



PLEASANTON SEAHAWKS
Toys For Tots
Short Course C/B/A+ Meet
December 13 ~ 14, 2008



REVISED: Oct 12, 2008 – URL for on line entry modified to <http://swimconnection.com/pc/meet/pls2>

REVISED: Oct 16, 2008 – Hotel has reduced prices, flyer added to end of meetsheet

SANCTION: Held under USA Swimming/Pacific Swimming sanction number: **1298**

ON LINE ENTRY: <http://swimconnection.com/pc/meet/pls2>

LOCATION: Dolores Bengtson Aquatic Center, 4455 Black Ave. Pleasanton, CA

From I-580 take Santa Rita exit south about two miles to Black Ave. Turn right on Black Ave. Pool is on the right.

From I-680 take Bernal exit east to Valley Ave, go left on Valley Ave about two miles to Santa Rita Rd., turn right on Santa Rita about ½ mile to Black Ave, turn right on Black Ave. Pool is on the right.

PARKING: Carpooling is suggested. Parking for Officials and Coaches will be available in the parking lot behind the pool. Please be prepared to show your valid USA Swimming credentials. Limited general parking is available in the lot in front of the pool. Limited parking is available on adjacent streets. Additional parking will be available at the Alisal Elementary School and the Amador High School parking lots on Santa Rita Road.

NO OVERNIGHT OR RV PARKING IS PERMITTED. Please note signs and avoid parking in restricted areas. PARKING AT THE CHURCH, PAC BELL, AND POST OFFICE PARKING LOTS ACROSS THE STREET, OR IN ANY LOT POSTED AS NO UNAUTHORIZED PARKING WILL RESULT IN CITATIONS AND POSSIBLE TOWING.

COURSE: 25 yard x 50-meter outdoor, heated pool. Up to 16 competition lanes will be available. A warm-up area will be available during the meet. Locker rooms with showers are available. A Colorado electronic timing system and scoreboard will be used.

TIME: Meet begins at 9:00 am each day; General warm-ups from 7:30 to 8:45 am. Special extended warm-up from 8:45-8:55 a.m. for 8-UN swimmers only.

TOYS FOR TOTS: The Pleasanton Seahawks will be helping the Livermore-Pleasanton Firefighters (LFPD) and the United States Marine Corps (USMC) Toys for Tots Program by collecting new, unwrapped toys at this meet. You are encouraged to donate new toys and drop them off at the collection station near check-in. The LFPD will distribute those toys as Christmas gifts to needy children in our community.

RULES: Current USA 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-Course. All events are timed finals. **"NO TIME" entries will be accepted.** Swimmers may

compete in a maximum of four (4) events per day. Swimmers 19 years of age and older may participate in the 13-18 age group events, but will not receive awards. Such swimmers must have met the listed time standards for the 17-18 age group. Entries will be accepted until the number of splashes exceeds the estimated timeline 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 refunds will be made for any mandatory scratches. All events are timed finals. All coaches and deck officials must wear their valid USA Swimming membership cards in a visible manner.

RESTRICTIONS / SPECIAL RULES:

- 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 during warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No pets or animals allowed in venue except for guide dogs.
- Glass bottles / containers are prohibited in all areas of the meet venue.
- No propane containers, other than provided for the snack bar / meet operations, are allowed in any areas of the meet venue.
- Except for coaches' seating next to the pool no chairs, canopies, tents, or "camping" in the competition pool area. No coach canopies allowed on the deck until after 7 AM on Saturday. Coach canopies **MUST** be pushed back against the fence on the north side of the pool Saturday afternoon to facilitate pool covers. All swimmer and spectator chairs, canopies, tents, or other set-ups must be outside the competition pool gates and on the lawn only.
- All cement walkways and pads are to be left open for emergency vehicle access and/or traffic flow.
- 500 Freestyle events will be swum fastest to slowest. Swimmers need to provide their own lap counters and timers.

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. Swimmers in the "A" division must have met the listed "A" time standard. Swimmers in the "B" division must have met the listed "B" time standard but not have achieved the listed

“A” time standard. Swimmers in the “C” division must not have met the “B” time standard. 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. 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.

