

***Fred Siegrist Memorial  
2010 Summers End Swim Classic  
Short Course Meet Hosted by the Walnut Creek Aquabears  
August 13-15, 2010***



*This meet has been pre-approved by USA and Pacific Swimming, times from this meet may be used to enter future USA-Swimming Meets.* **10-086**

**LOCATION:** Clarke Memorial Swim Center, 1750 Heather Dr Walnut Creek, CA 94598. Swim Center is on 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. Non-turbulent lane lines, Colorado Start System with 3 buttons, automatic timing system. The minimum water depth, measured in accordance with Article 103.2.3, is 4 ft. at the start end and 4 ft. at the turn end. The competition pool has been certified in accordance with 104.2.2C(4). A copy of such certification is on file with Pacific Swimming.

Separate warm-up pool will be available throughout the competition.

**TIME:** Friday – Meet begins at 5:30 p.m. (check-in begins at 4:00 p.m., general warm-up from 4:00-5:15 p.m.). Saturday and Sunday - Meet begins at 9:00 a.m. (check-in begins at 7:30 a.m., general warm-up from 7:30- 8:45 a.m.). **Special extended warm-up on Friday from 5:15-5:25 p.m. and from 8:45-8:55 a.m. on Saturday and Sunday for 8 & under swimmers only**

**WARM-UP:** Pacific Swimming Safety Guidelines and Warm-up Procedures will be in effect. A copy of these procedures will be posted at the pool.

**RULES:** USA Swimming rules will govern this meet. All events are timed finals. In case of a tie, duplicate awards will be given. There is no limit on the number of events a swimmer can compete in.

**RESTRICTIONS:** Glass containers, smoking and use of tobacco products, and alcoholic beverages are prohibited in all areas of the meet venue.

**ELIGIBILITY:** Open to all USA and recreational swimmers. Swimmers 19 and over may participate in 15-18, 9&OVER, and OPEN events, but will not be awarded nor score points.

**CHECK-IN:** This meet will be deck seeded. Swimmers must check-in at the check-in table. Close for 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.

**ENTRIES:** Option 1 – Online Meet Entries:

(The deadline for all online meet entries is midnight, Wednesday, August 4, 2010)

Using your browser, go to: <http://www.ome.swimconnection.com/pc/wcab20100813>

Follow entry instructions:

- a. Enter all swimmers
- b. **If Recreational League Swimmer** (no USA Swimming Reg. No. available), click on the "Guide me how to enter a swimmer to this meet" tab. In the following screen, Ignore Swimming Association, and click **NO** to the question "Is your swimmer registered with USA Swimming", and enter the swimmer's information on the next screen, and enter your TEAM's abbreviated name.
- c. **Entry times must be submitted in yards.**

- d. Make online credit card payment for meet entries at the secure site
- e. 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. **No refunds will be made.**

**Option 2 – Surface Mail Entries:** Individual Consolidated Entry Cards must be completely filled out, including best short course time for each event. *Entry times must be submitted in yards.* 'No time' entries will not be accepted. **Entries must be postmarked by midnight Monday, August 2, 2010, or hand delivered by 5:00 p.m. on Wednesday, August 4, 2010 to 1374 Lupine Court, Concord, CA 94521.** No late entries will be accepted. **No refunds will be made.** Enclose a self addressed stamped postcard if you wish to confirm entry.

**ENTRY FEES:** \$5.00 per individual event, plus a \$5.00 per swimmer pool/water surcharge. Relays are \$16.00 each. A check for the total amount must accompany each entry. Checks should be made payable to the Walnut Creek Aquabears. **There will be no refunds.** Entries will not be accepted unless accompanied with the full fee amount.

