

ORINDA AQUATICS

Zone 2 Short Course PC-C/B/A+ Meet

Saturday and Sunday, October 9 & 10 2010

Enter online at: <http://ome.swimconnection.com/pc/oapb20101009>

USA Pacific Swimming Sanction NO.: 10-120

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 25-yard competition pool with up to 16-lanes. A Separate warm-up pool will be available. The minimum water depth as measured in accordance with article 103.2.3 is 10' on the west end and 7' on the east end of the competition pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

TIME: Meet begins at 9:00 AM each day. General warm-up is from 7:30 to 8:45 AM. A Special 8-under only warm-up will be available from 8:45-8:55.

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.** If local 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 entering 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 containers allowed in all areas of the meet venue. 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 participate in the 17-18 division, but may not receive awards. Such swimmers must have met the listed time standards for the 17-18 age group. 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.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

ENTRY TIMES: Meet is open to all qualified swimmers. 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 Swimmers 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 **SHORT COURSE YARDS** time for each event. Time Conversions from long course meters 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: There is no penalty for missing an event.

ENTRIES: TWO OPTIONS FOR MEET ENTRY

Entry Priority: Zone 2 entries postmarked or entered online by 11:59 pm, Monday, September 20, 2010 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.

Online Meet Entries: Deadline by midnight, **Thursday, September 30, 2010.**

Enter online at: <http://ome.swimconnection.com/pc/oapb20101009> 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.**

Surface Mail Entries: Entry forms must be completely filled out including best **short course YARD time** for each event. See Entry Times rules. **"No Entry Times" will not be accepted.** Entries **must** be postmarked by midnight, **Tuesday, September 28, 2010** or hand delivered to the address below, **no later than 5:00 PM, Thursday, September 30, 2010.** 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:

Orinda Aquatics – 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, 15-16 and 17-18 age groups. "A" medals will be awarded to "PC-B" level swimmers achieving a new "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: Frank Kennedy
Head Starter: Clint Benton
Head Marshal: Jeff Jacobs
Meet Director: Cynthia Funai

EVENT RECAP

| SATURDAY | | | | | SUNDAY | | | | |
|----------|-----------|------------|------------|------------|-----------|----------|--------|------------|------------|
| 8&under | 10&under | 9-10 | 11-12 | 13-18 | 8&under | 10&under | 9-10 | 11-12 | 13-18 |
| 25 Fly | 50 Free | 100 Back | 200 Free | 200 Free | 25 Back | 50 Back | 50 Fly | 50 Back | 200 Back |
| 25 Free | 100 IM | 100 Breast | 100 Breast | 100 Breast | 25 Breast | 100 Free | 200 IM | 100 Fly | 100 Fly |
| | 50 Breast | | 50 Fly | 200 Fly | | | | 50 Free | 50 Free |
| | | | 100 Back | 100 Back | | | | 200 Breast | 200 Breast |
| | | | 100 Free | 100 Free | | | | 400 IM | 400 IM |

SATURDAY EVENTS

| GIRLS EVENT # | PC-B Time | PC-A Time | EVENTS | PC-A Time | PC-B Time | BOYS EVENT # |
|------------------|--------------|--------------|--------------------|--------------|--------------|-----------------|
| 1 | 2:47.59 | 2:32.09 | 17-18 200 Free | 2:14.29 | 2:27.99 | 2 |
| | 2:42.59 | 2:27.59 | 15-16 200 Free | 2:14.29 | 2:27.99 | |
| | 2:42.59 | 2:27.59 | 13-14 200 Free | 2:20.39 | 2:34.59 | |
| 3 | 2:52.39 | 2:36.49 | 11-12 200 Free | 2:37.49 | 2:53.59 | 4 |
| 5 | 26.99 | 21.59 | 8&Under 25 Fly | 20.49 | 26.99 | 6 |
| 7 | 40.29 | 36.49 | 10&Under 50 Free | 36.59 | 40.39 | 8 |
| 9 | 1:43.39 | 1:33.89 | 11-12 100 Breast | 1:33.19 | 1:42.59 | 10 |
| 11 | 23.49 | 19.49 | 8&Under 25 Free | 18.39 | 23.49 | 12 |
| 13 | 1:42.59 | 1:33.19 | 10&Under 100 IM | 1:33.19 | 1:42.59 | 14 |
| 15 | 1:43.99 | 1:34.39 | 17-18 100 Breast | 1:21.09 | 1:29.29 | 16 |
| | 1:38.69 | 1:29.49 | 15-16 100 Breast | 1:19.79 | 1:27.99 | |
| | 1:37.19 | 1:28.19 | 13-14 100 Breast | 1:23.49 | 1:31.99 | |
| 17 | 54.09 | 49.09 | 10&Under 50 Breast | 49.09 | 54.09 | 19 |
| 19 | 40.39 | 36.69 | 11-12 50 Fly | 36.29 | 39.99 | 20 |
| 21 | 3:18.59 | 3:00.29 | 17-18 200 Fly | 2:42.19 | 2:58.59 | 22 |
| | 3:08.59 | 2:51.19 | 15-16 200 Fly | 2:38.49 | 2:54.59 | |
| | 3:11.29 | 2:53.59 | 13-14 200 Fly | 2:46.99 | 3:03.99 | |
| 23 | 1:42.59 | 1:33.19 | 9-10 100 Back | 1:35.59 | 1:45.29 | 24 |
| 25 | 1:31.99 | 1:23.49 | 11-12 100 Back | 1:23.49 | 1:31.99 | 26 |
| 27 | 1:32.09 | 1:23.59 | 17-18 100 Back | 1:13.09 | 1:20.49 | 28 |
| | 1:27.99 | 1:19.79 | 15-16 100 Back | 1:12.59 | 1:19.99 | |
| | 1:26.69 | 1:18.59 | 13-14 100 Back | 1:14.99 | 1:22.69 | |
| 29 | 1:57.29 | 1:46.49 | 9-10 100 Breast | 1:47.69 | 1:58.59 | 30 |
| 31 | 1:18.89 | 1:11.59 | 11-12 100 Free | 1:10.79 | 1:17.99 | 32 |
| 33 | 1:16.29 | 1:09.19 | 17-18 100 Free | 1:00.79 | 1:07.09 | 34 |
| | 1:15.29 | 1:08.39 | 15-16 100 Free | 1:01.59 | 1:07.89 | |
| | 1:15.89 | 1:08.79 | 13-14 100 Free | 1:04.29 | 1:10.79 | |

