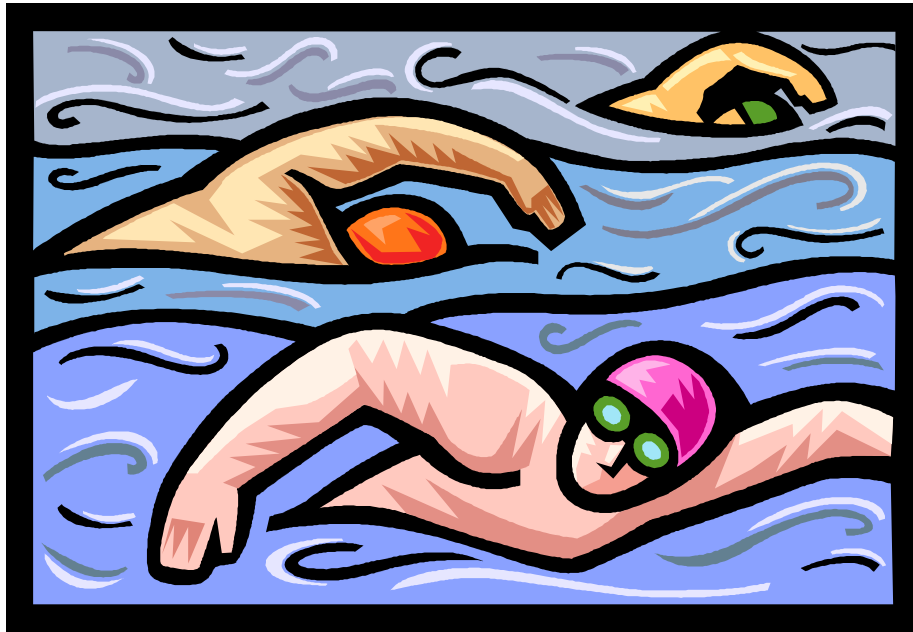


62nd Annual
City of Alameda
Swim Championships



Friday, Saturday & Sunday
August 5, 6 & 7, 2016

Awards Ceremony

Sunday, August 7th, 2016 – 1:00 pm

***Sponsored by the Alameda Recreation and Park Department
in cooperation with the Alameda Island Aquatics Swim Team
and the Alameda Gators Swim Team***

<http://www.myswimming.info/alamedacitymeet2016/>

Online Meet Information	Please see http://www.myswimming.info/alamedacitymeet2016/ for complete meet information, including this meet sheet and entry form, entries, timeline, location and parking, and live results.
APPROVAL	Approval pending to be held under USA/Pacific Swimming approval.
NOTICE	By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, psych sheets and live meet results. By entering this meet, the athlete or his/her guardian consents to this publication.
USE OF AUDIO AND VISUAL	Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording electronic devices, including but not limited to film and digital cameras, cell phones and tablets, is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.
LOCATION	Encinal High School Swim Center, 230 Central Avenue, Alameda, CA 94501.
PARKING	There is parking along the streets adjacent to the pool.
COURSE	Outdoor heated pool, 25 yards with 6 competition lanes. A separate warm-up pool will be available throughout the duration of the meet. Locker rooms with showers are available.
RACING STARTS	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. Due to pool depth limitations, swimmers will start from the deck and there will be no starting blocks.
TIME	The meet begins at 5:30 p.m. on Friday and 11:00 a.m. on Saturday and Sunday. General warm-up: 4:30 p.m. to 5:15 p.m. Friday ; 10:00 a.m. to 10:45 a.m. on Saturday & Sunday. Special warm-up for 8 and under swimmers only will be held for 10:45-10:55 AM on Saturday and Sunday.
RULES	Current USA Swimming 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. All swimmers ages 12 and under should complete competition within <u>four</u> (4) hours. Swimmers may compete in a maximum of <u>three</u> (3) individual events per day. Entries will be accepted until the number of splashes exceeds the estimated time line, per the Four Hour Rule, based on swimmer's 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 Swimming membership cards in a visible manner.** All 1650 Free swimmers must provide their own timers and lap 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 warm-up periods. Glass containers, sale and use of alcoholic beverages and propane heaters are prohibited in all areas of the meet venue. All shelters must be properly secured. Outside BBQ pits are not permitted. No photography is allowed from behind the starting area.

