

**Zone 2 Short Course C/B/A+ Dual Venue Meet  
Pleasanton Seahawks (PLS) & San Ramon (SRVL)  
Saturday & Sunday December 9 & 10, 2006**

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

**SANCTION:** Held under USA/Pacific Swimming Sanction No.: **6178** for **Facility A**;  
Sanction No.: **6179** for **Facility B**

**LOCATION:** **Facility A:** Dolores Bengtson Aquatic Center, 4455 Black Ave. Pleasanton California. **From I-580** take Santa Rita exit south about two miles to Black Ave. Turn right on Black Ave. Pool is on the right. **From I-680** take Bernal exit. Go east about 1 mile, turn left at Main Street, and drive through renovated downtown Pleasanton. Main Street becomes Santa Rita road. Turn left on Black Ave., pool is on the right about ½ block.

**COURSE:** **Facility A:** 25 yard x 50-meter outdoor, heated pool. Up to 16 competition lanes available, to be allocated based on number of entries received. A warm-up area will be available during the meet. Locker rooms with showers are available. Electronic timing system will be used.

**LOCATION:** **Facility B:** San Ramon Olympic Pool and Aquatic Park, 9900 Broadmoor Drive, San Ramon, CA 94583 Located next to California High School. From 680, take Bollinger Canyon exit, turn west on Bollinger Canyon. Turn left (south) on San Ramon Valley Blvd. and go approximately 2 miles. Turn left (east) on Montevideo Dr., go approximately 1/2 mile, turn right at stop sign onto Broadmoor Dr., go approximately 1/4 mile to pool located on left side.

**COURSE:** **Facility B:** 25 yard x 50-meter outdoor, heated pool. Up to 16 competition lanes available, to be allocated based on number of entries received. A warm-up area will be available during the meet. Locker rooms with showers are available. Electronic timing system will be used.

**TIME:** Meet begins at 9:00 am on Saturday and Sunday. Warm-ups: 7:30 am to 8:45 am each day. Also, 8 & UN only warm-ups: 8:45 am – 8:55 am 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-Course. All events are timed finals. **Swimmers may compete in four events per day.** All swimmers ages 12 and under should complete competition within four (4) hours. The 500 Free events (Sunday, 13-18 age group) will swim slowest to fastest. All swimmers in the 500 freestyle must provide their own timers and lap counters. If the referee(s) and meet director(s) determine that the events for swimmers 12 years and younger will not be completed in four (4) hours or less a mandatory scratch down maybe in effect for both venues. Immediate refunds will be made for all mandatory scratches. Entries will be accepted until the number of splashes exceeds the estimated time line, per the four hour rule, based on the swimmers age and gender. **All coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner.**

**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 propane heaters or containers, other than provided for the snack bar, are allowed in any areas of the meet venue. No glass containers allowed on deck. Except for coaches' seating next to the pool, no canopies, tents, or "camping" in the pool area. All canopies, tents, or other set ups must be outside the pool gates on the lawn only. All cement walkways and pads are to be left open for emergency vehicle access.

**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 in the "C" division must **not have** met the "B" time standards. Swimmers in the "B" division must have met the "B" time standards and not have met the listed "A" time standards. Swimmers in the "A" division must have met the "A" time standards. Swimmers over the age of 18 may participate in the 13/18 age group, but will not be eligible for awards. Such swimmers must have met the 17-18 time standards. **Entry time submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. "NO TIME" entries WILL NOT be accepted. 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-the-Course. Close of check-in for all events shall be no more than 30 minutes before the estimated start time 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 barred from competing in the next individual event in which the swimmer is entered in this meet. The penalty will not apply if the swimmer scratches before the event 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:**

<b>Facility A:</b>	Head Referee:	Carol Cottam	
	Head Starter:	Teri May	
	Meet Director:	Mani Nair	(925) 922-4467 <a href="mailto:mani_nair_2001@yahoo.com">mani_nair_2001@yahoo.com</a>
	Head Meet Marshal:	Gary Knowles	
<b>Facility B:</b>	Head Referee:	Ralph Anderson	
	Head Starter:	Steve Kumpan	
	Meet Director:	Bob Schmidt	(925) 766-1247 <a href="mailto:bschmidt@rossmcdonald.com">bschmidt@rossmcdonald.com</a>
	Head Meet Marshal:	Lisa Limesand	

**ENTRIES:** TWO OPTIONS FOR MEET ENTRY

**Option 1: Online Meet Entries:**

Enter at: <http://swimconnection.com/pc/meet/plssrvl> to receive immediate confirmation of acceptance via email (the same web site can be used to check for session open or closed status). The "billing information" email should be brought to the meet as proof of entry. Online entry requires payment by credit card using our secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Online entries must be entered through the online entry system no later than 7:00 p.m. Wednesday, November 29, 2006. Use of this system is completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming.

