

NAPA VALLEY SWIM TEAM
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
MARCH 5-6, 2016
Enter Online: <http://ome.swimconnection.com/pc/NVST20160305>



SANCTION: Held under USA/Pacific Swimming Sanction No. **16-033**

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 any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass 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.

MEET PERSONNEL:

| | | | |
|-----------------------|--|------------------------|---------------------|
| Meet Referee: | Don Bautista (JBautistalaw@Pacbell.net) | Head Starter: | Sarah Obbagy |
| Meet Marshal: | Creighton Wright | Admin Official: | Albert Yu |
| Meet Director: | Jessica Padgett – sportsmomof4@comcast.net (707) 293-5892 | | |

LOCATION: Napa Valley College. 2277 Napa-Vallejo Hwy., Napa, California

COURSE: 25 yard x 50 meter outdoor heated pool, with rim flow gutters and anti-turbulent lane lines. Up to twelve (12) competition lanes, with separate warm up and warm down areas available throughout meet. Colorado timing system and scoreboard will be used. The minimum water depth measured in accordance with Article 103.2.3, is 4 feet at the shallow end and 12 feet at the deep end. The competition course has not been certified in accordance with 104.2.2C (4).

TIME: Meet will begin at 9:00am each day with warm-ups from 7:30am to 8:45am each day.

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.
- All events will swim "fast to slow" sequence with the option of reversing the sequence at the discretion of the Meet Referee and the Meet Director.
- Swimmers may compete in four (4) events per day. Swimmers may enter more than four (4) events each day but may only compete in a maximum of four (4) events each day.
- All swimmers ages 12 and under should complete competition within four (4) hours.
- 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.
- 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 Open events (400 IM, 500 Free, 200 Breast, 200 Back and 200 Butterfly) may alternate girls and boys heats, or may be swum in combined heats of girls and boys at the discretion of the Meet Referee.
- **In order to enter the Open events** (400 IM, 500 Freestyle, 200 Breaststroke, 200 Backstroke and 200 Butterfly), **the swimmer must have met the listed qualifying time or have coach verification.** If the swimmer's coach will be verifying the swimmer's ability to achieve the minimum entry time, per Pacific Swimming Rule 4A (2), please contact the meet director AND the meet referee.
- **No time entries will be accepted for all events EXCEPT the Open events.**
- **SHOULD THE MEET REACH CAPACITY AND NEED TO BE CLOSED PRIOR TO THE "CLOSE DATE" LISTED ON THE MEET SHEET, ABSOLUTELY NO ADDITIONAL ENTRIES WILL BE ACCEPTED AFTER THAT DATE (WHICH WILL BE LISTED ON OME SWIM CONNECTION). THIS INCLUDES MAIL-IN ENTRIES. MAIL-IN ENTRIES MUST BE POSTMARKED BY THE CLOSE DATE LISTED ON OME SWIM CONNECTION IN ORDER TO BE ACCEPTED. IF THEY ARE POSTMARKED AFTER SAID DATE, THEY WILL NOT BE ACCEPTED AND THE SWIMMER WILL NOT BE ENTERED.**

ATTENTION HIGH SCHOOL SWIMMERS: If you are a high school swimmer in season, you need to be Unattached from this meet. It is the swimmers responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

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: Swimmer must be certified by a USA-S member-coach as being proficient in performing a racing start from the starting block or from the deck; otherwise, the swimmer 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.
- No pets, except for "service assistance animals" are allowed anywhere in the meet venue.
- No food or drink is allowed in the locker rooms.
- 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.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- During general warm up swimmers must use 3-point entry into the pool.
- **ONLY COACHS TENTS WILL BE ALLOWED ON THE POOL DECK**
- **No tents, EZ Ups, Chairs (except those for coaches) or any form of "set up" or "loitering" will be allowed on pool deck. Team tent/set up will be allowed in the bleachers and the area above the bleachers.**

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 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.

- Swimmers in the "A" Division must have met at least USA Swimming Motivational "A" minimum time standard. Swimmers in the "B" Division must have met at least the listed "B" minimum time standard. All entry times slower than the listed "B" time standard will be in the "C" Division.
- Entries with **"NO TIME" will be accepted (Exception: OPEN events, see rules)** and will be seeded in the slowest heat(s) of the "C" division.
- 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 any special accommodations on entry times and seeding per Pacific Swimming policy.
- Swimmers 19 years of age and over may compete in the meet for time only, no awards. Such swimmers must have met standards for the 17-18 age group.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY FEES: \$4.00 per event plus an \$8.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/NVST20160305> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing fee, enter the meet using a mail entry. **Entering online is a convenience, is completely voluntary, and is in no way required or expected of a swimmer by Pacific Swimming.** Online entries will be accepted through Wednesday, February 24, 2016 at 5:00pm.

