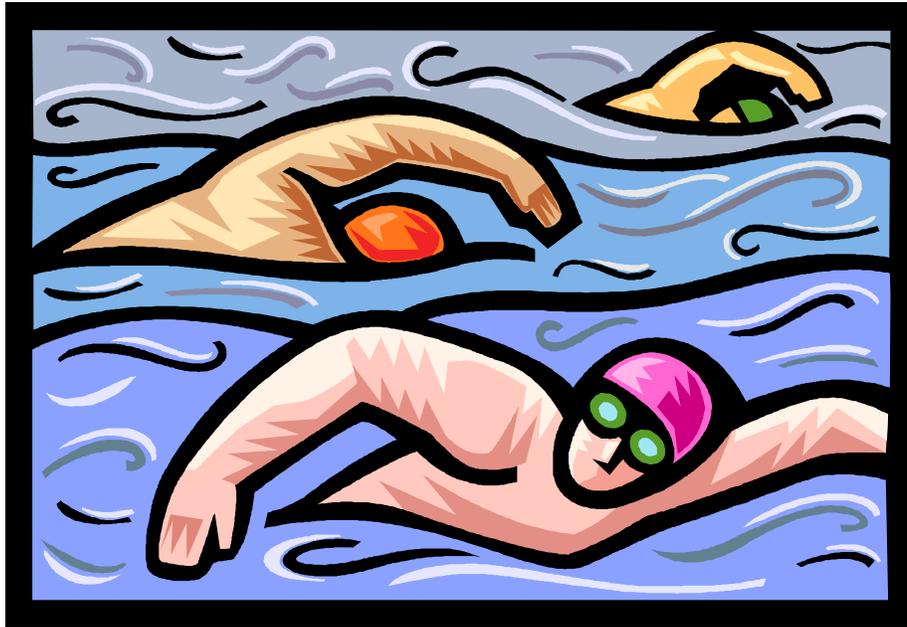


59th Annual
City of Alameda
Swim Championships



Friday, Saturday & Sunday
August 9, 10 & 11, 2013

Awards Ceremony

Sunday, August 11th, 2013 – 1:00 pm

***Sponsored by the Alameda Recreation and Park Department
in cooperation with the Alameda Island Aquatics
and Ala-Gator swim teams***

SANCTION	Held under USA/Pacific Swimming approval.
LOCATION	Encinal High School Swim Center, 210 Central Ave., Alameda, CA 94501 From Interstate 980 South, take the 11th & 12th Street off ramp, go three blocks off the highway and make a left onto 5th St. Go eight blocks, make a right on Webster and go through the Tube into Alameda. After exiting the Tube, go straight approx. 8 blocks and make a right onto Central Ave. Encinal High School is approximately 5 blocks on the left (at Third St.). From Interstate 880 North, take the Broadway Exit. Take a left, then an immediate left under the highway and take the Webster St. Tube to Alameda. After existing the Tube, go straight approx. 8 blocks and make a right on Central Ave. Encinal High School is approx. 5 blocks on the left; swim center entrance is on 3 rd Street.
PARKING	There is parking along the streets adjacent to the pool. Additional parking will be available through the gate on the right just past the pool on 3 rd street.
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.
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
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 (4) hours</u>. Swimmers may compete in a maximum of <u>three (3) individual events per day</u>. 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. Outside BBQ pits are not permitted.
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 Masters 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 estimated 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 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 the event before it 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:** Amy Allington **Head Starter:** John Kelly
Meet Director: Eric Delore **Head Marshal:** Leslie Lum
ericdelore@comcast.net
(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.

MAILED ENTRIES MUST BE POSTMARKED BY MIDNIGHT MONDAY, JULY 22, 2013. Hand delivered entries accepted by 5:00 pm. FRIDAY, JULY 26, 2013

Mail or deliver entries to:

City Swim Meet
Attn: Alameda Island Aquatics
875-A Island Drive, #190
Alameda, CA 94502

email: ericdelore@comcast.net

No late entries will be accepted, or refunds made.

Enclose a self-addressed, stamped envelope or postcard for entry confirmation.

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.

Masters Swimmers: Master individual events will be awarded medals for 1st place and ribbons for 2nd and 3rd place in each age group.

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 9, 2013, 5:30 p.m.

<p><u>OPEN</u> 1650 Free Female #1 Male #2</p>	<p><u>Masters</u> 50 Breast Women #101 Men #102 100 IM Women #103 Men #104 50 Fly Women #105 Men #106 50 Free Women #107 Men #108 50 Back Women #109 Men #110 100 Free Women #111 Men #112</p>
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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 10, 2013, 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 11, 2013, 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 #19 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: Saturday August 10th, 2013, 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

Events: Friday August 9th, 2013, 5:30 PM

Girls / Women	Division	Event	Boys / Men
Event #			Event #
101	Masters	50 Breast	102
103	Masters	100 IM	104
1a	Open	1650 Free	2a
105	Masters	50 Fly	106
107	Masters	50 Free	108
1b	Open	1650 Free	2b
109	Masters	50 Back	110
1c	Open	1650 Free	2c
111	Masters	100 Free	112

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

Events: Sunday August 11th, 2013, 11 AM

Girls	Age	Event	Boys
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.

59th Annual City of Alameda Swim Championships

59th 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 @		

59th 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
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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 @		