

# 2010 Contra Costa Swim League

## 36<sup>th</sup> Annual Championship

**Date:** Saturday July 31 and Sunday August 1, 2010  
**Time:** Warm Ups from 7:30 – 8:40 am Meet begins at 9:00 am  
**Location:** Pleasant Hill Education Center Pool  
1 Santa Barbara Rd., Pleasant Hill  
**Course:** 25 yards, 8 lanes  
**Entries:** Unlimited individual and relay entries

<b>Meet Entries and Team Roster due Friday July 23</b>	<b>Workers List, Coaches List and Estimated Entry Fee Worksheet due Friday July 23</b>
<b>Send Meet Entry files to:</b> Grant Bazan at DHST Email: <a href="mailto:lgnbazan@comcast.net">lgnbazan@comcast.net</a> Phone: 672-2466	<b>Send files to:</b> Lisa Hollidge at LMYA Email: <a href="mailto:lisahollidge@hotmail.com">lisahollidge@hotmail.com</a> Phone: 372-9395

### Entry Fees:

Individual entries: \$1.50 per swimmer per event  
Relays: \$3.00 per team  
*Entry fees will be calculated and paid after the event.*

### Meet Entry Packet Contains the following:

- General Information
- Meet Site Map
- Order of Events
- Team Work Assignments
- Instructions for Preparing Meet Entry File

### Plus a separate document for you to fill out and return with

- Worker List
- Coach List
- Estimated Entry Fee Worksheet

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### General Information

#### **Awards:**

Individual Events – A Level : Medals 1st through 10<sup>th</sup> for fastest overall times in event.

Individual Events – B Level : Medals 1st through 10<sup>th</sup> for fastest times in bottom/slower half of event.

Relays: Medals 1st through 10th.

Heat Winner and Heat Runner Up medals

Participation pins for all swimmers.

Each team will receive a team award denoting its finish in the Meet.

Record Breaker Rosettes for Individual and Relay Records.

A High Point trophy will be given to the highest scoring individual in each age group.

Runner-up High Point trophy will be given to the second highest scoring individual in each age group.

#### **Scoring:**

Scoring will be for the first eight places for individual events and the first six places for relays.

#### **Points:**

Individual: 9 7 6 5 4 3 2 1

Relays: 14 10 8 6 4 2

#### **Seeding:**

The meet will be pre-seeded. Heats arranged after entries close. In the event that the total entries checked in for heats 1 and 2 of an event are less than 8 swimmers, the heats may be combined. Heats will be assigned with the slowest eight in the first heat and the fastest eight in the last heat.

#### **Clerk of the Course:**

Located in the outside basketball court next to the main parking area as indicated on the site map. Only swimmers and coaches will be allowed inside the clerk of the course. All swimmers should be marked with a name and their heat and lane assignment. A coach from each team should accompany the 8 & Under Relays into the Clerk of the Course to aid in order assignment.

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### Warm-up assignments:

Warm Ups from 7:30 – 8:40 am:

Lanes 1 & 2 Dana Hills

Lanes 3 & 4 East County

Lanes 5 & 6 LMYA

Lanes 7 & 8 Walnut Creek

Lanes 9 & 10 Pleasant Hill

### Warm-up & Swim-down Regulations:

No swimmers will be allowed to participate in pre-meet warm ups without a coach to supervise the warm-up. Lane 10 is for warm up & swim down only and to be used only by 13 – 18 men & women.

### Rules:

Swimmers enter the meet according to their age on June 15th. Entrants may swim up an age group but must enter the same age group in all events, including relays. A swimmer must have competed for his/her team at least once during the current summer against another CCSL team. Current County Meet rules will govern strokes, turns, starts, finishes, etc. ("faults") except that in younger swimmers and in the early, slower heats, faults will lead to a disqualification only when the fault gives the swimmer an advantage affecting the results of a heat, event, medals, or team points. Compliance will be enforced by the referee, starter, stroke and turn judges and the desk, whose decisions are final. Video tape "evidence" is not to be presented to meet officials. There will be absolutely NO mixed relays. Issues and/or problems with the conduct of the meet will be resolved by the Meet Director.

### Swimsuit Guidelines/Restrictions:

Swimmers appearing wearing suits that do not meet the following guidelines will be disqualified. **For female swimmers**, the swimsuit shall not cover the neck, extend past the shoulders or below the knee. **For male swimmers**, the swimsuit shall not extend above the navel or below the knee. No zippers or other fastening devices are allowed except for a waist tie on a brief or jammer. Suits must be of a textile material and must not be made of any rubberized material such as polyurethane or neoprene.

