

ZONE 1S SHORT COURSE C/B/A+ MEET

CABRILLO THRESHERS

December 8 & 9, 2007

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

SANCTION: Held under USA Swimming/Pacific Sanction No.:

1737J

LOCATION:

University of California Santa Cruz, East Field House complex via Hagar Rd.

From the Bay Area take US 280 or CA 101 to US 880 to CA Hwy 17 south. Take Hwy 17 south to Santa Cruz, take the Highway 1 North exit (which turns into Mission St.) to Bay Street. Turn right on Bay which will take you to the base of campus (Bay & High streets). Enter the university at the Main entrance at Bay and High streets. Turn left at Hagar Road. Follow signs to "Event Parking" at the southwest parking lot near the pool complex.

COURSE:

25 yard by 50-meter outdoor, heated pool. Up to 16 competition lanes available, to be allocated on number of entries received. Separate warm-up and warm-down area available throughout the meet.

TIME:

Competition begins at **9 a.m. on Saturday and Sunday**; with warm-ups from **7:30 – 8:45 a.m.** Officials and coaches meetings will be conducted prior to the starting time.

RULES:

Current USA Swimming (USA-S) and Pacific Swimming rules will govern the meet. Pacific 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 five (5) events per day. All swimmers ages 12 and under should complete competition within four (4) hours.** Entries will be accepted until the number of splashes exceeds the estimated timeline per the "Four Hour Rule" based on the swimmers' age and gender. If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. 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:

Smoking and the use of other tobacco products at any time is strictly prohibited on all University property which includes but is not restricted to the pool deck, the locker rooms, spectator seating or standing areas, and all areas used by swimmers. Sale and use of alcoholic beverages is prohibited on all University property and all areas of the meet venue. Glass containers are prohibited in all areas of the meet venue. Propane heaters of any kind are prohibited in all areas of the meet venue. All animals are prohibited from the pool deck area at all times. Only Coaches' E-Z ups will be allowed on competition deck. All visitors are required to park in the University parking lots.

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 in the "A" division must have met at least the listed "A" time standard. Swimmers in the "B" division must have met at least the listed "B" time standard. All entry times slower than the listed "B" time standard will be in the "C" division. "No time" entries will be accepted and will be placed in the "C" division. 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. Swimmers 19 years of age and over may compete in the meet (17-18 time standards apply) for times only, no awards.

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 the event. Swimmers who do not check-in will not be allowed to compete in the 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 that were beyond the control of the swimmer.

OFFICIALS: Meet Referee: Soren Soe
Head Starter: Mike Piccardo Head Marshall: Rush Bolender
Meet Directors: *Jamie Marks* 831-722-3185 email: jmarks2@charter.net and
Patty Akiyama 831-768-9918 email: akicarn@aol.com

Online Meet Entries: You may enter the meet by mail or online. Online please enter at:

<http://swimconnection.com/pc/meet/cab>

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. 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. Fees collected by the use of this system are completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. Online entries will be accepted through Wednesday, **November 28, 2007.**

Option 2 - Mailed Entries: All entries must be on the attached consolidated entry card. Entry cards must be filled out completely and printed clearly with best short course times for each event. Entered times must be submitted in yards. "No time" entries will be accepted. Entry times submitted for this meet **will** be checked against a computer data base and may be changed in accordance with "Pacific Swimming Entry Time Verification". Entries must be postmarked by midnight **Monday, November 26, 2007.**

Except for mandatory scratches, no refunds will be made. Enclose a self-addressed stamped envelope with your entry form if you want confirmation that your entries have been accepted. Hand-delivered entries may be made through Wednesday, Nov. 28, at the address below.

ENTRY FEES: \$2.25 per individual event.
\$5.00 participation fee per swimmer to help cover meet expenses. Entries that do not include applicable fees will not be accepted. Make check payable to: **Cabrillo Threshers Swim Team.** Mail or hand deliver entries to:

**Patty Akiyama
471 Elkhorn Road
Watsonville, CA 95076 831-768-9918**

AWARDS: 1st through 8th place in each age division, C, B and A, will receive ribbons. The 13/14, 15/16 and 17/18 age groups will be awarded separately. Awards must be picked up at the end of the meet on Sunday as they will not be mailed. The coach or a designee should be responsible for picking up each teams' awards at the end of the meet.

ADMISSION: Admission is free. A two day program will be available for a fee.

REFRESHMENTS: A snack bar will be available Saturday and Sunday. Refreshments and lunch will be provided free to working officials.

MISCELLANEOUS: No overnight parking is authorized. Facilities will not be provided after meet hours. Parking is free on Saturday and Sunday, at the East parking lot. Follow signs to "Event Parking."

Age Group Events Saturday, December 8, 2007

8/un	10-un	11/12	13/18
50 Fly	100 Fly	100 Fly	200 Fly
25 Free	100 Free	100 Free	100 Free
25 Back	50 Back	50 Back	200 Back
50 Breast	50 Breast	50 Breast	100 Breast
100 Free	200 Free	500 Free	500 Free

