

Montclair Swim Team Presents
14-Under SHORT COURSE RELAY SWIM MEET
Held on Sunday, May 22, 2005

SANCTION: Held under USA / Pacific Swimming Sanction No.: **05-070**

LOCATION: Mills Aquatic Center, Mills College, 500 MacArthur Blvd., Oakland, at the junction of Highways 580 and 13. For directions, call Mills College: **510-430-3250** or visit www.mills.edu for map and driving directions. Parking is very limited and participants are encouraged to share rides. Do not park where no "swim meet parking" signs are posted. You will be ticketed.

COURSE: 25 yard, 10 lane outdoor competition pool with separate lanes for warm-up and warm-down.

TIME: Meet begins at 9:00 AM. Warm-ups from 7:45-8:45 AM.

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 events are timed finals. All swimmers ages 12 and under should complete competition within four (4) hours. If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down by removing one or more set(s) of relays (Fly, Breast, or Free-Back). Refunds will be mailed to participating teams within two weeks. The meet will be limited to the first 500 relays entered or when the meet estimated time line exceeds the Four Hour Rule per Age Group and Gender; later team's entries will be returned. All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

SPECIAL RULE: "All teams competing must bring medical waiver forms for participating swimmers without parents in attendance to the meet" (Mills College requirement).

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 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.

ELIGIBILITY: All swimmers must have a current USA Swimming Registration Card and must enter the number on the Consolidated Entry Form. Swimmers who enter as "pending" or "applied for" must be prepared to present their current card, or register before being allowed to check in, unless the Meet Director determines that they are validly pending. Swimmers registering at the meet must pay a \$10.00 surcharge in addition to the registration fee; see the Clerk of the Course to register. Meet is open to qualified members of USA Swimming teams from the Pacific Swimming LSC who are 14 years or younger. 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 pre-seeded. Individual swimmers need not check in unless they need to register (see ELIGIBILITY, above). Coaches, however, must pick up their relay cards before the start of the meet in order to include names.

OFFICIALS: Meet Director: Ron Banford (510) 644-1856 Meet Referee: Kim Jew
Head Meet Marshal: John Orfali Head Starter: Teri May

ENTRIES: Entries for each team must come in a single package. It must include the enclosed **Consolidated Entry Form** with names and specified information for all participating swimmers. DO NOT include made-up USA Swimming registration numbers for swimmers who are not registered or they MAY BE DISQUALIFIED. Names may not be added to this list after the entry deadline. Please photocopy this form before completing it if you will need additional pages. The entry package must also include event (relay) entries on the enclosed **Event Entry Form**. Swimmers' names should not be specified for events; this will be done on deck at the meet. No entry time is required; the following priority will be used to approximate fastest-to-slowest in order to pre-seed each event:

- 1) "A" relays from teams with subordinate entries
- 2) "A" relay solo entries
- 3) "B" relays from teams with subordinate entries
- 4) "B" relay solo entries, and etc.

At the meet, each team will be supplied with relay cards pre-labeled with: Event#/ AgeGroup/ Distance/ Stroke/ RelayTeamLetter/ Heat/ Lane/ Club/ ClubAbbr/ Date/ Host/ Course. On deck, you will only need to fill in the swimmers' names (in relay order) on the supplied cards.

Entries must be postmarked by midnight, Monday, May 9, 2005, or hand-delivered by Wednesday, May 11, 2005, to 6750 Charing Cross Road, Berkeley, 94705. A timeline will be estimated based on the number of entries received. If it exceeds the 4 hours rule, teams will be contacted one week prior to the meet and asked to scratch down. In this case, refunds will be given.

ENTRY FEES: \$7.00 per relay entry on the Event Entry Form **PLUS** \$5.00 per swimmer (participation fee) on the Consolidated Entry Form. Refunds will not be given for "no-shows" or for entered relays that do not swim. Make **one check per team** payable to **Montclair Swim Team** and mail entries to : Montclair Swim Team c/o Ron Banford Hwy 13 toward Berkeley, first light, right turn. Left up 6750 Charing Cross Road Hiller Drive, when flat, left on Charing Cross Road. Stop sign Berkeley, CA 94705 Schooner Hill, 2nd house on right.