### Safety:

Any behavior deemed by a Meet Marshall to be unsafe will not be tolerated. Each Meet Marshall shall have the authority to recommend the ejection of any one behaving in an unsafe manner from the school grounds and recommend to the Meet Director that such individual be removed from further competition in the Meet.

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### **Alcoholic beverages:**

No alcoholic beverages or glass containers will be allowed in the enclosed pool areas. No alcoholic beverages will be allowed in the team areas outside the enclosed pool area. Any possession of alcohol in these areas will result in your team being removed from the meet.

### **Smoking:**

No smoking will be permitted inside the pool area or in any of the team areas.

### **Security:**

Keep control of your valuables at all times, but especially towards the end of the day as people are leaving. Do not leave anything overnight.

### **Coaches Programs:**

One program per coach will be available at the desk on Saturday morning.

### **Shift Changes:**

Saturday's shift change is scheduled to occur after the completion of the Freestyle events. Sunday's change will occur after Backstroke. There will be no break between shifts. Afternoon workers should be on deck, ready to step in at the conclusion of the morning's events. Each team's work coordinator should be on deck 20 minutes before the shift change.

### **Parent Relays and Coaches Relays:**

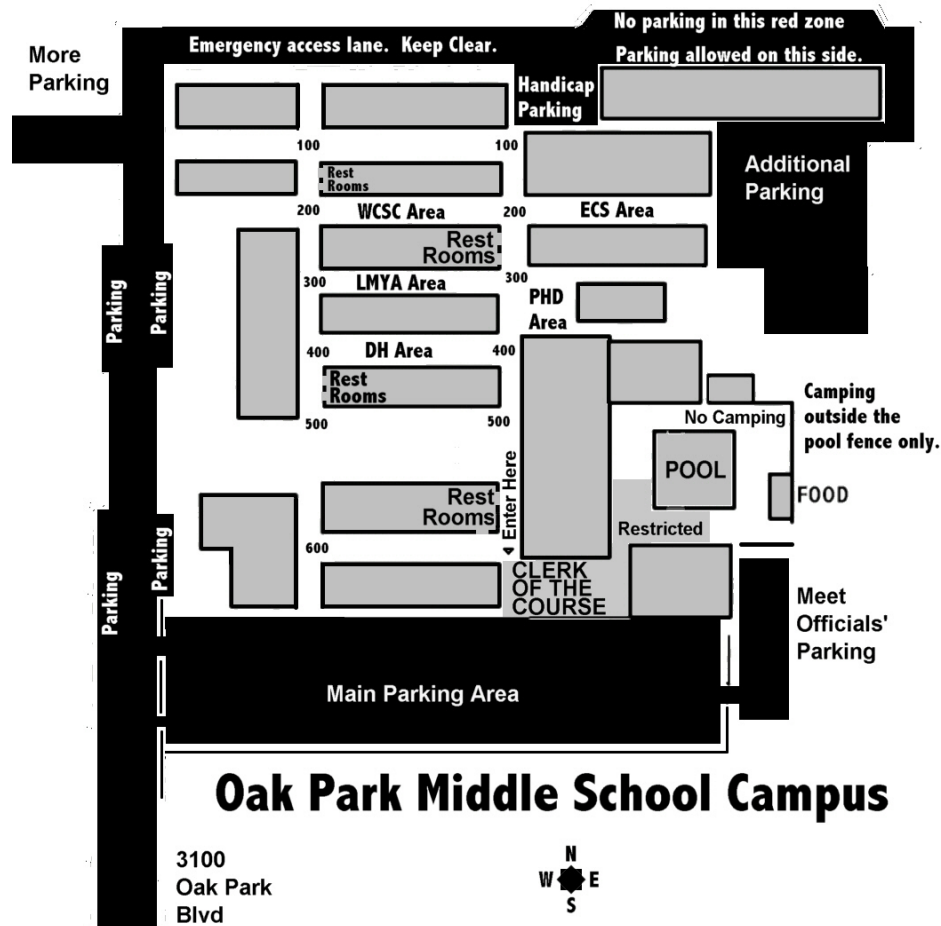
At the end of the meet on Sunday, there will be Parents' Relays and a Coaches' Relay. The Parents' Relays will be Free Relays, separate for men and women, but no age group classifications. Each relay will consist of four parents, each swimming 25 yards. All participants must be parents of swimmers of the club they represent. Multiple entries are encouraged.

The Coaches' Relay will consist of four coaches each swimming 25 yards of a Medley Relay. All entries due to the Desk no later than 11:00 am on Sunday. These special events will not be counted in team scoring. Awards will be CCSL medals for first through 10th place as well as Record Breaker Ribbons.