Event No.		Age Group	Event	Girls "B"	Girls "A"	Boys "B"	Boys "A"
Girls	Boys						
1	2	8-un	50 Fly	59.99	52.59	59.99	52.09
3	4	10-un	100 Fly	1:57.49	1:26.69	1:55.39	1:25.69
5	6	11-12	100 fly	1:27.59	1:13.59	1:26.39	1:12.19
7	8	13-14	200 Fly	2:53.39	2:28.59	2:44.29	2:20.79
		15-16	200 Fly	2:50.99	2:26.59	2:36.79	2:14.39
		17-18	200 Fly	2:48.19	2:24.19	2:31.19	2:09.59
9	10	8-un	25 Free	23.49	19.49	23.49	18.39
11	12	10-un	100 free	1:31.89	1:12.29	1:29.19	1:10.79
13	14	11-12	100 Free	1:13.59	1:03.09	1:13.29	1:02.89
15	16	13-14	100 Free	1:12.59	1:02.19	1:07.69	57.99
		15-16	100 Free	1:11.29	1:01.09	1:04.59	55.39
		17-18	100 Free	1:10.89	1:00.79	1:03.39	54.29
17	18	8-un	25 Back	27.99	23.19	27.99	22.69
19	20	10-un	50 Back	48.89	38.19	49.29	38.39
21	22	11-12	50 Back	39.99	34.29	39.79	33.69
23	24	13-14	200 Back	2:51.79	2:27.29	2:42.79	2:19.49
		15-16	200 Back	2:50.19	2:25.89	2:34.79	2:12.69
		17-18	200 Back	2:47.89	2:23.89	2:30.59	2:09.09
25	26	8-un	50 Breast	1:04.99	55.29	1:04.99	54.79
27	28	10-un	50 Breast	53.59	41.99	53.89	42.49
29	30	11-12	50 Breast	44.29	37.99	44.59	37.59
31	32	13-14	100 Breast	1:30.99	1:17.99	1:24.39	1:12.29
		15-16	100 Breast	1:29.09	1:16.39	1:20.69	1:09.19
		17-18	100 Breast	1:29.09	1:16.39	1:18.79	1:07.59
33	34	8-un	100 free	1:54.59	1:35.29	1:51.59	1:28.99
35	36	10-un	200 Free	3:20.19	2:36.39	3:09.89	2:31.89
37	38	11-12	500 Free	7:10.79	6:09.29	7:05.49	6:04.69
39	40	13-14	500 Free	6:51.79	5:52.99	6:35.99	5:39.39
		15-16	500 Free	6:46.39	5:48.39	6:19.39	5:25.29
		17-18	500 Free	6:43.89	5:46.19	6:10.59	5:17.69

Age Group Events Sunday December 9, 2007

8-un	10-un	11-12	13-18
25 Breast	100 Breast	100 Breast	200 Breast
50 Free	50 Free	50 Free	50 Free
50 Back	100 Back	200 Back	100 Back
25 Fly	50 Fly	50 Fly	100 Fly
100 IM	100 IM	400 IM	400 IM

Event No.	Age Group		Event	Girls "B"	Girls "A"	Boys "B"	Boys "A"
	Girls	Boys					
41	42	8-un	25 Breast	29.99	24.79	29.99	24.29
43	44	10-un	100 Breast	1:59.99	1:33.39	1:56.79	1:32.69
45	56	11-12	100 Breast	1:36.39	1:22.19	1:35.69	1:21.09
47	48	13-14	200 Breast	3:15.99	2:47.99	3:02.39	2:36.29
		15-16	200 Breast	3:12.09	2:44.69	2:55.09	2:30.09
		17-18	200 Breast	3:12.29	2:44.79	2:52.19	2:27.59
49	50	8-un	50 Free	51.99	42.99	51.99	40.89
51	52	10-un	50 Free	40.09	32.39	39.19	31.89
53	54	11-12	50 Free	34.59	29.79	33.39	28.59
55	56	13-14	50 Free	33.39	28.69	31.09	26.59
		15-16	50 Free	32.89	28.19	29.59	25.39
		17-18	50 Free	32.79	28.19	28.99	24.89
57	58	8-un	50 Back	59.99	51.59	59.99	50.49
59	60	10-un	100 Back	1:45.69	1:22.19	1:43.29	1:21.69
61	62	11-12	200 Back	3:03.29	2:37.09	2:59.39	2:33.79
63	64	13-14	100 Back	1:20.19	1:08.69	1:15.69	1:04.89
		15-16	100 Back	1:18.99	1:07.69	1:11.49	1:01.29
		17-18	100 Back	1:18.19	1:06.99	1:09.99	59.99
65	66	8-un	25 Fly	26.99	21.59	26.99	20.49
67	68	10-un	50 Fly	48.79	37.29	47.29	36.69
69	70	11-12	50 Fly	38.09	32.69	38.59	32.39
71	72	13-14	100 Fly	1:19.39	1:08.09	1:13.99	1:03.39
		15-16	100 Fly	1:17.99	1:06.89	1:10.59	1:00.49
		17-18	100 Fly	1:16.99	1:05.99	1:08.99	59.09
73	74	8-un	100 IM	2:09.99	1:49.29	2:09.99	1:45.09
75	76	10-un	100 IM	1:45.69	1:23.19	1:41.59	1:21.29
77	78	11-12	400 IM	6:34.39	5:38.09	6:27.29	5:31.99
79	80	13-14	400 IM	6:12.89	5:19.59	5:52.79	5:02.39
		15-16	400 IM	6:06.49	5:14.09	5:37.29	4:49.09
		17-18	400 IM	6:04.39	5:12.29	5:30.29	4:43.09

Cabrillo Threshers
C/B/A+ Short Course Swim Meet
December 8 & 9, 2007
SAMMS CONSOLIDATED ENTRY CARD

Name: Last		First		Initial	
Club Abbr.	Club Name:				If Unat, Club Abbr.
Age	Date of Birth / /		Amount Paid \$		
USS Reg. Number					X
					X
					X
Sex	M		F		Age Group
Event No.	Distance & Stroke			Time	
() Events x \$2.25 =			\$		
Participation Fee \$5.00 =			\$		
Total =			\$		
Coach:					
Swimmer's Address					
Phone # ()					
Email Address:					

