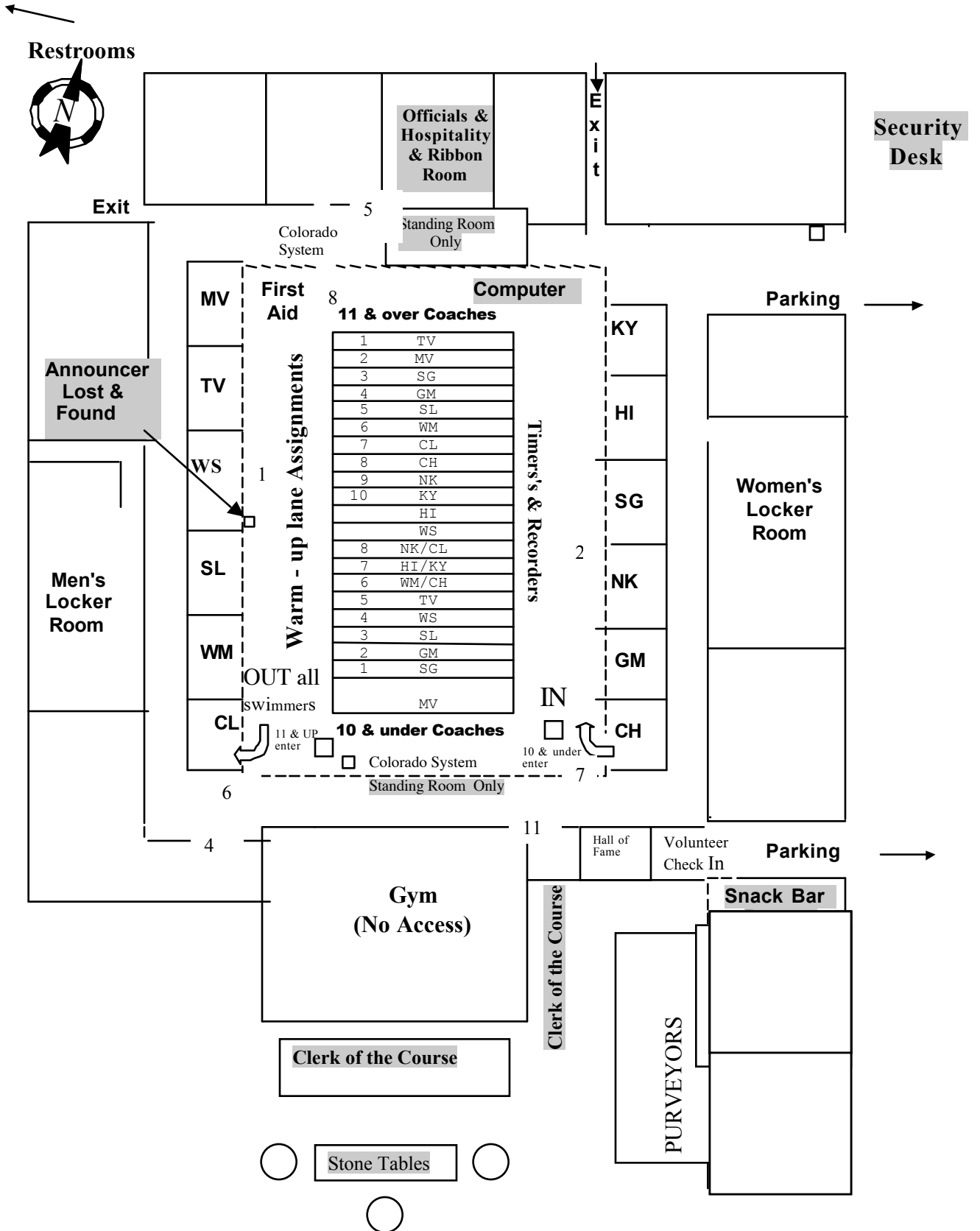


EBSL Pool Layout 2008 Championship at Chabot



Numbers 1-12 correspond to security stations

Notes concerning 2008 Championships at Chabot

- 1. We met with a representative from Chabot and this is the information we have. Everything outside the pool doors is subject to change due to construction as we get closer to the meet.**
- 2. Most of the Chabot campus is under construction. Please stay away from all construction areas, open trenches, caution tape, and construction equipment. This is for everyone's safety.**
- 3. Medley relay and 10U clerk of the course should be in the same place.**
- 4. 11U clerk of the course will be across the walkway or by the doors where the swimmers enter the hallway to get to the pool. This is close to where it has been.**
- 5. The team staging areas outside the pool have not been determined yet. Construction areas change weekly so staging areas will be determined during set-up.**
- 6. Parking will be in lots G & H between Depot Road and the campus buildings & lot J which is accessed from Hesperian Blvd. going south from Winton Ave. Parking is still \$2.00 and tickets will be given.**
- 7. Everything inside the pool doors will be according to the attached map.**
- 8. All bathrooms should be open with some extra Port-a-Potties near clerk of the course.**
- 9. Some walkways and doorways will be closed or blocked off so there will be some crowding and flow interruption.**
- 10. Updates will be sent out via e-mail when information becomes available.**

First Aid Station

*** On The Pool Deck ***

A “FIRST AID STATION” will be available for any emergencies that may arise. It is located on the pool deck. Feel free to stop by if you need some first aid!

We would like to remind you of some of the simple suggestions to help you avoid problems in the hot sun and to make the meet more enjoyable:

- 1. Wear a HAT when in the sun.**
- 2. Drink plenty of water all day.**
- 3. Keep out of the sunlight as much a possible.**
- 4. Use SUNBLOCK (*SPF 30 or greater). It helps reflect the heat away from your skin!**
- 5. REST, REST, REST between your events!**
- 6. Get to a First Aid Station if you have any of these signs of possible heat exhaustion:**

Nausea, dizziness

Hot, flushed dry skin

Weak, rapid and irregular pulse

Muscle cramping

Cessation of sweating

Headache and visual disturbances

2008 Championship Information Sheet

Please read the entire sheet

It will answer many of your questions

The purpose of the East Bay Swim League is to provide young swimmers with the opportunity for summer recreational swimming competition, in an atmosphere which fosters sportsmanship, team spirit, cooperation and respect of other swimmers and the League. Each of our twelve teams have participated in seven dual meets this year, the Championships is the culmination of the season.