ELIGIBILITY All swimmers must be Alameda residents at the time of the meet to participate. All swimmers, **Except Novice Swimmers**, must be current members of USA-Swimming and enter their name and registration number on the meet entry card as they are shown on their Registration Card. Any swimmer not showing a current registration number **MUST PRESENT A CURRENT REGISTRATION CARD OR MUST REGISTER AT THE MEET BEFORE HE/SHE IS ALLOWED TO CHECK IN.** There are no minimum or qualifying times for any event. 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.

Novice Swimmer Defined: For this competition, a Novice Swimmer is a swimmer who:

- Never swam in a USA Swimming Meet
- Or
- Has not swum in a USA Swimming meet within the last two years

Novice swimmers without USA Swimming Cards may only enter Novice events.

Masters Swimmer Defined: Participants must be 19 years of age or older and may ONLY swim in the Open 1650 Events. Only Alameda residents or Alumni of past Championship Meets are eligible to participate.

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 start time of the first heat of that event. A swimmer who does not check in will not be allowed to compete in the event.

SCRATCHES Any swimmers not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized.

OFFICIALS	Head Referee: Amy Allington	Admin Referee: Damian Hazen
	Head Starter: Peter McNamara	Meet Director: Eric Delore meetdirector@alamedaislanders.org
	Meet Marshall: Rodrigo Orduna	510 390 4015

ENTRY FEES \$5.00 participation fee per swimmer, \$2.25 per event (to help defray meet

expenses). ***Please make checks payable to: Alameda Recreation and Parks Department (ARPD)***

ENTRIES

Entries must be on consolidated entry forms, one swimmer per form. See the last page of this meet sheet for that form. Entry forms must be completely filled out including best short course times for each event. Entry times must be submitted in yards.

ENTRIES MUST BE POSTMARKED BY MONDAY, August 1st, 2016

Mail entries to:

Alameda City Meet
875-A Island Drive, #190
Alameda, CA 94502

email: meetdirector@alamedaislanders.org

No late entries will be accepted, or refunds made.

See <http://www.myswimming.info/alamedacitymeet2016/> to confirm your entries.

AWARDS

18 & Under Swimmers: Gold, Silver and Bronze medals will be awarded to the first three finishers in each event. Ribbons will be awarded for 4th, 5th, and 6th place. Awards will be given out in the following age groups: 8 & Under, 9-10, 11-12, 13-14, 15-18.

Note: Individual awards *must be picked up at the meet. We will not mail or distribute them after the meet.*

ADMISSION

Admission is free.

PROGRAMS

A two-day program will be available for sale at a reasonable price.

HOSPITALITY

Hospitality will be available for officials, coaches; and timers (during their shifts only).

SNACK BAR

A snack bar will be available.

Event Summary

Friday, August 5, 2016, 5:30 p.m.

OPEN

1650 Free

Female #1

Male #2

Numbers in grey denote event numbers. For example, the following notation means that the **8 & under 100 IM** event number for girls is 9 and for boys is 10:

**8 & under
100 IM**
Girls #9
Boys #10

Saturday, August 6, 2016, 11 a.m.

6 & under Novice	8 & under	8 & under Novice	9 -10	9 -10 Novice	11-12	11-12 Novice	13-& up	13 & up Novice
25 back Girls #19 Boys #20	100 IM Girls #9 Boys #10 25 Fly Girls #27 Boys #28 50 Free Girls #43 Boys #44	25 Back Girls #17 Boys #18 25 Fly Girls #29 Boys #30	100 IM Girls #7 Boys #8 50 Fly Girls #25 Boys #26 100 Free Girls #41 Boys #42	25 Back Girls #15 Boys #16 25 Fly Girls #31 Boys #32	200 IM Girls #5 Boys #6 50 Fly Girls #23 Boys #24 100 Free Girls #39 Boys #40	50 Back Girls #13 Boys #14 50 Fly Girls #33 Boys #34	200 IM Girls #3 Boys #4 100 Fly Girls #21 Boys #22 100 Free Girls #37 Boys #38	50 Back Girls #11 Boys #12 50 Fly Girls #35 Boys #36

Sunday, August 7, 2016, 11 a.m.