**AWARDS:** **Individual Events:** Distinctive medals for 1<sup>st</sup> through 3<sup>rd</sup> places in each division (Gold, Silver, and Bronze), Ribbons for 4<sup>th</sup> through 8<sup>th</sup> places in each division (Gold, Silver, and Bronze), Heat Winner Ribbons. A swimmer's entry time determines which division they will be awarded in. Swimmer's entering an event with a time faster than the Gold Time Standard will be in the Gold Division. Swimmers entering an event with a time between the Gold and Silver Time Standards will be in the Silver Division. Swimmers entering an event with a time slower than the Silver Time Standard will be in the Bronze Division. Individual High Point Awards will be given for the highest scoring boy and girl in each division in the following age groups: 6&UN, 7, 8, 9, 10, 11, 12, 13, 14, 15-18. Individual Events will also be awarded in those age groups. OPEN and 9&OVER events will be awarded as one event, but will not be scored. **Relay Events:** Distinctive medals for 1<sup>st</sup> place, Ribbons for 2<sup>nd</sup> and 3<sup>rd</sup> places. Team High Point Trophies will be awarded to the top three scoring teams in two divisions, according to the number of entries received.

**SCORING:** All events will be scored 1<sup>st</sup> through 8<sup>th</sup> places in each division. Points for individual events will be 9, 7, 6, 5, 4, 3, 2, 1. Points for relay events will be 18, 14, 12, 10, 8, 6, 4, 2.

**ADMISSION:** Free. A three-day program will be available for a reasonable price.

**FOOD:** 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.

**OFFICIALS:**

Head Referee	Kent Yoshiwara	Head Starter	John King
Meet Director	Leo Lin, (925) 933-2708, <a href="mailto:aquabears@gmail.com">aquabears@gmail.com</a>	Head Meet Marshal	Betsy Messman

## SUMMERS END SWIM CLASSIC SPIRIT ADVERTISEMENT

Support your team or swimmer by purchasing a "Spirit Ad" to appear in the Summers End Classic Program.

Individuals or teams may purchase these ads.

All ads must be copy ready, preferably in black and white. Send your copy ready "Spirit Ad" and a check made out to WCAB at **1374 Lupine Court, Concord, CA 94521, all ads must be received by the entry deadline.**

Prices:	¼ page	½ page	Full page
	\$ 25	\$ 50	\$ 100

Question about Spirit Ads- Contact Leo Lin at [aquabears@gmail.com](mailto:aquabears@gmail.com), or (925) 933-2708

Schedule of Events:

Friday, August 13 <sup>th</sup> – Warm-up/Check-in at 4:00 p.m., Competition at 5:30 p.m.								
Girls				Event	Boys			
Bronze min.	Silver min.	Gold min.	Event #		Event #	Bronze min.	Silver min.	Gold min.
--	2:09.99	1:49.99	1	6&U 100 I.M.	2	--	2:09.99	1:49.99
--	1:49.99	1:37.99	3	7/8 100 I.M.	4	--	1:49.99	1:37.99
--	1:34.79	1:22.99	5	9/10 100 I.M.	6	--	1:34.79	1:22.99
--	1:22.79	1:12.49	7	11/12 100 I.M.	8	--	1:23.99	1:13.49
--	1:12.49	1:08.49	9	13/14 100 I.M.	10	--	1:13.49	1:07.09
--	1:12.39	1:08.39	11	15-18 100 I.M.	12	--	1:07.09	1:03.09
--	--	--	13	9&OVER 200 I.M.	14	--	--	--