There will be 1,200 swimmers participating in up to four events each. Our League is governed by The EBSL Rules and Regulations, EBSL By-Laws, defaulting to High School swim rules.

TEAM SET-UPS ON THE DECK CAN NOT BEGIN BEFORE 6:00PM ON JULY 25TH. PLEASE DO NOT SET UP ANY CHAIRS OR CANOPIES IN YOUR TEAM AREA TO ALLOW THE SET-UP COMMITTEE UNOBSTRUCTED ACCESS TO THE UPPER DECK. ANYTHING THAT IS SET UP BEFORE THAT TIME WILL BE REMOVED. POSTERS MAY BE PLACED ON WALLS EARLY. THANK YOU FOR YOUR COOPERATION.

- 1) **All medley relays will be held in the deep end. ALL 10 and under events after that will be held in the shallow end of the pool. All 11 and older events will be held in the deep end of the pool. 10 and under relays will start off the blocks and individual events will end at the blocks. There will be no breaks or gaps for either group. If your team is assigned a job towards the end of the meet and it is to be filled by 10 and under parents, the parents/team is responsible for filling that job even though the younger kids have finished swimming. The team is fined \$40 for each assignment not fulfilled.**
- 2) The Championship Meet will start promptly at 8:30am. Warm ups start at 7:00am and end promptly at 8:00am. The deck will be cleared by 8:05. 18 lanes will be used. Age groups 11-18 will be swimming in the "deep end" and 10 and under in the "shallow end" of the pool. There will be two starters and one Announcer (*no swimmer names will be announced*). We will be using the Colorado 4000 System to time the meet. An electronic starting device will be used. The lower deck is closed to all spectators; please do not enter this area unless you have an appropriate deck pass.
- 3) Per East Bay Swim League rules, coaches are responsible for turning in all scratches and relay changes due to scratches to one of the meet directors by 7:45 am. No changes will be accepted after that time.
- 4) There are two staging areas for the swim groups mentioned above. Swimmers should be at their staging area a minimum of 5 heats ahead of time. A sign will be posted at the staging area providing additional staging information. You must be seated at the staging area prior to your event. No swimmer is allowed on deck without an "Escort" from the Clerk of the Course. This rule will be strictly enforced.
- 5) *Chabot College* has requested that we park in the athletic sections, lot B or lot G. As of this printing, there will be a **\$2.00** charge for parking. Please follow all posted parking rules.

