

**TAHOE SWIM CLUB**  
<http://www.tahoewimclub.com>  
**2009 “COME UP FOR AIR” SHORT COURSE MEET**  
**JULY 24, 25, 26, 2009**

Optional entry process online at: <http://swimconnection.com/pc/meet/taho2>

- SANCTION:** Held under USA/Pacific Swimming Sanction No.: **0819**
- LOCATION:** **South Lake Tahoe Recreation Complex**, 1180 Rufus Allen Blvd., South Lake Tahoe, CA. Take Highway 50 into South Lake Tahoe. When Highway 50 comes adjacent to the lake, turn on Rufus Allen Blvd. which is the next turn coming from either direction. The Recreation Complex is located next to Campground by the Lake.
- COURSE:** Outdoor heated 25 yard, 6 lane pool. No warm-up facilities are available during the meet.
- TIME:**
- Friday:** Meet begins at 3:00 pm. Warm-ups will be from 2:00 – 2:45 pm.
- Saturday:** **Morning Session (11 and up)**  
Warm-ups will be from 7:00-8:15 a.m. Meet begins at 8:30 a.m.  
**Afternoon Session (10 and under)**  
Meet will not start before 12:30 p.m.  
Warm-ups will not start before 11:30 a.m.
- Sunday:** **Morning Session (10 and under)**  
Warm-ups will be from 7:00-8:15 a.m. Meet begins at 8:30 a.m.  
**Afternoon Session (11 and up)**  
Meet will not start before 12:30 p.m.  
Warm-ups will not start before 11:30 a.m.
- RULES:** Current USA Swimming (USA-S) 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. All swimmers ages 12 and under should complete competition within four (4) hours. Swimmers may compete in a maximum of 5 (five) events per day plus relays. “No time” entries will be accepted.
- The Meet will be LIMITED to the first 400 swimmers (per day as stated in Zone 4 meet venue rules) or when the meet's estimated time line exceeds the Four Hour Rule per Age Group and Gender.**
- Check <http://swimconnection.com/pc/meet/taho2> for each session’s open or closed status. If local conditions warrant it, the Meet Referee, with concurrence of the Meet Director, may require a mandatory scratch down to 4 or 3 events per swimmer. Immediate cash refunds will be made for any mandatory scratches. All coaches and deck officials must wear their USA-S membership cards in a visible manner.

**RESTRICTIONS:** Glass containers, sale and use of tobacco and alcoholic products are prohibited in all areas of the meet venue defined as on the pool deck, in the locker room, in any of the spectator areas and in all areas used by swimmers during the meet and warm-up periods. Use of cell phones is prohibited 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 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. *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.* Swimmers 19 years of age and older may participate in 13-OVER events but will not receive awards or score points. 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 that event. Swimmers who do not check in will not be allowed to compete in the event. Check-in will open at 1:45 p.m. on Friday, July 24, 2009. Check-in will open at 7:00 a.m. for morning session and 11:30 a.m. for afternoon session on Saturday and Sunday, July 25<sup>th</sup> and 26<sup>th</sup>.

**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.

**OFFICIALS:**

Referee:	Gale Maynor
Starter:	Larry Rice
Meet Marshal:	Sharon Peuse
Meet Director:	Louise Marin (530) 541-2330 <a href="mailto:louisemarin@sbcglobal.net">louisemarin@sbcglobal.net</a>

**ENTRIES:** **TWO OPTIONS FOR MEET ENTRY:**

**Option 1- Online Meet Entry**

**(The deadline for all online entries is Wednesday, July 15, 2009 at midnight).**

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

Enter at: <http://swimconnection.com/pc/meet/taho2> 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. This method requires payment by credit card using the secure site. 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 traditional mailed or hand-delivered entry.

**Option 2 – Traditional Mailed or Hand-Delivered Entry**

Entries must be on a Consolidated Entry Card, one form for each swimmer. 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, July 13, 2009 or hand delivered by 5:00 PM Wednesday, July 15, 2009 to:

**Mailed**

Swim Entries  
c/o Tahoe Swim Club  
PO Box 5741  
Stateline, NV 89449  
Telephone: (530) 541-7283

**Hand-Delivered**

Swim Entries  
c/o Mr. Jerry Erickson  
687 Michael  
South Lake Tahoe, CA 96150

For mailed or hand delivered entries, make checks payable to **TAHOE SWIM CLUB**.

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:**

\$2.75 per individual event  
\$5.00 participation fee per swimmer to help defray meet expenses  
\$9.00 per relay team (No limit to number of relay entries per team)

**RELAYS:**

Relay team for 10 & under shall consist of four 10 & under swimmers and can be mixed genders. Relay team for 11 & up shall consist of no more than two swimmers 15 and up and can be mixed genders. Awards for relays will be given to 1<sup>st</sup> through 6<sup>th</sup>. Relay events will be deck entered on the day of the event, to be turned in at the announced time.

**AWARDS:**

**BLUE FLIGHT:** 1<sup>st</sup> through 8<sup>th</sup> place ribbons.  
**WHITE FLIGHT:** 1<sup>st</sup> through 8<sup>th</sup> place ribbons.

Swimmers competing in each age group 8 & UN\*, 9-10, 9-12\*\*, 11-12, 13-18\*\*\* (\*Six and under, 7-8, \*\*9-10, 11-12, and \*\*\*13-14, 15-16 & 17-18 will be awarded and scored separately.) Swimmers 19 years of age and older will not receive awards.

**INDIVIDUAL HIGH POINT AWARDS:**

For boys and girls in each age group in the BLUE FLIGHT ONLY.