CHECK-IN: The meet will be deck seeded. Swimmers must check in at the Clerk of the Course. Check in will open at 7:30 AM each morning. 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 before the close of check-in for that event 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 beyond the control of the swimmer.

AWARDS: Ribbons will be awarded for 1st-8th place in “A”, “B” and “C” divisions. Standard “A” medals will be given in each event to all “B” and “C” division swimmers for NEW “A” times achieved, regardless of the place achieved in the event. Awards will be given out in the following age groups: 8 & under, 9-10, 11-12, 13-14, 15-18. Awards must be picked up before the end of meet. They will not be mailed.

OFFICIALS:

- Head Referee: Steve Kumpan
- Head Starter: Mike Metcalf
- Head Meet Marshall: Steven Chung
- Meet Director: Alex Dourov
- Phone: 925-443-8852
- meetdirector@pleasantonseahawks.org

ENTRIES (US Postal Service): Entries must be on consolidated entry forms, one swimmer per form. Entry forms must be completely filled out including best short course times. Entry times must be submitted in yards. **“NO TIME” entries will be accepted. Entries must be postmarked by midnight, Monday, December 1, 2008.** No late entries will be accepted. No refunds will be made, except for mandatory scratches.

ENTRIES (Online): Enter at: <http://swimconnection.com/pc/meet/pls2> to receive immediate confirmation of acceptance via email (the same web site can be used to check for session open or closed status). 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. Online entry requires payment by credit card using a secure site. 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. **Online entries must be entered through the online entry system and will close at midnight, PST, Thursday, December 4, 2008.** Use of this system is completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming. **“NO TIME” entries will be accepted.** No refunds will be made, except for mandatory scratches.

Check <http://swimconnection.com/pc/meet/pls2> for session open or closed status.

ENTRIES (Hand-delivered): Entries may be hand-delivered to the address below and **must be received by 6:00 pm on Thursday, December 4, 2008.** No late entries, no telephone entries, and no faxed entries will be accepted.

ENTRY FEES: \$2.25 per individual event, plus a \$5.00 participation fee per swimmer to help cover meet expenses.

Make checks payable to *Pleasanton Seahawks* and mail (or hand deliver) with entries to:

PLS Swim Meet
c/o C. Silverthorn
1927 Evans Street
Livermore, CA 94550

To confirm entries have been received, please include a self-addressed, stamped envelope or postcard with your entries. Do not call or email for entry confirmation. Phone calls and emails will not be accepted or returned to check entry status. Do NOT leave entries in the mail box.

ADMISSION: Free. A meet program will be available for a reasonable cost.

TIMERS: Each team is required to provide timers based on each team's total number of swimmers for each day. Lane assignments will be posted at <http://pleasantonseahawks.org> several days before the meet, and each morning at the venue.

HOSPITALITY/SNACKBAR: Hospitality / lunch will be provided for coaches and meet officials. Timers will be provided with refreshments and light snacks. A full snack bar (hot meals) will be in operation during the meet.

HOTEL INFORMATION: The Pleasanton Seahawks have secured group rates at the Pleasanton Courtyard hotel. Call by November 28, 2008 and ask for the Seahawks Swim Meet group rate.

Pleasanton Courtyard by Marriott
5059 Hopyard Road
Pleasanton CA 94588

Reservations: (800) 321-2211 or
(925) 463-1414

Oct 16, 2008 Double room reduced from \$79 to \$74

Start Date	End Date	Room Type	Single	Double
12/12/2008	12/14/2008	Double-Double	\$74.00	\$74.00
12/12/2008	12/14/2008	King	\$74.00	\$74.00

<http://cwp.marriott.com/oakpl/pleasantonseahawksholiday>

SPIRIT ADVERTISEMENTS

Support your team or swimmer by purchasing a "Spirit Ad" to appear in the program. Individuals or teams may purchase these ads. All ads must be copy ready, preferably in black and white, which reproduces better than gray tones or color. Send your copy ready advertisement and a separate check made out to *Pleasanton Seahawks* to the meet entry address. All ads must be received by the meet entry deadline. We reserve the right to reject ads based on inappropriate content.

