

Burlingame Aquatic Club
Zone 1N Long Course PC-C/PC-B/PC-A+ Swim Meet
Saturday & Sunday, June 27-28, 2009

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

SANCTION: Held under U.S.A./Pacific Swimming Sanction No.: **0809**

LOCATION: Burlingame Aquatic Center, 400 Carolan Avenue, Burlingame, CA 94010. From Highway 101 take Broadway exit. Turn left onto Carolan Avenue, and turn left at stop sign onto Oak Grove Avenue. The pool is on the right hand side. *Parking at the pool will be held for officials and coaches. Additional parking is available BEHIND Burlingame High School off Carolan Avenue.*

COURSE: Outdoor 50 meter heated pool, up to 7 competition lanes with 1 warm-up/cool down lane. Colorado electronic timing system.

TIME: Session A warm-ups 7:00am-8:15am, meet begins at 8:30am. Session B begins one hour after completion of Session A, but not before 12:30pm. Warm-ups begin immediately following Session A.

NOTE: Boys 11-12 will swim in Session A each day and Girls 11-12 in Session B each day.

RULES: Current U.S.A. and Pacific Swimming rules will govern the swim 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. Swimmers may compete in up to **THREE (3)** events per day. All swim coaches and deck officials must wear their U.S.A. Swimming membership cards in a visible manner. If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be made for mandatory scratches. **THIS MEET IS LIMITED TO APPROXIMATELY THE FIRST 325 SWIMMERS IN EACH SESSION, OR WHEN THE MEET ESTIMATED TIME LINE EXCEEDS THE FOUR HOUR RULE PER AGE GROUP AND GENDER.**

Check <http://swimconnection.com/pc/meet/bac> for session open or closed status. ***The 400m free and 400m IM require a minimum "PC-B" entry time in order to enter.***

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. No glass is permitted on the pool deck and facilities. **No tents will be allowed on the pool deck or any other area within the pool's fenced complex.**

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. Swimmers 19 years of age and older may participate in the 13/over and 15/over events, but may not receive awards. Swimmers in the "A" Division must have met at least the listed "PC-A" time standard. Swimmers in the "B" Division must have met at least the listed "PC-B" time standard. Entry times slower than the listed "PC-B" time standard will be in the "C" division. ***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 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 the 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:

Option 1: Online Meet Entries

Enter at: <http://swimconnection.com/pc/meet/bac> to receive immediate confirmation of acceptance. Online entry requires payment by credit card. Swim Connection LLC charges a processing fee for this service equal to \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. If you do not wish to pay the processing fee, enter the meet using a mail entry (Option 2). Online entries will be accepted through **midnight Wednesday, June 17th, 2009** or until the meet is determined to be full, whichever occurs first.

Entering online is a convenience, is completely voluntary, and is no way required of a swimmer by Pacific Swimming.

Option 2: Surface Mail Entries

Entries must be on the attached Consolidated entry card with this meet sheet. Entry blanks must contain all information requested, including best long course time for each event. Entered times must be submitted in meters. Entries must be postmarked by **Monday, June 15th, 2009**. All entries will be considered in the order that they were received. Entries may be hand delivered to the address below by **8:00 PM on Wednesday, June 17th, 2009**. **Entries from other Pacific Zones or LSC's and non-priority Zone 1 North will not be considered until Saturday, June 6**. For confirmation of entries, a self-addressed stamped envelope or postcard must be included with the entries.

OFFICIALS: Burlingame Aquatic Center

Head Referee: Leon Kief
Head Starter: Harrison Race
Meet Director: Paul Stefani 650-504-7736
stefanifamily@comcast.net
Head Marshal: Tom Jacobs

MINIMUM OFFICIALS: Teams must follow Zone 1 North rules for providing officials. Each team must provide officials for each session according to the number of swimmers entered in that session, following the table below. Teams that do not provide sufficient officials must provide coaches to act in the place of officials.

Number of swimmers per team entered in session	# of trained and carded officials required
0 – 24	0
25 – 50	1
51 – 75	2
76 – 100	3
101 and up	4

ENTRY FEE: \$2.75 per event, plus \$5.00 participation fee per swimmer to help cover meet expenses. Make check payable to the **Burlingame Aquatic Club** and mail the entry form to:

Karen Eastwood kareneastwood@comcast.net
1556 Columbus Avenue
Burlingame CA 94010
(650) 344-6014

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 11-12, 13-14, 15-16, & 17-18. Swimmers 19 years of age and older will not receive awards. Standard “A” medals will be awarded to swimmers achieving NEW “PC-A” times in each event, regardless of place achieved in the event. There will be only one level of awards for open events. All awards must be picked up at the meet. Awards will not be mailed.