If more than 18 swimmers check in for an event, that event will be swum in two equal flights with the faster one-half making up the Blue Division. Swimmers with identical entry times on either side of the division, or the middle swimmer in an event with an uneven number of entries, will be seeded into the Blue Flight.

**SCORING:** Individual events will be scored for 1st through 8th as follows: 9, 7, 6, 5, 4, 3, 2, 1 in the Blue Flight only.

**ADMISSION:** FREE

**PROGRAM:** Meet program will be available for a fee.

**MISC.:** Teams will be assigned a lane for timing according to the number of swimmers entered and the teams will be responsible for scheduling timers. As always, the continued support from the volunteer officials is greatly appreciated.

A SNACK BAR will be in operation during the meet. Lunches and snacks will be served to all working officials and coaches.

BREAKFAST WILL BE SERVED EACH MORNING STARTING AT 7:00 AM IN THE GYM OF THE RECREATION COMPLEX. The cost will be: \$4.50 for adults and \$3.50 for children 10 and under.

- 25-Yard Free Style events for 9 years and up are not scored for high point. This is a fun event for those who have not swum a 25-yard Free since they were eight years old.

### **EVENT SUMMARY BY AGE GROUP**

	<b>8-UNDER</b>	<b>9-10</b>	<b>11-12</b>	<b>13-Over</b>
<b>FRIDAY</b>	100 Free	200 IM	200 IM	400 IM
		500 Free	500 Free	500 Free
<b>SATURDAY</b>	100 IM	100 IM	100 IM	200 IM
	25 Back	50 Back	100 Free	100 Free
	50 Fly	100 Free	50 Back	100 Back
	50 Breast	100 Breast	100 Breast	200 Breast
	50 Free	50 Free	50 Free	50 Free
	100 F.R. Mix	100 F. R. Mix	200 F. R. Mix	200 F. R. Mix
<b>SUNDAY</b>	25 Breast	200 Free	200 Free	200 Free
	25 Fly	50 Breast	50 Breast	100 Breast
	50 Back	50 Fly	50 Fly	100 Fly
	25 Free	100 Back	100 Back	200 Back
		25 Free**	25 Free**	25 Free**

\*Mixed genders and mixed ages (10 and under) and (11 and up).

\*\*25-Yard Free Style events for 9 years and up are not scored for high point.

This is a fun event for those who have not swum a 25-yard Free since they were eight years old.

## FRIDAY, JULY 24, 2009

### Session Starts at 3:00pm

<b>G</b>	<b>B</b>	<b>GROUP</b>	<b>EVENT</b>
1	2	13-Over	400 IM
3	4	11-12	200 IM
5	6	9-10	200 IM
7	8	8-Under	100 Free
9	10	9-12	500 Free
11	12	13-Over	500 Free

## SATURDAY, JULY 25, 2009

## SUNDAY, JULY 26, 2009

### MORNING SESSIONS

(Starts at 8:30 a.m.)

<b>G</b>	<b>B</b>	<b>GROUP</b>	<b>EVENT</b>		<b>G</b>	<b>B</b>	<b>GROUP</b>	<b>EVENT</b>
13	14	13-over	200 IM		57	58	9-10	200 Free
15	16	11-12	100 IM		59	60	8-under	25 Breast
17	18	13-Over	100 Free		61	62	9-10	50 Breast
19	20	11-12	100 Free		63	64	8-under	25 Fly
21	22	13-over	100 Back		65	66	9-10	50 Fly
23	24	11-12	50 Back		67	68	8-under	50 Back
25	26	13-over	200 Breast		69	70	9-10	100 Back
27	28	11-12	100 Breast		71	72	8-under	25 Free
29	30	13-over	50 Free		73	74	9-10	25 Free
31	32	11-12	50 Free					
33	33	11-over	200 F.R. Mix					

### AFTERNOON SESSIONS

( Starts no earlier than 12:30 p.m.)

<b>G</b>	<b>B</b>	<b>GROUP</b>	<b>EVENT</b>		<b>G</b>	<b>B</b>	<b>GROUP</b>	<b>EVENT</b>
35	36	9-10	100 IM		75	76	13-over	200 Free
37	38	8-under	100 IM		77	78	11-12	200 Free
39	40	9-10	50 Back		79	80	13-over	100 Breast
41	42	8-under	25 Back		81	82	11-12	50 Breast
43	44	9-10	100 Free		83	84	13-over	100 Fly
45	46	8-under	50 Fly		85	86	11-12	50 Fly
47	48	9-10	100 Breast		87	88	13-over	200 Back
49	50	8-under	50 Breast		89	90	11-12	100 Back
51	52	9-10	50 Free		91	92	11-over	25 Free
53	54	8-under	50 Free					

<b>TAHOE SWIM CLUB</b>		
<i>July 24, 25, 26, 2009</i>		
<b>Consolidated Entry Card</b>		
NAME: LAST                      FIRST                      INTL		
_____		
LSC Code ( PC, SN, CC)		_____
CLUB ABBR	IF UNATT. TEAM ABBR	CLUB NAME
AGE	DATE OF BIRTH	AMT. PAID <b>\$</b>
USA-S REG #		
SEX  <b>Boy      Girl</b>		AGE GROUP
EVENT #	DISTANCE/STROKE	ENTRY TIME
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
# of Entries _____ x \$ 2.75 = _____		
Participation Fee		<b>\$ 5.00</b>
Total		_____
COACH:		
SWIMMERS ADDRESS: _____		
PHONE # (      )		