Prices: Bus. Card Quarter Page Half Page Full Page
 \$20 \$35 \$65 \$100
 \$5 for a one line spirit ad to cheer on your favorite swimmer.

Questions about Spirit Ads - Contact
fundraising@pleasantonseahawks.org

PLEASE DONATE A NEW TOY AT CHECK-IN



SUMMARY OF EVENTS:

Saturday

8 & under	9-10	11-12	13-18
100 Free	100 Free	200 Free	200 Free
50 Fly	50 Fly	50 Fly	200 Fly
25 Breast	100 IM	200 IM	200 IM
	200 Free	500 Free	500 Free

Sunday

8 & under	9-10	11-12	13-18
100 IM	200 IM	400 IM	400 IM
50 Breast	100 Breast	200 Breast	100 Breast
50 Back	50 Back	100 Back	100 Back
50 Free	50 Free	50 Free	50 Free

SCHEDULE OF EVENTS:**Saturday****GIRLS****BOYS**

Event #	B Time	A Time	Age Group	Distance / Stroke	Age Group	B Time	A Time	Event #
1	2:36.59	2:14.19	13-14	200 Free	13-14	2:26.79	2:05.79	2
	2:33.39	2:11.49	15-16		15-16	2:20.89	2:00.79	
	2:32.29	2:10.59	17-18		17-18	2:17.99	1:58.29	
3	2:43.49	2:20.19	11-12	200 Free	11-12	2:39.39	2:16.59	4
5	1:31.89	1:12.29	9-10	100 Free	9-10	1:29.19	1:10.79	6
7	1:54.59	1:35.29	8 under	100 Free	8 under	1:51.59	1:28.99	8
9	2:53.39	2:28.59	13-14	200 Fly	13-14	2:44.29	2:20.79	10
	2:50.99	2:26.59	15-16		15-16	2:36.79	2:14.39	
	2:48.19	2:24.19	17-18		17-18	2:31.19	2:09.59	
11	38.09	32.69	11-12	50 Fly	11-12	38.59	32.39	12
13	48.79	37.29	9-10	50 Fly	9-10	47.29	36.69	14
15	59.99	52.59	8 under	50 Fly	8 under	59.99	52.09	16
17	2:56.49	2:31.29	13-14	200 IM	13-14	2:45.49	2:21.89	18
	2:53.09	2:28.39	15-16		15-16	2:38.29	2:15.69	
	2:51.49	2:26.99	17-18		17-18	2:34.59	2:12.49	
19	1:45.69	1:23.19	9-10	100 IM	9-10	1:41.59	1:21.29	20
21	3:04.99	2:38.59	11-12	200 IM	11-12	3:03.49	2:35.89	22
23	29.99	24.79	8 under	25 Breast	8 under	29.99	24.29	24
25	3:20.19	2:36.39	9-10	200 Free	9-10	3:09.89	2:31.89	26
27	6:51.79	5:52.99	13-14	500 Free	13-14	6:35.99	5:39.39	28
	6:46.39	5:48.39	15-16		15-16	6:19.39	5:25.29	
	6:43.89	5:46.19	17-18		17-18	6:10.59	5:17.69	
29	7:10.79	6:09.29	11-12	500 Free	11-12	7:05.49	6:04.69	30