*Note: CCSL does not provide lunches for any workers, including officials.*

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## Meet Site Map Pleasant Hill Education Center Pool



- Teams may set up anywhere throughout the campus after 5 AM the morning of the meet outside the pool fence. Because of the large number of swimmers, no "camp sites" will be allowed within the pool fence.
- The school intercom system, which can be heard throughout the campus, will be used to call swimmers to the Clerk of the Course. Teams often find it most convenient if all their swimmers are located in one general area. Suggested team areas are indicated on the map.
- Keep control of your valuables at all times, but especially towards the end of the day as people are leaving. Do not leave anything overnight.
- Being a school campus, no smoking, alcoholic beverages, drugs or weapons are allowed.
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### Order Of Events

#### Saturday

#### Sunday

<u>AGE</u>	<u>GIRLS</u>	<u>BOYS</u>	<u>EVENT</u>
11-12	1	2	100 Ind. Medley
13-14	3	4	100 Ind. Medley
15-18	5	6	100 Ind. Medley
6 & U	7	8	25 yd. Freestyle
7 - 8	9	10	25 yd. Freestyle
9 - 10	11	12	50 yd. Freestyle
11 - 12	13	14	50 yd. Freestyle
13 - 14	15	16	50 yd. Freestyle
15 - 18	17	18	100 yd. Freestyle
<b>shift change</b>			
6 & U	19	20	25 yd Breaststroke
7 - 8	21	22	25 yd. Breaststroke
9 - 10	23	24	50 yd. Breaststroke
11 - 12	25	26	50 yd. Breaststroke
13 - 14	27	28	50 yd. Breaststroke
15 - 18	29	30	100 yd. Breaststroke
6 & U	31	32	100 yd. Medley Relay
7 - 8	33	34	100 yd. Medley Relay
9 - 10	35	36	200 yd. Medley Relay
11 - 12	37	38	200 yd. Medley Relay
13 - 14	39	40	200 yd. Medley Relay
15 - 18	41	42	200 yd. Medley Relay

<u>AGE</u>	<u>GIRLS</u>	<u>BOYS</u>	<u>EVENT</u>
8 & U	43	44	100 Ind. Medley
9 - 10	45	46	100 Ind. Medley
6 & U	47	48	25 yd. Backstroke
7 - 8	49	50	25 yd. Backstroke
9 - 10	51	52	50 yd. Backstroke
11 - 12	53	54	50 yd. Backstroke
13 - 14	55	56	50 yd. Backstroke
15 - 18	57	58	100 yd. Backstroke
<b>shift change</b>			
6 & U	59	60	25 yd. Butterfly
7 - 8	61	62	25 yd. Butterfly
9 - 10	63	64	50 yd. Butterfly
11 - 12	65	66	50 yd. Butterfly
13 - 14	67	68	50 yd. Butterfly
15 - 18	69	70	100 yd. Butterfly
6 & U	71	72	100 yd. Free Relay
7 - 8	73	74	100 yd. Free Relay
9 - 10	75	76	200 yd. Free Relay
11 - 12	77	78	200 yd. Free Relay
13 - 14	79	80	200 yd. Free Relay
15 - 18	81	82	200 yd. Free Relay
15 - 18	83	84	400 yd. Free Relay
Parent			100 yd. Free Relay
Coaches			100 yd. Medley Relay

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### **Team Work Assignments**

The chart below indicates which teams are responsible for staffing and supervising various meet duties. See the Workers List for each team for more detail on meet worker staffing.

<b>Dana Hills</b>	<b>East County</b>	<b>LMYA</b>	<b>Pleasant Hill</b>	<b>Walnut Creek</b>
Announcing	Desk – Verification	Award Labeling	Desk – Timing System	Awards Distribution
Awards Ordering	Awards Assembly	Meet Entry Packet	Hot Food	Clerk of the Course
Desk – Computer Input	Entry Processing	Meet Worker Chart	Medal Purchasing	T-Shirts
Desk – Lane Slip Runners	Hospitality	Results Posters	Program Production	Overnight, Parking and Gate Security
Desk – Stats and Reports	Snacks and Candy	Shaved Ice Booth	Set Up and Take Down (primary)	Program Sales
Beverages and Ice Trailer	Set Up and Take Down (assist)	Stroke and Turn		Meet Director
Coffee and Donuts		Publicity		Set Up and Take Down (assist)
Other Vendors		Set Up and Take Down (assist)		
Set Up and Take Down (assist)				

### **Instructions for Preparing Meet Entry File**

The 2010 League Meet will be run using Hy-Tek Software. Meet entries and results will be provided electronically.

Meet Events file will be sent separately from Dana Hills Swim Team (Grant Bazan).

#### **To create your team's entries...**

- Import the meet events into Team Manager II.
- Enter your swimmers and relays.
- Do not enter parents' or coaches' relays.
- Export your entries back to the file.