ADMISSION: Free. A two-day program will be available for \$ 3.00. Snack bar for breakfast and lunch will be available both Saturday and Sunday.

Map to Burlingame High School Pool.
851 Oak Grove Avenue, Burlingame CA 94010



Event Summary

Saturday, June 27, 2009

8-under	9-10	11-12	13-14	15 & Up	11-12 BOYS SWIM
50 Breast	50 Back	50 Back	200 Back	200 Back	IN SESSION A
50 Fly	100 Breast	50 Breast	100 Breast	100 Breast	
100 Free	100 Fly	100 Fly	200 Fly	200 Fly	11-12 GIRLS SWIM
	200 Free	200 IM	400 IM	400 IM	IN SESSION B

Sunday, June 28, 2009

8-Under	9-10	11-12	13-14	15 & Up	11-12 BOYS SWIM
50 Free	100 Free	100 Free	100 Free	100 Free	IN SESSION A
50 Back	200 IM	100 Breast	200 Breast	200 Breast	
	100 Back	100 Back	200 IM	200 IM	11-12 GIRLS SWIM
	50 Free	400 Free	400 Free	400 Free	IN SESSION B

SATURDAY JUNE 27

A SESSION								
GIRLS TIME STANDARDS		GIRLS		EVENT	BOYS		BOYS TIME STANDARDS	
"PC-B"	"PC-A"	EVENT	AGE	DESCRIPTION	AGE	EVENT	"PC-B"	"PC-A"
1:12.49	1:01.89	1	8-Under	50 BREAST	8-Under	2	1:12.49	1:01.39
54.09	49.09	3	9-10	50 BACK	9-10	4	55.49	50.29
				50 BACK	11-12	6	49.09	44.49
1:06.99	58.99	7	8-Under	50 FLY	8-Under	8	1:06.99	58.39
2:13.29	2:00.99	9	9-10	100 BREAST	9-10	10	2:15.69	2:03.19
				50 BREAST	11-12	12	54.09	49.09
2:07.79	1:46.59	13	8-Under	100 FREE	8-Under	14	2:04.79	1:40.09
2:00.79	1:49.59	15	9-10	100 FLY	9-10	16	2:00.99	1:49.89
				100 FLY	11-12	18	1:43.99	1:34.39
3:42.49	3:21.99	19	9-10	200 FREE	9-10	20	3:41.69	3:21.29
				200 IM	11-12	22	3:44.29	3:23.59

B SESSION								
GIRLS TIME STANDARDS		GIRLS		EVENT	BOYS		BOYS TIME STANDARDS	
"PC-B"	"PC-A"	EVENT	AGE	DESCRIPTION	AGE	EVENT	"PC-B"	"PC-A"
48.28	43.79	23	11-12	50 BACK				
3:32.09	3:12.49	25	13-14	200 BACK	13-14	26	3:24.39	3:05.49
3:29.99	3:10.59	27	15-16	200 BACK	15-16	28	3:11.69	2:53.99
3:39.79	3:19.49		17-18	200 BACK	17-18		3:27.19	3:07.99
54.09	49.09	29	11-12	50 BREAST				
1:50.99	1:40.79	31	13-14	100 BREAST	13-14	32	1:46.09	1:36.29
1:50.39	1:40.19	33	15-16	100 BREAST	15-16	34	1:39.99	1:30.69
1:53.79	1:43.29		17-18	100 BREAST	17-18		1:40.89	1:31.59
1:43.59	1:33.99	35	11-12	100 FLY				
3:35.99	3:15.99	37	13-14	200 FLY	13-14	38	3:28.09	3:08.89
3:31.39	3:11.89	39	15-16	200 FLY	15-16	40	3:15.99	2:57.89
3:43.79	3:23.19		17-18	200 FLY	17-18		3:21.79	3:03.19
3:42.59	3:22.09	41	11-12	200 IM				
7:30.29	6:48.69	43	13-14	400 IM	13-14	44	7:09.99	6:30.29
7:25.19	6:44.19	45	15-16	400 IM	15-16	46	6:50.79	6:12.89
7:49.59	7:06.29		17-18	400 IM	17-18		7:06.99	6:27.69

The 400 Free and 400 IM require a minimum "B" entry time in order to enter.