SUNDAY EVENTS

| GIRLS EVENT # | PC-B Time | PC-A Time | EVENTS | PC-A Time | PC-B Time | BOYS EVENT # |
|------------------|--------------|--------------|----------------|--------------|--------------|-----------------|
| 35 | 3:22.59 | 3:03.89 | 17-18 200 Back | 2:46.49 | 3:03.39 | 36 |
| | 3:07.99 | 2:50.59 | 15-16 200 Back | 2:37.29 | 2:53.29 | |

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|-----------|---------|---------|-------------------|---------|---------|-----------|
| | 3:06.39 | 2:49.09 | 13-14 200 Back | 2:43.39 | 2:59.99 | |
| 37 | 42.69 | 38.69 | 11-12 50 Back | 38.69 | 42.69 | 38 |
| 39 | 27.99 | 23.19 | 8&Under 25 Back | 22.69 | 27.99 | 40 |
| 41 | 47.99 | 43.49 | 10&Under 50 Back | 43.49 | 47.99 | 42 |
| 43 | 1:31.19 | 1:22.69 | 11-12 100 Fly | 1:22.89 | 1:31.29 | 44 |
| 45 | 29.99 | 24.79 | 8&Under 25 Breast | 24.29 | 29.99 | 46 |
| 47 | 45.99 | 41.69 | 9-10 50 Fly | 41.19 | 45.49 | 48 |
| 49 | 1:25.29 | 1:17.39 | 17-18 100 Fly | 1:08.89 | 1:15.99 | 50 |
| | 1:23.59 | 1:15.89 | 15-16 100 Fly | 1:08.19 | 1:15.19 | |
| | 1:25.69 | 1:17.79 | 13-14 100 Fly | 1:13.19 | 1:20.69 | |
| 51 | 36.29 | 32.89 | 11-12 50 Free | 32.69 | 35.99 | 52 |
| 53 | 1:29.29 | 1:21.09 | 10&Under 100 Free | 1:21.09 | 1:29.29 | 54 |
| 55 | 35.59 | 32.29 | 17-18 50 Free | 28.09 | 30.99 | 56 |
| | 34.69 | 31.39 | 15-16 50 Free | 28.09 | 30.99 | |
| | 35.09 | 31.79 | 13-14 50 Free | 29.79 | 32.79 | |
| 57 | 3:42.59 | 3:22.09 | 9-10 200 IM | 3:23.59 | 3:44.39 | 58 |
| 59 | 3:43.79 | 3:23.19 | 11-12 200 Breast | 3:15.69 | 3:35.59 | 60 |
| 61 | 3:42.59 | 3:22.09 | 17-18 200 Breast | 3:01.49 | 3:19.99 | 62 |
| | 3:31.99 | 3:12.39 | 15-16 200 Breast | 2:57.89 | 3:15.99 | |
| | 3:33.19 | 3:13.49 | 13-14 200 Breast | 3:04.09 | 3:22.79 | |
| 63 | 7:01.09 | 6:22.19 | 11-12 400 IM | 6:22.19 | 7:01.09 | 64 |
| 65 | 6:57.19 | 6:18.69 | 17-18 400 IM | 5:43.69 | 6:18.59 | 66 |
| | 6:34.59 | 5:58.19 | 15-16 400 IM | 5:37.59 | 6:11.89 | |
| | 6:37.49 | 6:00.79 | 13-14 400 IM | 5:47.29 | 6:22.59 | |

| Entry Fee Summary | | | |
|---|---------|-------------|---------|
| # 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 | | | |

**Orinda Aquatics PC-CBA+ Short Course Meet
October 9 & 10, 2010
Consolidated Entry Card**

NAME (Last, First, MI):

LSC Code (PC, CC, SN):

| | | |
|------------|--------------------------|------------|
| CLUB ABBR: | IF UNATT Team Abbrev: | CLUB NAME: |
|------------|--------------------------|------------|

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|-----|---------------|-------------------|
| AGE | DATE OF BIRTH | AMOUNT PAID \$ |
|-----|---------------|-------------------|

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| USA-S REG # | | | | | | | | | | | | | | | | | | | | |
|----------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|

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|--------------------------|------------|
| SEX Boy Girl | Age Group: |
|--------------------------|------------|

| EVENT # | DISTANCE/STROKE | ENTRY TIME (SCY) |
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of events _____ x \$ 2.75 = _____
 Participation Fee = + \$ 5.00
 Total Amount Due _____

Coach:

| | |
|----------------------|--|
| Swimmer's Address | |
|----------------------|--|

Contact Phone #
Contact Email: