	1:41.59	1:32.19	10 & under 100 Free	1:32.29	1:41.69	4
5	3:43.79	3:23.19	17-18 200 Fly	3:03.19	3:21.79	6
	3:31.39	3:11.89	15-16 200 Fly	2:57.89	3:15.99	
	3:35.99	3:15.99	13-14 200 Fly	3:08.89	3:28.09	
7	48.29	43.79	11-12 50 Back	44.49	49.09	8
9	54.09	49.09	10 & under 50 Back	50.29	55.49	10
11	1:24.89	1:17.09	17-18 100 Free	1:09.29	1:16.39	12
	1:23.69	1:15.99	15-16 100 Free	1:09.49	1:16.49	
	1:26.09	1:18.19	13-14 100 Free	1:13.49	1:20.89	
13	1:57.59	1:46.69	11-12 100 Breast	1:45.59	1:56.39	14
15	2:13.29	2:00.99	10 & under 100 Breast	2:03.19	2:15.69	16
17	1:53.79	1:43.29	17-18 100 Breast	1:31.59	1:40.89	18
	1:50.39	1:40.19	15-16 100 Breast	1:30.69	1:39.99	
	1:50.99	1:46.79	13-14 100 Breast	1:36.29	1:46.09	
19	1:30.09	1:21.79	11-12 100 Free	1:21.09	1:29.29	20
21	51.99	47.19	10 & under 50 Fly	47.59	52.49	22
23	45.39	41.09	11-12 50 Fly	41.29	45.49	24
25	3:06.59	2:49.39	17-18 200 Free	2:30.29	2:45.59	26
	3:02.19	2:45.39	15-16 200 Free	2:31.39	2:46.79	
	3:03.59	2:46.59	13-14 200 Free	2:39.19	2:55.39	
27	7:51.59	7:08.09	11-12 400 IM	7:11.69	7:55.59	28

SUNDAY EVENTS

GIRLS EVENT #	PC "B" Time	PC "A" Time	EVENTS	PC "A" Time	PC "B" Time	BOYS EVENT #
29	4:13.29	3:49.89	9-10 200 IM	3:52.69	4:16.29	30
31	1:43.59	1:33.99	11-12 100 Fly	1:34.39	1:43.99	32
33	4:10.19	3:47.09	17-18 200 Breast	3:24.49	3:45.29	34
	3:58.59	3:36.59	15-16 200 Breast	3:20.49	3:40.89	
	3:59.99	3:37.79	13-14 200 Breast	3:29.09	3:50.39	
35	1:44.49	1:34.89	11-12 100 Back	1:36.19	1:45.99	36
37	1:57.69	1:46.79	10 & under 100 Back	1:47.29	1:58.19	38
39	1:43.99	1:34.39	17-18 100 Back	1:22.89	1:31.29	40
	1:37.29	1:28.29	15-16 100 Back	1:21.29	1:29.59	
	1:38.09	1:28.99	13-14 100 Back	1:25.89	1:34.69	
41	54.09	49.09	11-12 50 Breast	49.09	54.09	42
43	1:00.89	55.29	10 & under 50 Breast	55.99	1:01.69	44
45	39.39	35.69	17-18 50 Free	31.39	34.69	46
	39.09	35.39	15-16 50 Free	32.09	35.39	
	39.39	35.69	13-14 50 Free	34.09	37.59	
47	41.39	37.49	11-12 50 Free	37.09	40.99	48
49	45.89	41.59	10 & under 50 Free	42.79	47.19	50
51	1:36.49	1:27.59	17-18 100 Fly	1:17.69	1:25.59	52
	1:34.69	1:25.89	15-16 100 Fly	1:17.09	1:24.89	
	1:35.49	1:26.59	13-14 100 Fly	1:23.19	1:31.69	
53	4:11.79	3:48.59	11-12 200 Breast	3:45.49	4:08.49	54
55	7:49.59	7:06.29	17-18 400 IM	6:27.69	7:06.99	56
	7:25.19	6:44.19	15-16 400 IM	6:12.89	6:50.79	
	7:30.29	6:48.69	13-14 400 IM	6:30.29	7:09.99	

**Orinda Aquatics "PC" CBA+ Long Course Meet
June 27 & 28, 2009
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 #											
SEX Boy Girl						Age Group:					
EVENT #	DISTANCE/STROKE					ENTRY TIME (LCM)					
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# of events _____ x \$ 2.75 = _____ Participation Fee = + \$ 5.00 Total Amount Due _____											
Coach:											
Swimmer's Address											
Contact Phone #											
Contact Email:											

# of Events	Cost	# of Events	Cost
1	\$7.75	6	\$21.50
2	\$10.50	7	\$24.25
3	\$13.25	8	\$27.00
4	\$16.00	9	\$29.75
5	\$18.75	10	\$32.50
Totals include the \$5 Participation Fee			