MAILED OR HAND DELIVERED ENTRIES: 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 postmarked by midnight, Monday February 22, 2016 or hand delivered by 5:00pm Wednesday February 24, 2016. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

SHOULD THE MEET REACH CAPACITY AND NEED TO BE CLOSED PRIOR TO THE ONLINE ENTRY "CLOSE DATE" LISTED ABOVE (Wednesday, February 24, 2016) ABSOLUTELY NO ADDITIONAL ENTRIES WILL BE ACCEPTED AFTER THAT DATE (DATE MEET CLOSED WILL BE LISTED ON OME SWIM CONNECTION). THIS INCLUDES MAIL-IN ENTRIES. MAIL-IN ENTRIES MUST BE POSTMARKED BY THE CLOSE DATE LISTED ON OME SWIM CONNECTION IN ORDER TO BE ACCEPTED. IF THEY ARE POSTMARKED AFTER SAID DATE, THEY WILL NOT BE ACCEPTED AND THE SWIMMER WILL NOT BE ENTERED. UNACCEPTED AND UNPROCESSED ENTRIES AND FEES WILL BE RETURNED.

Make check payable to: Napa Valley Swim Team

Mail entries to: Jessica Padgett
120 W MacArthur St.
Sonoma, CA 95476

Hand deliver entries to: Jessica Padgett
120 W MacArthur St.
Sonoma, CA 95476

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for all individual events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Swimmers who do not check in will not be seeded and will not be allowed to compete in that 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. Swimmers who must withdraw from an event after it is seeded are requested to inform the referee immediately.

AWARDS:

- **Individual events:** Ribbons will be awarded to the 1st – 8th place finishers in the "A," "B" and "C" divisions, for each event and age group (8&U, 9-10, 11-12, 13-14, 15-16, 17-18.) The 13 & Over individual events will be swum in combined heats, with awards given for each separate age group (13-14, 15-16, 17-18). The 11 & Over individual events will be swum in combined heats, with awards given for each separate age group (11-12, 13-14, 15-16, 17-18). Swimmers 19 years of age and older will not receive awards.
- **Open events:** Will be swum in combined heats, with no awards being given.
- "A" medals will be awarded to swimmers achieving new USA-S "A" times swum during this meet only.
- **AWARDS MUST BE PICKED UP ON SUNDAY, THE LAST DAY OF THE MEET, BY A TEAM'S COACH OR TEAM REPRESENTATIVE. AWARDS WILL NOT BE MAILED.**
- **ZONE 3 TEAMS:** AWARDS THAT ARE NOT PICKED UP AT THE MEET WILL BE AVAILABLE AT THE NEXT ZONE 3 BOARD MEETING.
- **NON ZONE 3 TEAMS AND UNATTACHED SWIMMERS:** TEAMS AND SWIMMERS MUST COORDINATE WITH THE AWARDS DESK PICK UP &/OR DELIVERY OF AWARDS AND FOR THOSE AWARDS NOT PICKED UP. IF AWARDS WILL NOT BE ABLE TO BE PICKED UP ON THE LAST DAY OF THE MEET, A PRE-PAID ENVELOPE MUST BE PROVIDED.
- **AWARDS WILL NOT BE INDIVIDUALLY DISTRIBUTED THROUGHOUT THE MEET.**

ADMISSION: Free. A 2-day program will be available for a nominal fee.

SNACK BAR & HOSPITALITY: A snack bar will be available on Saturday and Sunday. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers.

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

MINIMUM OFFICIALS: At least seven days prior to the start of the meet, meet management (Meet Director and/or Meet Referee) shall contact a representative from each team participating in the meet, and provide a preliminary inventory of the officials that team is required to provide for each session. Each team shall, by the start of the meet, provide to the Meet Director or designee a list of Officials who have agreed to represent that team during each session of the meet.

At the meet, meet management shall conduct an inventory of officials, and shall compare the number of swimmers entered in each session by each team with the number of officials present representing each team. If meet management certifies that a team has not provided sufficient officials for any session of the meet in accordance with the table below, excluding finals in a trials and finals meet, the team will be fined \$100 per missing official per session of the meet.

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

*Zone 3 will include assigned and working Colorado, Intermediary/ Chief Timing Judge, and Computer operator in the count of officials for a session although these positions are not carded. Zone 3 will accept un-carded Trainees in the count of officials for up to two sessions. Teams may use officials “borrowed” from other teams, or unattached officials at the meet who agree, to fulfill their obligation under the rule.