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- 6) Championship Programs will be available for purchase at the meet as long as supplies last. In the past all programs have been sold within the first few hours of the meet. If you want a program, please plan on purchasing it when you first arrive for the meet. Programs and Raffle tickets will be sold at the EBSL table on the Southeast corner of the deck. Raffle ticket winners will be announced at the end of 10 & U relays. ***You must be present to win***
- 7) **(A \$40 fine will be imposed on your team for every individual who does not report to assigned jobs)** Volunteers, please check in at the volunteer coordinator desk (check in at your team site to pick up your official job label, then proceed to league Volunteer Coordinator desk) 10 minutes before your assigned shift begins. The only exception is Timers and Recorders who will check in on the deck. You must have an authorized deck pass/label for your job, there are no exceptions. Security will check all persons entering the deck. **DO NOT** leave your position until your replacement has arrived. The Volunteer Coordinator will assist in finding a replacement for you as quickly as possible. Please do not take advantage of the good will of others. If there are any maintenance, custodial or volunteer problems, contact Volunteer Desk and they will contact the appropriate people
- 8) **There will be a First Aid Station on the lower deck.** See map for location.
- 9) We will be awarding medals for 1st thru 3rd in individual and "A" relay events. Ribbons will be given for 4th thru 16th place in individual events. Certificates will be given for 17th thru 30th place in individual events. Relay teams will receive ribbons for 4th thru 12th place. Relays, other than "A" will receive ribbons for 1st thru 16th also. Trophies will be given for EBSL record breakers. A Perpetual Spirit plaque, Heat Ribbon award, most improved team, and Team Championship plaque will be awarded. Along with a 1st place banner. *Heat ribbons are given for individual events only.*
- 10) **Please clean up your Team area before leaving.** This is each individual team's responsibility. Announcement of awards may be delayed until the entire area is clean. (Announcements may also be delayed by computer.) This all takes careful attention. Please be patient.
- 11) Do not hang any banners or towels over the railings that surround the deck. These are *Chabot's* sponsors. You can place your team banners on the concrete walls of the upper deck. Please make sure that you take them down after the meet.
- 12) Each team has been assigned an area on the upper deck. Please take care to use only the area assigned to your team. **Please make certain you do not place anything, including chairs, blankets, sleeping bags or anything else outside your assigned area.** In the past there have been many obstructions placed in the walkway area of the upper deck. For safety and to ensure a good time for all, please help keep the walkway areas clear. Please do not enter any area which has been marked as Off Limits or otherwise marked for restricted access unless you are authorized to enter the area. **The North and South ends of the pool are designated standing room only. No chairs will be permitted along the fence in this area.** Please be considerate.
- 13) There are **no** tents allowed on the upper deck of the pool. You may set up tents outside the pool area in your team's assigned area. You may bring canopies or other similar shade

2008 Championship Information Sheet

providing items into the pool area. These may not be set up on the deck until 6:00 Friday night.

- 14) **NO ONE IS ALLOWED ON THE LOWER DECK AREA WITHOUT A PASS AUTHORIZING ENTRY TO THAT AREA.**
- 15) Lost & Found will be located by the Announcer. After the meet call Bruce Garrett (792-8357) to locate items missing. (Note items will be kept only for two days after Championships)
- 16) Set-up on the day before championships is up to the team responsible.
- 17) Championship day, the doors will open promptly at 6:30am.
- 18) No overnight camping in the parking lot.
- 19) Do not go near the handicap ramp in the shallow end of the pool
- 20) **No Parading** on either the upper or lower decks at any time. This is for the safety of all.