6 & under	6 & under Novice	8 & under	8 & under Novice	9 -10	9 -10 Novice	11-12	11-12 Novice	13-& up	13 & up Novice
25 Back Girls #53 Boys #54 25 Free Girls #89 Boys #90	25 Free Girls #71 Boys #72	25 Back Girls #51 Boys #52 25 Breast Girls #69 Boys #70 25 Free Girls #87 Boys #88	25 Breast Girls #55 Boys #56 25 Free Girls #73 Boys #74	50 Back Girls #49 Boys #20 50 Breast Girls #67 Boys #68 50 Free Girls #85 Boys #86	25 Breast Girls #57 Boys #58 25 Free Girls #75 Boys #76	50 Back Girls #47 Boys #48 50 Breast Girls #65 Boys #66 50 Free Girls #83 Boys #84	50 Breast Girls #59 Boys #60 50 Free Girls #77 Boys #78	100 Back Girls #45 Boys #46 100 Breast Girls #63 Boys #64 50 Free Girls #81 Boys #82	50 Breast Girls #61 Boys #62 50 Free Girls #79 Boys #80

Events: Friday August 5th, 2016, 5:30 PM

Girls / Women	Division Event		Boys / Men
Event #			Event #
1	Open	1650 Free	2

Events: Saturday August 6th, 2016, 11 AM

Girls	Age Event		Boys
Event #			Event #
3	13 & Up	200 IM	4
5	11-12	200 IM	6
7	9-10	100 IM	8
9	8 & Un	100 IM	10
11	13 & Up Novice	50 Back	12
13	11-12 Novice	50 Back	14
15	9-10 Novice	25 Back	16
17	8 & Un Novice	25 Back	18
19	6 & Un Novice	25 Back	20
21	13 & Up	100 Fly	22
23	11-12	50 Fly	24
25	9-10	50 Fly	26
27	8 & Un	25 Fly	28
29	8 & Un Novice	25 Fly	30
31	9-10 Novice	25 Fly	32
33	11-12 Novice	50 Fly	34
35	13 & Up Novice	50 Fly	36
37	13 & Up	100 Free	38
39	11-12	100 Free	40
41	9-10	100 Free	42
43	8 & Un	50 Free	44

* 6 – Under swimmers may enter 8 – Under events, but cannot exceed a total of three events per day.

Events: Sunday August 7th, 2016, 11 AM

Girls			Boys
Event #	Age	Event	Event #
45	13 & Up	100 Back	46
47	11-12	50 Back	48
49	9-10	50 Back	50
51	8 & Un	25 Back	52
53	6 & Un	25 Back	54
55	8 & Un Novice	25 Breast	56
57	9-10 Novice	25 Breast	58
59	11-12 Novice	50 Breast	60
61	13 & Up Novice	50 Breast	62
63	13 & Up	100 Breast	64
65	11-12	50 Breast	66
67	9-10	50 Breast	68
69	8 & Un	25 Breast	70
71	6 & Un Novice	25 Free	72
73	8 & Un Novice	25 Free	74
75	9-10 Novice	25 Free	76
77	11-12 Novice	50 Free	78
79	13 & Up Novice	50 Free	80
81	13 & Up	50 Free	82
83	11-12	50 Free	84
85	9-10	50 Free	86
87	8 & Un	25 Free	88
89	6 & Un	25 Free	90

* 6 – Under swimmers may enter 8 – Under events, but cannot exceed a total of three events per day.

62nd Annual City of Alameda Swim Championships

62nd Annual City of Alameda Swim Championships Entry Card			
NAME: LAST		FIRST	
INTL			
_____		_____	
LSC Code (PC, SN, CC)			
CLUB ABBR	IF UNATT, TEAM ABBR	CLUB NAME	
AGE	DATE OF BIRTH	AMT. PAID \$	
USA- Swimming REG #			
SEX <input type="checkbox"/> Boy <input type="checkbox"/> Girl	AGE GROUP		
EVENT #	DISTANCE/STROKE	ENTRY TIME	
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		: .	
# of Entries _____ x \$ 2.25 = _____ + Participation Fee: \$ 5.00 Total _____			
COACH:			
SWIMMERS ADDRESS:			
PHONE # ()			
E-MAIL @			

62nd Annual City of Alameda Swim Championships Entry Card			
NAME: LAST		FIRST	
INTL			
_____		_____	
LSC Code (PC, SN, CC)			
CLUB ABBR	IF UNATT, TEAM ABBR	CLUB NAME	
AGE	DATE OF BIRTH	AMT. PAID \$	
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SEX <input type="checkbox"/> Boy <input type="checkbox"/> Girl	AGE GROUP		
EVENT #	DISTANCE/STROKE	ENTRY TIME	
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# of Entries _____ x \$ 2.25 = _____ + Participation Fee: \$ 5.00 Total _____			
COACH:			
SWIMMERS ADDRESS:			
PHONE # ()			
E-MAIL @			