AWARDS: The events will be scored 1st-8th place. Points will be awarded as follows: 18-14-12-10-8-6-4-2. Distinctive awards are given for 1st-3rd in each event. Heat Winner ribbons will be awarded in slower heats. Team trophies will be awarded for 1st-3rd places based on total points.

PROGRAM: The program will be posted at several locations at the pool, and copies will be handed out to coaches.

HOSPITALITY / SNACK BAR: Hospitality will be provided to all meet officials, coaches and timers. A snack bar will be available.

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EVENT ENTRY FORM

Team: _____ **LSC:** _____ **Team Code:** _____

Event	Age Group	Gender	Yards	Stroke	Relay Teams Entered (circle)				#Circled
					(add more letters if necessary)				
1	8-under	Girl	100	Medley	A	B	C	D	
2	8-under	Boy	100	Medley	A	B	C	D	
3	9-10	Girl	200	Medley	A	B	C	D	
4	9-10	Boy	200	Medley	A	B	C	D	
5	11-12	Girl	200	Medley	A	B	C	D	
6	11-12	Boy	200	Medley	A	B	C	D	
7	13-14	Girl	400	Medley	A	B	C	D	
8	13-14	Boy	400	Medley	A	B	C	D	
9	8-under	Girl	100	Free	A	B	C	D	
10	8-under	Boy	100	Free	A	B	C	D	
11	9-10	Girl	200	Free	A	B	C	D	
12	9-10	Boy	200	Free	A	B	C	D	
13	11-12	Girl	200	Free	A	B	C	D	
14	11-12	Boy	200	Free	A	B	C	D	
15	13-14	Girl	400	Free	A	B	C	D	
16	13-14	Boy	400	Free	A	B	C	D	
17	8-under	Mixed*	200	Indiana**	A	B	C	D	
18	9-10	Mixed	200	Indiana	A	B	C	D	
19	11-12	Mixed	200	Indiana	A	B	C	D	
20	13-14	Mixed	200	Indiana	A	B	C	D	
21	8-under	Mixed	100	Fly	A	B	C	D	
22	9-10	Mixed	200	Fly	A	B	C	D	
23	11-12	Mixed	200	Fly	A	B	C	D	
24	13-14	Mixed	200	Fly	A	B	C	D	
25	8-under	Mixed	100	Breast	A	B	C	D	
26	9-10	Mixed	200	Breast	A	B	C	D	
27	11-12	Mixed	200	Breast	A	B	C	D	
28	13-14	Mixed	200	Breast	A	B	C	D	
29	8-under	Mixed	200	Free-Back***	A	B	C	D	
30	9-10	Mixed	200	Free-Back	A	B	C	D	
31	11-12	Mixed	200	Free-Back	A	B	C	D	
32	13-14	Mixed	200	Free-Back	A	B	C	D	
33	8-under 10-under 12-under 14-under	Girl	25 50 75 100	Age Progressive Free	A	B	C	D	
34	8-under 10-under 12-under 14-under	Boy	25 50 75 100	Age Progressive Free	A	B	C	D	

* "Mixed" means any combination of boys and girls (4 boys or 4 girls allowed). **\$7.00 x #relays** _____

** "Indiana" = 50yd legs (25 each stroke, in this order): Back-Breast, Fly-Back, Breast-Free, Free-Fly.

*** "Free-Back" means each swimmer swims 25 Free then 25 Back on their leg of the relay. **= \$** _____

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Coaches' Worksheet

(for your convenience - **DO NOT** submit with your registration packet)
 (can be used on meet day to fill in the relay cards you will be supplied with)
 (photocopy as needed and fill in with pencil)

Team: _____ **LSC:** _____ **Team Code:** _____

Event# **Age/Yards/Stroke** **M/F/Mixed** **Team*** **Relay Members (in order)** **Team** **Relay Members (in order)**

				1)		1)
				2)		2)
				3)		3)
				4)		4)

				1)		1)
				2)		2)
				3)		3)
				4)		4)

				1)		1)
				2)		2)
				3)		3)
				4)		4)

				1)		1)
				2)		2)
				3)		3)
				4)		4)

				1)		1)
				2)		2)
				3)		3)
				4)		4)

*Team: A, B, C etc.