

Pacific Swimming Short Course Junior+ Meet

hosted by the Walnut Creek Aquabears
Saturday, February 2, and Sunday, February 3, 2008

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

SANCTION: Held under USA/Pacific Swimming Sanction No.: **0098J**

LOCATION: *Clarke Memorial Swim Center, Heather Farm Park, Walnut Creek*, 1750 Heather Drive (between Marchbanks and North San Carlos Drive). Parking is also available in the softball fields across the street from the swim center. **From I-680 North**, take the Ygnacio Valley Road Exit and turn right. Turn left onto North San Carlos Drive, and left onto Heather Drive. The pool is on the right. **From I-680 South**, take the Treat Boulevard exit. Turn left onto North Main, and left onto Treat Boulevard. Turn right onto Bancroft Road. Turn right onto Ygnacio Valley Road. Turn right onto North San Carlos Drive, and left onto Heather Drive. The pool is on the right.

COURSE: Outdoor, heated pool - 25 yards - up to 18 lanes available for competition. Separate warm-up pool is available.

TIME: Meet begins at 9:00 am each day. Warm-ups: 7:30 to 8:45 am each day.

RULES: Current U.S.A. 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 up to four events per day.** All coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner. The 1000 Free and the 1650 Free will be swum fastest to slowest, alternating women and men. There will be a 15 minute break before the start of the 1000 Free and the 1650 Free. **Swimmers competing in the 1000 Free and the 1650 Free must provide their own timers and counters.**

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 containers, other than provided for the snack bar, will be allowed in all areas of the meet venue. No glass containers allowed on deck. Please ensure that your shelters are adequately fastened to the ground, or in some way restrained from becoming airborne.

ELIGIBILITY: All swimmers must have a current USA-S Registration Card and must enter the number on their entry cards. 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 current registration fees. Meet is open to all qualified swimmers. A swimmer who qualifies for Junior times or better in a specific stroke and distance will be considered qualified in the same stroke and distance in all courses. If the time was made in Short Course Yards, enter your SCY time. If the time was made in Long Course Meters, enter your LCM time. **No time conversion will be accepted.** Swimmers who have provable times in 1 or more events may enter 2 additional bonus events during the meet. **Swimmers aged 13 and over may enter without proof of time. Swimmers aged 12 and under may enter this meet but are subject to proof-of-time requirement** 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:

Head Referee: Larry Rice Meet Director: Leo Lin, , aquabears@gmail.com; (925) 933-2708
Head Starter: Brian Malick Head Meet Marshal: Marci Shackleton

ENTRIES: Option 1 – Online Meet Entries:

(The deadline for all online meet entries is Wednesday, Jan 23, 2008)

Using your browser, go to: <http://www.swimconnection.com/pc/meet/wcab>

Follow entry instructions:

- a. Enter all swimmers
- b. Make online credit card payment for meet entries at the secure site
- c. You will receive confirmation of acceptance into the meet at time of payment. This confirmation should be brought to the meet as proof of entry.

Note: Entering the meet online is completely voluntary and is in no way required or expected in order to enter the meet. Swim Connection LLC charges a processing fee for this service of \$1.00 per swimmer plus 5% of the Entry Fees. 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 the attached forms.

Option 2 – Surface Mail Entries: Individual Consolidated Entry Cards must be completely filled out, including best short course yard time, or long course meter time. Entered times should be submitted in short course yards (SCY) or non-conforming long course meters (LCM). **‘No time’ entries will not be accepted.** Entries must be postmarked by midnight Monday, January 21, 2008, or hand delivered by 8:00 p.m. on Wednesday, January 23, 2008 to 1374 Lupine Court, Concord, CA 94521. No late entries will be accepted. **No refunds will be made.** Enclose an addressed stamped postcard if you wish to confirm entry.

Entry forms must be completely filled out, including best conforming short course yard time, or non conforming long course meter time for each event. All entries shall be noted by (SCY) or (LCM) to the **left** of the entry time.

[**SCY** = short course yards; **LCM** = long course meters.]

DO NOT CONVERT TIMES USING ANY CONVERSION FORMULAS.

ENTRY FEES: \$4.50 per event and a \$5.00 participation fee per swimmer to cover meet expenses. **Make checks payable to "WCAB" and mail entries to: WCAB Meet Entries, 1374 Lupine Court, Concord, CA 94521.** Any question regarding entries should be directed to Laurie Benton, 925-686-1286.

AWARDS: None.

ADMISSION: FREE. A two-day meet program will be available for a reasonable cost.

SNACK BAR: Nutritious snacks will be available at the Snack Bar. Lunch & beverages will be served to deck officials and coaches. Snacks and beverages will be served to timers throughout the day.

Events for Saturday, February 2, 2008

Women's Event #	Women's Junior Times		Event	Men's Junior Times		Men's Event #
	SCY	LCM		SCY	LCM	
1	2:37.99	2:58.19	200 I.M.	2:29.59	2:48.49	2
3	2:42.39	3:02.69	200 Fly	2:34.59	2:54.09	4
5	**see note below		50 Fly	**see note below		6
7	1:13.99	1:23.39	100 Back	1:11.69	1:20.89	8
9	6:01.79	5:26.39	500 Free	5:49.49	5:15.59	10
11	3:02.59	3:24.89	200 Breast	2:52.49	3:13.79	12
13	**see note below		50 Breast	**see note below		14
15	1:03.79	1:12.19	100 Free	59.49	1:07.49	16
17	20:47.89	21:20.59	1650 Free	19:40.79	20:13.39	18

Events for Sunday, February 3, 2008

Women's Event #	Women's Junior Times		Event	Men's Junior Times		Men's Event #
	SCY	LCM		SCY	LCM	
19	5:35.99	6:17.59	400 I.M.	5:24.79	6:05.29	20
21	2:37.99	2:57.79	200 Back	2:36.49	2:56.19	22
23	**see note below		50 Back	**see note below		24
25	1:23.89	1:34.29	100 Breast	1:18.39	1:28.29	26
27	2:18.49	2:36.39	200 Free	2:09.99	2:26.99	28
29	1:12.39	1:21.69	100 Fly	1:07.79	1:16.59	30
31	29.49	33.49	50 Free	27.59	31.39	32
33	12:19.49	11:08.19	1000 Free	11:30.99	10:25.49	34

** Enter your 100 yard or meter time for 50 yard stroke in which you wish to compete.

12 and under swimmers who have provable times in 1 or more events may enter
2 additional bonus events during the meet.