EBSL Rules & Regulations Important, please review

There are no changes after the meet is seeded (July 19th). Please do not ask your coach if they can make changes. Please make sure you arrive early and check in with your team, this will ensure that you are not scratched from the meet. **If you do not swim in the event that you were seeded for, you may be scratched for the remainder of the meet.** (see rules below)

SECTION 5 ENTRIES BY INDIVIDUALS

- Art 1 A swimmer shall be permitted to enter a maximum of 4 events, no more than 3 of which shall be individual events. Participation in an exhibition relay shall count as one of the 4 allowed events.
- Art 2 A swimmer must swim in their age group for all events, except for Rule 3, Section 5, Article 3
- Art 3 If a team has only 3 swimmers in an age group entered in the meet, a 4th swimmer may be moved up from a lower age group to form a complete relay.
 - a) If a team has only 2 swimmers in an age group entered in the meet, 2 swimmers may be moved up.
 - b) No more than 2 swimmers may be moved up to form a complete relay.
- Art 4 A swimmer moved up to form a complete relay in a higher age group may not compete in relays in their age group for that meet.
- Art 5 If an entered swimmer in Relay A has not swum in any of their entered individual events at the meet, then an entered swimmer in Relay B may replace that swimmer.
 - a) The same rule applies to replacement swimmers in Relay B from Relay C (an exhibition relay).
 - b) If there is no Relay B or Relay C then a swimmer who was not entered in their maximum number of events may be used as a replacement swimmer.

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- c) Any such changes must be made in writing to the desk and to all other coaches:
 - i. For the Medley relay, changes must be made prior to the start of the meet.
 - ii. For the Free relay, changes must be made prior to the start of the IM.
 - iii. Except at Championships, changes are in writing and submitted for approval to the EBSL Meet Director prior to 7:45 am.

Art 6 A swimmer who does not swim in an event he/she was seeded for: At Championships, will be allowed to swim and score points for the remainder of the meet unless the Meet Director determines that the swimmer should be disqualified from the remainder of the meet due to unsportsmanlike conduct. The decision of the meet officials or the meet director is final and exempt from protest under Rule 8.

Art 7 No changes in entries are permitted after the seeding meeting, with the exception of Rule 3, Sec. 5, Art. 5.

Art 8 PENALTIES

- a) *For submitting an entry card that is incomplete, inaccurate or delivered late, the swimmer or relay team shall be disqualified from that event.*
- b) *For a swimmer entering/attempting to compete in more than the allowable number of events, the swimmer is disqualified from event(s) beyond the allowable number.*
- c) *For a swimmer participating in more than the permissible number of events, the swimmer is disqualified from that event and further competition.*
- d) *For a swimmer participating in an event for which they were not entered during the seeding meeting, the swimmer is disqualified from that event.*
- e) *For a swimmer participating in a relay who is not on the original relay entry submitted at the seeding meeting, except for Rule 3, Section 5, Article 5, the relay team is disqualified from that event.*
- f) *For a swimmer entering an event in the wrong age group, except for Rule 3, Sec. 5, Art. 3, the swimmer is disqualified from that event.*
- g) *For a coach failing to provide written notice of a Relay Change per Rule 3, Sec. 5, Art. 5, the team's entries in that event are disqualified.*

SECTION 7 CONDUCT

- Art 1** No team personnel shall act in an unsportsmanlike manner. This includes any act the referee deems poor sportsmanship, such as:
 - a) making insulting or derogatory remarks, gestures, or acts;
 - b) trying to influence or showing disgust with officials' decisions;
 - c) interfering with meet officials in the performance of their duties.
- Art 2** No team personnel shall enter the water before a race without the referee's approval, nor enter the water during an event in which they are not participants.
- Art 3** Swimmers shall swim in their assigned lanes throughout the race, and shall not interfere with a swimmer in another lane.
- Art 4** No competitor shall contact the bottom of the pool for the purpose of gaining an advantage during a race.

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Art 5 No competitor shall reenter the water after completion of his/her race, without permission from the referee, after having left it upon completing the race.

Art 6 Competitors shall leave the pool promptly when requested to do so by the referee.