Saturday, August 14 <sup>th</sup> – Warm-up/Check-in at 7:30 a.m., Competition at 9:00 a.m.								
Girls				Event	Boys			
Bronze min.	Silver min.	Gold min.	Event #		Events #	Bronze min.	Silver min.	Gold min.
--	--	--	15	OPEN 100 Free	16	--	--	--
--	29.09	23.19	17	6&U 25 Back	18	--	29.09	23.19
--	23.19	18.99	19	7/8 25 Back	20	--	23.19	18.99
--	45.19	39.49	21	9/10 50 Back	22	--	45.19	39.49
--	39.59	34.59	23	11/12 50 Back	24	--	38.99	34.19
--	34.59	31.99	25	13/14 50 Back	26	--	34.19	30.89
--	34.49	31.89	27	15-18 50 Back	28	--	31.19	28.49
--	--	--	29	OPEN 100 Breast	30	--	--	--
--	29.09	23.19	31	6&U 25 Fly	32	--	29.09	23.19
--	21.59	17.99	33	7/8 25 Fly	34	--	21.59	17.99
--	41.59	36.39	35	9/10 50 Fly	36	--	41.59	36.39
--	36.69	32.09	37	11/12 50 Fly	38	--	36.39	32.19
--	32.09	30.29	39	13/14 50 Fly	40	--	32.19	29.79
--	31.99	30.19	41	15-18 50 Fly	42	--	31.99	28.09
--	--	--	43	9&OVER 200 Free	44	--	--	--
All relays are mixed relays (any combination of boys and girls)				15-18 Mixed 200 FR	45	No time standards for relays		
				13-14 Mixed 200 FR	47			
				11-12 Mixed 200 FR	49			
				9/10 Mixed 200 FR	51			
				7/8 Mixed 100 FR	53			
				6&U Mixed 100 FR	55			

Sunday, August 15 <sup>th</sup> – Warm-up/Check-in at 7:30 a.m., Competition at 9:00 a.m.								
Girls				Event	Boys			
Bronze min.	Silver min.	Gold min.	Event #		Events #	Bronze min.	Silver min.	Gold min.
--	--	--	57	9&OVER 500 Free	58	--	--	--
--	26.99	19.99	59	6&U 25 Free	60	--	26.99	19.99
--	19.49	16.09	61	7/8 25 Free	62	--	19.49	16.09
--	36.79	32.19	63	9/10 50 Free	64	--	36.79	32.19
--	32.99	28.89	65	11/12 50 Free	66	--	32.79	28.69
--	28.99	27.19	67	13/14 50 Free	68	--	28.69	26.99
--	28.89	27.09	69	15-18 50 Free	70	--	27.19	24.59
--	--	--	71	OPEN 100 Back	72	--	--	--
--	32.99	26.99	73	6&U 25 Breast	74	--	32.99	26.99
--	24.79	20.89	75	7/8 25 Breast	76	--	24.79	20.89
--	49.29	43.09	77	9/10 50 Breast	78	--	49.29	43.09
--	43.29	37.79	79	11/12 50 Breast	80	--	43.09	37.79
--	37.79	35.99	81	13/14 50 Breast	82	--	37.79	34.99
--	37.69	35.89	83	15-18 50 Breast	84	--	34.99	32.49
--	--	--	85	OPEN 100 Fly	86	--	--	--
All relays are mixed relays (any combination of boys and girls)				15-18 Mixed 200 MR	87	No time standards for relays		
				13-14 Mixed 200 MR	89			
				11-12 Mixed 200 MR	91			
				9/10 Mixed 200 MR	93			
				7/8 Mixed 100 MR	95			
				6&U Mixed 100 MR	97			



Summer's End Swim Classic **Relay Entry Form** - All relays are Mixed Relays (any combination of boys and girls)  
 Relays cost \$16.00 each (no participation fee for relay-only swimmers). There is no restriction on the number of relays a team may swim.

Team: \_\_\_\_\_ Contact Person: \_\_\_\_\_

Contact Phone: \_\_\_\_\_ # of relays entered: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

Event #	Relay Description	Entry Time			
		A Relay	B Relay	C Relay	D Relay
45	15-18 200 Free Relay	_____	_____	_____	_____
47	13-14 200 Free Relay	_____	_____	_____	_____
49	11-12 200 Free Relay	_____	_____	_____	_____
51	9-10 200 Free Relay	_____	_____	_____	_____
53	7-8 100 Free Relay	_____	_____	_____	_____
55	6&U 100 Free Relay	_____	_____	_____	_____
87	15-18 200 Medley Relay	_____	_____	_____	_____
89	13-14 200 Medley Relay	_____	_____	_____	_____
91	11-12 200 Medley Relay	_____	_____	_____	_____
93	9-10 200 Medley Relay	_____	_____	_____	_____
95	7-8 100 Medley Relay	_____	_____	_____	_____
97	6&U 100 Medley Relay	_____	_____	_____	_____