**Option 2: Traditional Postal System Mailed Entries:**

TEAM CONSOLIDATED ENTRIES ENCOURAGED. All entries must be on attached Consolidated Entry Card(s). Entry cards must be completely filled out, including best short course time for each event. Entered times must be submitted in yards. **"NO TIME" entries will NOT be accepted.** Entries **must** be postmarked by Monday, November 27 or hand delivered no later than 7:00 PM on Wednesday, November 29, 2006. No late entries will be accepted. Except for mandatory scratches, no refunds will be made.

**ENTRY FEES:** \$2.25 per event and a \$5.00 participation fee per swimmer to help cover meet expenses.

WE ENCOURAGE TEAM ENTRIES TO BE SUBMITTED TOGETHER AND PAID ON A TEAM CONSOLIDATED BASIS, INDICATING FACILITY PREFERENCE. THIS WILL HELP TO ENSURE THAT EACH TEAM WILL STAY TOGETHER. \*\* FACILITY ASSIGNMENTS WILL BE DONE BASED ON THE 12-UN 4 HOUR RULE AND AN EVEN SPLIT.

**Refunds will not be made because you are unhappy with your facility designation.**

Make checks payable to "Pleasanton Seahawks" and mail with entries to:

Swim Meet Entries  
C/O K Narum  
7749 Palmdale Ct.  
Pleasanton, CA 94588

Directions: From Southbound on 680, exit Stoneridge Dr. turn right at the stoplight onto Stoneridge Dr. turn left onto Springdale Dr. and go until it dead ends. Turn right onto Muirwood Dr. second left onto Hillcrest Dr. first right onto Palmdale Ct. From northbound on 680 exit Stoneridge Dr. turn left at the stoplight onto Stoneridge Dr. follow the direction listed above.

Phone calls will not be accepted or returned to check entry status. If you wish confirmation that your entry has been received, please include a self-addressed, stamped envelope or postcard with your entry.

\*\* FACILITY NOTIFICATION will be made by way of phone or email to coaches when team has more than 5 entries. When team has less than 5 entries, individual swimmers will be notified using contact information provided on the consolidated entry card. Notifications will be made by December 4, 2006.

**AWARDS:** Ribbons 1<sup>st</sup> - 8<sup>th</sup> place for A, B and C Divisions. 13-18 events will be scored separately as 13-14, 15-16 and 17-18 age groups. All "C" and "B" swimmers achieving a new "A" time will be awarded a standard "A" medal, regardless of place achieved in the event.

NOTE: Awards must be picked up before the conclusion of the meet. Awards will not be mailed.

**ADMISSION:** FREE. A two-day meet program will be available for \$4.00.

**HOSPITALITY:** Lunch & beverages will be served to deck officials and coaches. Snacks and beverages will be served to timers throughout the day.

**SNACK BAR:** Nutritious snacks will be available at the Snack Bar.

**PARKING:**

**Facility A:** Carpooling is suggested. Parking for Officials and Coaches will be available in the parking lot behind the pool. Please be prepared to show your USA-S credentials. Limited general parking is available in the lot in front of the pool. Limited parking is available on adjacent streets. **NO OVERNIGHT OR RV PARKING IS PERMITTED.** Additional parking space are available in the Alisal Elementary and Oak Grove Elementary parking lots (located on Black Ave.). Please note signs and avoid parking in restricted areas.

**Facility B:** Parking is available BEHIND the school in the south parking lot, and on some neighborhood streets. Parking spaces between front of pool entrance and tennis courts is for Coaches and Officials ONLY. ***DO NOT PARK WHERE "NO PARKING" SIGNS OR "PERMIT PARKING ONLY" SIGNS ARE POSTED. YOU WILL RECEIVE A TICKET!!!!***

**EVENT SUMMARY BY AGE GROUP**

	<u><b>8 &amp; UN</b></u>	<u><b>9 - 10</b></u>	<u><b>11 - 12</b></u>	<u><b>13 - 18</b></u>
<u><b>Saturday</b></u>	50 FREE 50 FLY 25 BACK	200 FREE 100 FLY 50 BACK 100 IM	100 FREE 50 FLY 200 BACK 200 IM	200 FREE 50 FREE 200 BACK 400 IM
<u><b>Sunday</b></u>	25 BREAST 50 BACK 25 FREE	100 BACK 50 FREE 100 BREAST 50 FLY	200 FREE 50 BACK 200 FLY 100 BREAST	100 FREE 100 BREAST 100 FLY 500 FREE