Art 7 PENALTIES

- a) Team personnel shall be disqualified from further participation for un-sportsmanlike conduct. For excessive un-sportsmanlike conduct, team personnel may be ejected from the competitive area.
- b) All participants from a team shall be disqualified from that race when a non-participating team member enters the water during the race (and that person is disqualified from further competition).
- c) A relay team shall be disqualified from the event if an individual member of the relay team is disqualified during the event.
- d) A competitor shall be disqualified from the event for;
 - i) entering the water before the race without the referee's permission;
 - ii) not swimming in his/her assigned lane throughout the race;
 - iii) interfering with a swimmer in another lane;
 - iv) contacting the bottom of the pool for the purpose of gaining an advantage;
 - v) reentering the water during the race without the referee's approval.
- e) A competitor who does not leave the pool promptly when requested to do so by the referee shall be disqualified from that event or the next event in which he/she is entered, whichever is appropriate.
- f) When a spectator(s) becomes unruly or interferes with the orderly progress of the meet, the referee shall suspend the meet until meet management removes the individual(s) from the premises.

Please be advised that only coaches are allowed to approach an official about a discrepancy.

If you have any questions or concerns please see your team president and they will bring these matters to the Meet Director & President of EBSL.

East Bay Swim League Current Record Holders Times

Event #	M or W	Yards	Age	Stroke	Time	Record Holder	Team	Year
2	W	100	8 & under	Medley Relay	1:13.53	Leandro, Tofft, Miller, McLaggan	Mission Valley	2002
4	M	100	8 & under	Medley Relay	1:14.71	Kamp, Willet, Castro, Collins	Chabot	1995
6	W	100	9-10	Medley Relay	1:05.50	Pesa, Bender, Lyman, Parsons	San Leandro	2000
8	M	100	9-10	Medley Relay	1:04.69	Bichsel, Hendrickson, Castro, DeLaRiva	Chabot	1995
10	W	200	11-12	Medley Relay	2:08.11	Burdett, Nelson, Cartwright, Donnelly	Chabot	1996
12	M	200	11-12	Medley Relay	2:08.81	Quock, Chen, Tanakit, Perry	Mission Valley	2004
14	W	200	13-14	Medley Relay	1:59.01	Sexton, Bender, Engler, Yang	San Leandro	1999
16	M	200	13-14	Medley Relay	1:53.75	Huang, Chen, Purta, Camfield	Mission Valley	2002
18	W	200	15-18	Medley Relay	1:55.76	Engler, Bender, Bender, Yang	San Leandro	2001
20	M	200	15-18	Medley Relay	1:43.56	Fracolli, Chen, Wheeler, Purta	Mission Valley	2005
21	W	25	6 & under	Freestyle	18.43	Allison Sill	Chabot	1994
22	M	25	6 & under	Freestyle	17.39	David Buscovich	San Leandro	1996
23	W	25	7-8	Freestyle	14.51	Christina Sexton	San Leandro	1993
24	M	25	7-8	Freestyle	14.43	David Buscovich	San Leandro	1998
25	W	25	9-10	Freestyle	13.36	Christina Sexton	San Leandro	1995
26	M	25	9-10	Freestyle	13.34	Peter Dequincy	San Leandro	1979
27	W	50	11-12	Freestyle	26.05	Christina Sexton	San Leandro	1997
28	M	50	11-12	Freestyle	25.21	Nathan Mar	Chabot	1997
29	W	50	13-14	Freestyle	25.18	Lisa Bender	San Leandro	2004
30	M	50	13-14	Freestyle	22.99	Christian Keil / Nathan Mar	Southgate/Chabot	02/99