SUNDAY JUNE 28

A SESSION								
GIRLS TIME STANDARDS		GIRLS		EVENT	BOYS		BOYS TIME STANDARDS	
"PC-B"	"PC-A"	EVENT	AGE	DESCRIPTION	AGE	EVENT	"PC-B"	"PC-A"
58.19	48.19	47	8-Under	50 FREE	8-Under	48	58.19	46.09
1:41.59	1:32.19	49	9-10	100 FREE	9-10	50	1:41.69	1:32.29
				100 FREE	11-12	52	1:29.29	1:21.09
1:06.99	57.89	53	8-Under	50 BACK	8-Under	54	1:06.99	56.69
4:13.29	3:49.89	55	9-10	200 IM	9-10	56	4:16.29	3:52.69
				100 BREAST	11-12	58	1:56.39	1:45.59
1:57.69	1:46.79	59	9-10	100 BACK	9-10	60	1:58.19	1:47.29
				100 BACK	11-12	62	1:45.99	1:36.19
45.89	41.59	63	9-10	50 FREE	9-10	64	47.19	42.79
				400 FREE	11-12	66	6:57.19	6:18.69

B SESSION								
GIRLS TIME STANDARDS		GIRLS		EVENT	BOYS		BOYS TIME STANDARDS	
"PC-B"	"PC-A"	EVENT	AGE	DESCRIPTION	AGE	EVENT	"PC-B"	"PC-A"
1:30.09	1:21.79	67	11-12	100 FREE				
1:26.09	1:18.19	69	13-14	100 FREE	13-14	70	1:20.89	1:13.49
1:23.69	1:15.99	71	15-16	100 FREE	15-16	72	1:16.49	1:09.49
1:24.89	1:17.09		17-18	100 FREE	17-18		1:16.39	1:09.29
1:57.59	1:46.69	73	11-12	100 BREAST				
3:59.99	3:37.79	75	13-14	200 BREAST	13-14	76	3:50.39	3:29.09
3:58.59	3:36.59	77	15-16	200 BREAST	15-16	78	3:40.89	3:20.49
4:10.19	3:47.09		17-18	200 BREAST	17-18		3:45.29	3:24.49
1:44.49	1:34.89	79	11-12	100 BACK				
3:28.59	3:09.39	81	13-14	200 IM	13-14	82	3:19.79	3:01.39
3:27.69	3:08.49	83	15-16	200 IM	15-16	84	3:10.99	2:53.39
3:31.69	3:12.19		17-18	200 IM	17-18		3:11.59	2:53.89
6:52.79	6:14.69	85	11-12	400 FREE				
6:27.39	5:51.59	87	13-14	400 FREE	13-14	88	6:16.69	5:41.99
6:28.49	5:52.59	89	15-16	400 FREE	15-16	90	5:56.99	5:24.09
6:43.59	6:06.39		17-18	400 FREE	17-18		5:58.59	5:25.49

**Burlingame Aquatic Club
Zone 1N Long Course PC-C/PC-
B/PC-A+ Swim Meet**

Saturday and Sunday, June 27-28, 2009

NAME: LAST FIRST INTL

LSC Code (PC, SN, CC) _____

CLUB ABBR	IF UNATT TEAM ABBR	CLUB NAME
_____	_____	_____

AGE	DATE OF BIRTH	AMT. PAID \$
_____	_____	_____

USA-S REG #

SEX	AGE GROUP
Boy Girl	_____

EVENT #	DISTANCE/STROKE	ENTRY TIME
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .

of Entries _____ x \$ 2.75

Participation Fee \$ 5.00

Total _____

COACH: _____

SWIMMER ADDRESS: _____

PHONE # ()

EVENTS ENTERED	ENTRY FEES (including both swimmer participation and event fees)
1	\$7.75
2	\$10.50
3	\$13.25
4	\$16.00
5	\$18.75
6	\$21.50
7	\$24.25
8	\$27.00

*****ALL TEAMS MUST PROVIDE PARENTS TO FILL THE TIMERS CHAIRS.
EACH TEAM WILL BE ASSIGNED ONE OR MORE LANES.
THANK YOU FOR YOUR COOPERATION.**