**SATURDAY, DECEMBER 9, 2006**

Event No.		Age Group	Event	Girls "B"	Girls "A"	Boys "B"	Boys "A"
Girls	Boys						
1	2	11 – 12	100 FREE	1:13.59	1:03.09	1:13.29	1:02.89
3	4	9 – 10	200 FREE	3:20.19	2:36.39	3:09.89	2:31.89
5	6	13 – 14	200 FREE	2:36.59	2:14.19	2:26.79	2:05.79
		15-16		2:33.39	2:11.49	2:20.89	2:00.79
		17-18		2:32.29	2:10.59	2:17.99	1:58.29
7	8	8 – UN	50 FREE	51.99	42.99	51.99	40.89
9	10	11 – 12	50 FLY	38.09	32.69	38.59	32.39
11	12	9 – 10	100 FLY	1:57.49	1:26.69	1:55.39	1:25.69
13	14	13-14	50 FREE	33.39	28.69	31.09	26.59
		15-16		32.89	28.19	29.59	25.39
		17-18		32.79	28.19	28.99	24.89
15	16	8 – UN	50 FLY	59.99	52.59	59.99	52.09
17	18	11 – 12	200 BACK	3:03.29	2:37.09	2:59.39	2:33.79
19	20	9 – 10	50 BACK	48.89	38.19	49.29	38.39
21	22	13 – 14	200 BACK	2:51.79	2:27.29	2:42.79	2:19.49
		15 – 16		2:50.19	2:25.89	2:34.79	2:12.69
		17 – 18		2:47.89	2:23.89	2:30.59	2:09.09
23	24	8 – UN	25 BACK	27.99	23.19	27.99	22.69
25	26	9 – 10	100 IM	1:45.69	1:23.19	1:41.59	1:21.29
27	28	11 – 12	200 IM	3:04.99	2:38.59	3:03.49	2:35.89
29	30	13 – 14	400 IM	6:12.89	5:19.59	5:52.79	5:02.39
		15 – 16		6:06.49	5:14.09	5:37.29	4:49.09
		17 – 18		6:04.39	5:12.29	5:30.29	4:43.09

**SUNDAY, DECEMBER 10, 2006**

Event No.		Age Group	Event	Girls "B"	Girls "A"	Boys "B"	Boys "A"
Girls	Boys						
31	32	11 – 12	200 FREE	2:43.49	2:20.19	2:39.39	2:16.59
33	34	13 – 14	100 FREE	1:12.59	1:02.19	1:07.69	57.99
		15 – 16		1:11.29	1:01.09	1:04.59	55.39
		17 – 18		1:10.89	1:00.79	1:03.39	54.29
35	36	9 – 10	100 BACK	1:45.69	1:22.19	1:43.29	1:21.69
37	38	8 – UN	25 BREAST	29.99	24.79	29.99	24.29
39	40	11 – 12	50 BACK	39.99	34.29	39.79	33.69
41	42	13 – 14	100 BREAST	1:30.99	1:17.99	1:24.39	1:12.29
		15 – 16		1:29.09	1:16.39	1:20.69	1:09.19
		17 – 18		1:29.09	1:16.39	1:18.79	1:07.59
43	44	9 – 10	50 FREE	40.09	32.39	39.19	31.89
45	46	11 – 12	200 FLY	3:06.29	2:39.69	3:04.69	2:38.29
47	48	8 – UN	50 BACK	59.99	51.59	59.99	50.49
49	50	13 – 14	100 FLY	1:19.39	1:08.09	1:13.99	1:03.39
		15 – 16		1:17.99	1:06.89	1:10.59	1:00.49
		17 – 18		1:16.99	1:05.99	1:08.99	59.09
51	52	9 – 10	100 BREAST	1:59.99	1:33.39	1:56.79	1:32.69
53	54	11 – 12	100 BREAST	1:36.39	1:22.19	1:35.69	1:21.09
55	56	8-UN	25 FREE	23.49	19.49	23.49	18.39
57	58	9-10	50 FLY	48.79	37.29	47.29	36.69
59	60	13 – 14	500 FREE	6:51.79	5:52.99	6:35.99	5:39.39
		15 – 16		6:46.39	5:48.39	6:19.39	5:25.29
		17 – 18		6:43.89	5:46.19	6:10.59	5:17.69



**Total Number of Splashes:** \_\_\_\_\_ x \$2.25 = \$ \_\_\_\_\_

**Total Check Enclosed** \$ \_\_\_\_\_

**Make Check Payable to: "Pleasanton Seahawks"**

**and mail to: Swim Meet Entries  
c/o K. Narum  
7749 Palmdale Ct.  
Pleasanton, CA 94588**

**Entries may be turned in on an individual basis. Turning in entries as a team will help to ensure that each team will stay together. It is also a courtesy to the entry chair.**