31	W	50	15-18	Freestyle	24.60	Lisa Bender	San Leandro	2006
32	M	50	15-18	Freestyle	22.02	Drew Wenzel	Highlands	2004
33	W	25	8 & under	Backstroke	18.71	Jeanette Lo	San Leandro	1999
34	M	25	8 & under	Backstroke	18.11	William Dugoni	Mission Highlands	1997
35	W	25	9-10	Backstroke	16.28	Brittany Fracolli	Mission Valley	1996
36	M	25	9-10	Backstroke	16.23	Eric Dunipace	San Leandro	1995
37	W	50	11-12	Backstroke	31.09	Kibos Buscovich	San Leandro	1996
38	M	50	11-12	Backstroke	30.57	Chris Raimondi	Kennedy	1996
39	W	50	13-14	Backstroke	29.59	Heather Blakley	Newark	2005
40	M	50	13-14	Backstroke	27.51	Eric Dunipace	San Leandro	1999
41	W	50	15-18	Backstroke	29.04	Jeanette Lo	San Leandro	2007
42	M	50	15-18	Backstroke	25.55	Kyle Payne	Glenmoor	2002
43	W	25	8-under	Breastroke	19.27	Ashley Kendall	Kennedy	1994
44	M	25	8-under	Breastroke	19.44	Palani Hassett	Mission Valley	2003
45	W	25	9-10	Breastroke	16.94	Lisa Bender	San Leandro	2000
46	M	25	9-10	Breastroke	16.34	Eric Vaa	Chabot	1991
47	W	50	11-12	Breastroke	32.89	Lisa Bender	San Leandro	2002
48	M	50	11-12	Breastroke	32.38	Eric Vaa	Chabot	1993
49	W	50	13-14	Breastroke	31.82	Lisa Bender	San Leandro	2004
50	M	50	13-14	Breastroke	29.03	Eric Vaa	Chabot	1995
51	W	50	15-18	Breastroke	31.26	Lisa Bender	San Leandro	2006
52	M	50	15-18	Breastroke	28.51	Henry Chen	Mission Valley	2003
53	W	25	8-under	Butterfly	16.47	Christina Sexton	San Leandro	1993
54	M	25	8-under	Butterfly	15.64	William Dugoni	Mission Highlands	1997
55	W	25	9-10	Butterfly	14.52	Sherena Arata	Warm Springs	1993
56	M	25	9-10	Butterfly	14.28	Austin Schoeneman	Newark	2002
57	W	50	11-12	Butterfly	28.14	Kibos Buscovich	San Leandro	1996
58	M	50	11-12	Butterfly	28.70	Patrick Herndon	Warm Springs	2000
59	W	50	13-14	Butterfly	28.45	Hilary Vance	San Leandro	2006
60	M	50	13-14	Butterfly	25.77	Mark Lau	Warm Springs	1998
61	W	50	15-18	Butterfly	27.55	Hilary Vance	San Leandro	2007
62	M	50	15-18	Butterfly	24.20	Drew Wenzel	Highlands	2004
63	W	100	11-12	I.M.	1:06.71	Kibos Buscovich	San Leandro	1996
64	M	100	11-12	I.M.	1:06.32	Eric Vaa	Chabot	1993
65	W	100	13-14	I.M.	1:04.02	Lisa Bender	San Leandro	2004
66	M	100	13-14	I.M.	58.69	Jeff Wynn	Newark	2000
67	W	100	15-18	I.M.	1:01.94	Lisa Bender	San Leandro	2006
68	M	100	15-18	I.M.	55.20	Kyle Payne	Glenmoor	2002
70	W	100	8-under	Freestyle Relay	1:05.17	Parsons, Lyman, Lo, Hagan	San Leandro	1998
72	M	100	8-under	Freestyle Relay	1:05.90	Quock, Canfield, Schick, Tanakit	Mission Valley	2000
74	W	100	9-10	Freestyle Relay	56.59	Parsons, Lyman, Lo, Hagan	San Leandro	2000
76	M	100	9-10	Freestyle Relay	55.72	Castro, DeLaRiva, Mar, Milan	Chabot	1995
78	W	200	11-12	Freestyle Relay	1:52.53	Leandro, Sadjadi, Perry, Miller	Mission Valley	2002
80	M	200	11-12	Freestyle Relay	1:50.53	Giles, Davis, Jackson, Jackson	Southgate	2007
82	W	200	13-14	Freestyle Relay	1:46.98	Miller, Leandro, Sadjadi, Scobel	Mission Valley	2003
84	M	200	13-14	Freestyle Relay	1:40.18	Nelson, Gavarre, Wenzel, Pine	Mission Highlands	2000
86	W	200	15-18	Freestyle Relay	1:44.08	Bender, Lyman, Mok, Sexton	San Leandro	2005
88	M	200	15-18	Freestyle Relay	1:31.25	Wynn, Baird, Graham, Sabo	Mission Valley	2001