EVENT SUMMARY

| SATURDAY | | | | SUNDAY | | | |
|------------|------------|------------|------------|-----------|------------|------------|------------|
| 8 & UN | 9-10 | 11-12 | 13-UP | 8 & UN | 9-10 | 11-12 | 13-UP |
| 400 IM | 400 IM | 400 IM | 400 IM | 500 Free | 500 Free | 500 Free | 500 Free |
| 25 Fly | 50 Fly | 100 Fly | 100 Back | 25 Back | 200 Free | 100 IM | 200 Back |
| 50 Back | 50 Breast | 50 Breast | 200 Free | 200 Back | 50 Back | 50 Back | 200 IM |
| 100 IM | 200 IM | 200 Free | 100 Fly | 50 Free | 200 Back | 200 Back | 100 Breast |
| 25 Free | 100 Free | 50 Free | 100 Free | 50 Breast | 50 Free | 200 IM | 50 Free |
| 200 Breast | 100 Back | 100 Back | 200 Breast | 50 Fly | 100 Breast | 100 Breast | 200 Fly |
| | 200 Breast | 200 Breast | | 25 Breast | 100 Fly | 50 Fly | |
| | | | | 200 Fly | 100 IM | 100 Free | |
| | | | | | 200 Fly | 200 Fly | |

EVENTS

| Saturday, March 5, 2016 | | |
|-------------------------|--|-----------------|
| GIRLS EVENT # | EVENT | BOYS EVENT # |
| 1 | OPEN 400 IM Girl Qualifying Time: 6:28.59 Boy Qualifying Time: 6:20.09 | 2 |
| 3 | 11-12 100 Fly | 4 |
| 5 | 8 & U 25 Fly | 6 |
| 7 | 9-10 50 Fly | 8 |
| 9 | 13 & O 100 Back | 10 |
| 11 | 11-12 50 Breast | 12 |
| 13 | 8 & U 50 Back | 14 |
| 15 | 9-10 50 Breast | 16 |
| 17 | 11 & O 200 Free | 18 |
| 19 | 8 & U 100 IM | 20 |
| 21 | 9-10 200 IM | 22 |
| 23 | 11-12 50 Free | 24 |
| 25 | 13 & O 100 Fly | 26 |
| 27 | 9-10 100 Free | 28 |
| 29 | 8 & U 25 Free | 30 |
| 31 | 13 & O 100 Free | 32 |
| 33 | 11-12 100 Back | 34 |
| 35 | 9-10 100 Back | 36 |
| 37 | OPEN 200 Breast Girl Qualifying Time: 3:25.79 Boy Qualifying Time: 3:17.69 | 38 |

| Sunday, March 6, 2016 | | |
|-----------------------|--|-----------------|
| GIRLS EVENT # | EVENT | BOYS EVENT # |
| 39 | OPEN 500 FREE Girl Qualifying Time: 7:09.29 Boy Qualifying Time: 7:02.99 | 40 |
| 41 | 11-12 100 IM | 42 |
| 43 | 9-10 200 Free | 44 |
| 45 | 8 & U 25 Back | 46 |
| 47 | 11-12 50 Back | 48 |
| 49 | 9-10 50 Back | 50 |
| 51 | OPEN 200 BACK Girl Qualifying Time: 2:59.49 Boy Qualifying Time: 2:55.29 | 52 |
| 53 | 8 & U 50 Free | 54 |
| 55 | 9-10 50 Free | 56 |
| 57 | 11 & O 200 IM | 58 |
| 59 | 8 & U 50 Breast | 60 |
| 61 | 9-10 100 Breast | 62 |
| 63 | 11 & O 100 Breast | 64 |
| 65 | 8 & U 50 Fly | 66 |
| 67 | 9-10 100 Fly | 68 |
| 69 | 11-12 50 Fly | 70 |
| 71 | 13 & O 50 Free | 72 |
| 73 | 8 & U 25 Breast | 74 |
| 75 | 9-10 100 IM | 76 |
| 77 | 11-12 100 Free | 78 |
| 79 | OPEN 200 FLY Girl Qualifying Time: 3:02.39 Boy Qualifying Time: 2:58.09 | 80 |

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

| Pacific Swimming – Hosted by Napa Valley Swim Team C/B/A+ Swim Meet March 5-6, 2016 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 | | | | |
| | | | | | | : . | | | SCY / LCM | | | | |
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| | | | | | | : . | | | SCY / LCM | | | | |
| | | | | | | : . | | | SCY / LCM | | | | |
| # of entries _____ x \$4.00 = \$ _____ <div style="display: flex; justify-content: space-between;"> Participation Fee \$ 8.00 </div> <div style="display: flex; justify-content: space-between;"> Total \$ _____ </div> | | | | | | | | | | | | | |
| Coach's Name: Coach's E-Mail Address Coach's Cell Phone Number: | | | | | | | | | | | | | |
| Swimmer's Address | | | | | | | | | | | | | |
| Home Phone | | | | | | | Cell Phone | | | | | | |
| Swimmer/Parent Email | | | | | | | | | | | | | |