Sunday**GIRLS****BOYS**

Event #	B Time	A Time	Age Group	Distance / Stroke	Age Group	B Time	A Time	Event #
31	6:12.89	5:19.59	13-14	400 IM	13-14	5:52.79	5:02.39	32
	6:06.49	5:14.09	15-16		15-16	5:37.29	4:49.09	
	6:04.39	5:12.29	17-18		17-18	5:30.29	4:43.09	
33	6:34.39	5:38.09	11-12	400 IM	11-12	6:27.29	5:31.99	34
35	3:42.69	2:55.99	9-10	200 IM	9-10	3:40.89	2:55.29	36
37	2:09.99	1:49.29	8 under	100 IM	8 under	2:09.99	1:45.09	38
39	1:30.99	1:17.99	13-14	100 Breast	13-14	1:24.39	1:12.29	40
	1:29.09	1:16.39	15-16		15-16	1:20.69	1:09.19	
	1:29.09	1:16.39	17-18		17-18	1:18.79	1:07.59	
41	3:27.29	2:57.69	11-12	200 Breast	11-12	3:21.79	2:52.99	42
43	1:59.99	1:33.39	9-10	100 Breast	9-10	1:56.79	1:32.69	44
45	1:04.99	55.29	8 under	50 Breast	8 under	1:04.99	54.79	46
47	1:20.19	1:08.69	13-14	100 Back	13-14	1:15.69	1:04.89	48
	1:18.99	1:07.69	15-16		15-16	1:11.49	1:01.29	
	1:18.19	1:06.99	17-18		17-18	1:09.99	59.99	
49	1:28.89	1:14.89	11-12	100 Back	11-12	1:25.79	1:12.29	50
51	48.89	38.19	9-10	50 Back	9-10	49.29	38.39	52
53	59.99	51.59	8 under	50 Back	8 under	59.99	50.49	54
55	33.39	28.69	13-14	50 Free	13-14	31.09	26.59	56
	32.89	28.19	15-16		15-16	29.59	25.39	
	32.79	28.19	17-18		17-18	28.99	24.89	
57	34.59	29.79	11-12	50 Free	11-12	33.39	28.59	58
59	40.09	32.39	9-10	50 Free	9-10	39.19	31.89	60
61	51.99	42.99	8 under	50 Free	8 under	51.99	40.89	62

Marriott Welcomes
The 2008 Pleasanton Seahawks "Toys for Tots Holiday Splash" Participants
Rooms Available December 12-14, 2008



Get serious about your playtime.

The Pleasanton Courtyard by Marriott is pleased to be selected as the Host Hotel. Offering comfortable and spacious room accommodations- located within 3.1 miles (7 minutes) of the Pleasanton Aquatic Park.

For additional lodging options please call upon Leanne Ralph – Marriott Account Executive – East Bay Sports
Phone: (925) 353-5845 Cell: (925) 989-2221 Fax: (925) 397-6690 Email: Leanne.Ralph@marriott.com

Courtyard by Marriott – Pleasanton

5059 Hopyard Road

Pleasanton, CA 94588

Hotel: (925) 463-1414 ext. 641

Contact: Rodger Maharaj

Email: Rodger.Maharaj@marriott.com

\$74.00 per night plus taxes - 2 Queen Beds

\$74.00 per night plus taxes – 1 King Size Bed with Pull-Out Sofa

Reserve Rooms by Friday, November 28, 2008 by visiting www.marriott.com/oakpl and entering the group promotional code of PLEPLEA for a room with two queen beds or PLEPLEB for a room with 1 king bed and pull out sofa.

(Rooms types may be limited and rates are subject to availability)



Don't forget to request your reward points.... With the Marriott Rewards program, you get to choose. Earn "points" toward free stays, merchandise and services, or earn frequent flyer miles on your favorite airline. Frequent travelers also enjoy "elite level" benefits - upgrades, special bonuses, gifts and other exclusive privileges.

The benefits of Marriott Rewards go far beyond points and miles. Take a look at all that is in store when you join the best rewards program available by visiting www.marriottrewards.com



Driving Directions to the Pleasanton Aquatic Park from ~

5059 Hopyard Road • Pleasanton, CA 94588

Head north on Hopyard Road toward Washington Mutual Way 26 ft • Make a U-turn at Washington Mutual Way 0.2 mi • Turn left at Stoneridge Drive 1.6 mi • Turn right at Santa Rita Road 1.1 mi • Turn right at Black Avenue 0.2 mi • Destination will be on the right

Pleasanton Aquatic Center • 4455 Black Avenue • Pleasanton, CA 94566

