

PACIFIC SWIMMING SHORT COURSE TRI MEET

Hosted by Piranha Swimming

December 14, 2013



SANCTION: Held under USA/Pacific Swimming Sanction No. **13-226**

In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

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, video, web casting, television, psych sheets and live meet results.

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 audio or visual recording devices, including but not limited to film, cameras, a cell phone camera and tablet 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.

OFFICIALS:

Meet Referee: Debbi Tucker	Head Starter: Phil Spratt
Meet Marshal: Darlene Follansbee	Admin Official: Mike Welton
Meet Director: Nicole Whetstone (<i>nicholewhetstone@sbcglobal.net</i>)	

LOCATION: Honey Bee Pool, 1170 Golf Course Drive, Rohnert Park. Take Hwy 101 NB to the Wilfred Ave exit. Turn left off hwy on to Commerce. Go right at next light on to Golf Course Dr. Turn left into pool. There is a small parking lot available as well as street parking.

For additional parking: While on Golf Course (before the Pacific Market Shopping Center) turn left at stop light for Country Club. Turn right at Hudis Street stop sign. On right will be parking lot for Marguerite Hahn Elementary School. If you walk past the baseball field, follow the sidewalk into the park and you will see the pool.

COURSE: Heated 25-yard outdoor pool with up to 6 competition lanes as well as a small Warm-up/Warm-down area available during the meet. The minimum water depth measured in accordance with USA Swimming (USA-S) Article 103.2.3, is 5'0" at the start end and 3'5" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Meet will begin at 1:30 PM with warm-ups from 12:45 to 1:15 PM.

RULES:

- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- All events are timed finals.
- Swimmers may compete in three **(3)** events per day.
- Entries will be accepted until the number of splashes exceeds the estimated time line, per the "Four-Hour Rule," based on the swimmers age and gender.
- The Meet Referee may combine heats and events.
- Minimum entry times are required for Open events and "no time" entries will not be accepted for those events. Coaches may verify their swimmer's ability to achieve the minimum time.
- Due to time constraints on the use of the pool, the meet will end at 5:30 PM regardless of events remaining to be swum.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

UNACCOMPANIED SWIMMERS: Any USA-S athlete-member competing at the meet must be accompanied by a USA Swimming member-coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a coach-member of the athlete's USA-S Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USA-S Club Member-Coach.

RACING STARTS: Swimmers must be certified by a USA-S member-coach as being proficient in performing a racing start, or must start the race in the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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 during warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

ELIGIBILITY: Entries are limited to swimmers attached to, or training with QUIK, VJO, and SSS.

- 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 will 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.
- Entries with **"NO TIME" will be accepted.**
- 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.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRIES: Entries are limited to swimmers attached to, or training with QUIK, VJO, or SSS. Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be entered using the current Pacific Swimming Times. Entries must be turned into your coach by 7:30 pm Tuesday December 10th. No late entries will be accepted.

ENTRY FEES: \$5.00 per swimmer.

Make check payable to: Piranha Swimming

CHECK-IN: The meet will be pre seeded.

AWARDS: None.

ADMISSION: Free.

REFRESHMENTS: There will be no snack bar.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

MINIMUM OFFICIALS:

Club swimmers entered in session	Trained and carded officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5

EVENT SUMMARY

8 & UN	12 & Under	9 & Over
500 FR	500 FR	500 FR
25 FR	50 FR	100 FR
200 FL	200 FL	200 FL
25 BR	50 BR	100 BR
200 FR	200 FR	200 FR
25 FL	50 FL	100 FL
25 BK	50 BK	100 BK
	100 IM	200 IM

EVENTS

WOMEN	EVENT	MEN
1	Open 500 Free <i>Girls Min. Time: 8:28.19</i> <i>Boys Min. Time: 8:28.19</i>	2
3	8 & Under 25 Free	4
5	12 & Under 50 Free	6
7	9 & Over 100 Free	8
9	Open 200 Fly <i>Girls Min. Time: 3:13.59</i> <i>Boys Min. Time: 3:25.69</i>	10
11	8 & Under 25 Breast	12
13	12 & Under 50 Breast	14
15	9 & Over 100 Breast	16
17	Open 200 Free <i>Girls Min. Time: 3:11.09</i> <i>Boys Min. Time: 3:11.09</i>	18
19	8 & Under 25 Fly	20
21	12 & Under 50 Fly	22
23	9 & Over 100 Fly	24
25	Open 50 Free	26
27	8 & Under 25 Back	28
29	12 & Under 50 Back	30
31	9 & Over 100 Back	32
33	12 & Under 100 IM	34
35	9 & Over 200 IM	36

Pacific Swimming – Hosted by Piranha Swimming Tri Meet - December 14, 2013 Consolidated Entry Form													
Name: Last,			First				Middle						
Club Abbr.		UNATT TEAM ABBR				Club Name							
Age		Date of Birth				Sex M F		LSC – (PC, SN)					
USA-#													
Event #	Distance / Stroke					Entry Time			Circle one				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
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						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
Entry fee: \$5.00													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													