

**WAVES AQUATICS NAPA VALLEY FEBRUARY FROST  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
FEBRUARY 9-10, 2019**

Enter Online: <http://ome.swimconnection.com/pc/WANV20190209>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **19-002**

*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:**

<i>Meet Referee:</i> <b>DEBBI TUCKER</b>	<i>Head Starter:</i> <b>ANDY DOWNS</b>
<i>Admin Official:</i> <b>BARBARIE GONZALEZ</b>	<i>Head Marshal:</i> <b>JON HOLLISTER</b>
<i>Meet Director:</i> <b>KEVIN TWOHEY</b>	<a href="mailto:kevin@wavesaquatics.com">kevin@wavesaquatics.com</a> (707) 363-6221 cell

**LOCATION:** Vintage High School Aquatic Center 1375 Trower Ave. Napa, CA 94558

**DIRECTIONS:** From Highway 29 turn east on Trower Ave. Turn right (south) on Jefferson Street. Entrance is off Jefferson St. marked Vintage Tennis Courts. Parking lot gates open at 8am. *Absolutely no entrance to the parking lot or pool area before 8am. Do not block entrance to pool parking lot or private drive entrances.*

**COURSE:** Outdoor 25 yd pool with up to 10 lanes available for competition. An additional 5 lanes shall be available for warm-up/warm down throughout the meet. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 6'6" at the start end and 6'6" at the turn end. The competition course has not been certified by USA Swimming in accordance with 104.2.2C (4).

**TIME:** Meet shall begin at 10:00 AM each day with warm-ups from 8:30-9:45AM 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.
- Athletes may compete in **4** events per day
- All athletes ages 12 and under should complete competition within four (4) hours.
- All events will be swum in event order and in a "FAST to SLOW" sequence with the options of reversing the sequence at the discretion of the Meet Referee and Meet Director.
- Entries will be accepted until the number of splashes exceeds the estimated time line, per the "Four-Hour Rule," based on the athlete'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, subject to the provisions of Pacific Swimming Rules and Regulations.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. Deck Pass may be used to prove registration status.**
- **13-18 athletes will swim events together. Awards will be given to 13-14, 15-16, & 17-18 age groups.**

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

**UNACCOMPANIED ATHLETES** Any USA Swimming athlete-member competing at the meet shall 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 Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the athlete or the athlete's legal guardian to arrange for supervision by a USA Swimming member-coach. The meet director or meet referee may assist the athlete 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 Swimming Club Member-Coach.

**RACING STARTS:** Any athlete entered in the meet shall be certified by a USA Swimming member-coach as being proficient in performing a racing start, or shall start each race from within the water. When unaccompanied by a USA Swimming member coach, it is the responsibility of the athlete or the athlete'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, on standing areas and in all areas used by athletes, 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 shall 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.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- Club tents are not allowed on the immediate pool deck area. One coaches tent per club in designated area.

**ELIGIBILITY:**

- Athletes shall be current members of USA Swimming and enter their name and registration number on the meet entry card exactly as they are shown on their Registration Card. If this is not done, it may be difficult to match the athlete with the registration database. The meet host shall check all athlete 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 shall be added to the regular registration fee). Duplicate registrations shall be refunded by mail.
- Athletes in the "A" Division shall have met at least the listed USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division shall have met at least the listed "B" minimum time standard. All entry times slower than the "B" time standard shall be in the "C" Division.
- Entries with "**NO TIME**" will be accepted.
- Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Disabled athletes 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.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such athlete shall meet standards for the 17-18 age group.
- Age on the first day of the meet shall determine the athlete's age for the entire meet.

**ENTRY FEES:** \$4.00 per event plus an \$8.00 participation fee per athlete. 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/WANV20190209> 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 athlete 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 an athlete by Pacific Swimming.** Online entries will be accepted through **Monday January 28, 2019** unless meet cap is reached.

**MAILED OR HAND DELIVERED ENTRIES:** Entries shall be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athlete's best time. Entries shall be postmarked by midnight, Friday, **January 25, 2019** or hand delivered by 6:30 p.m. **Monday January 28, 2019**. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: WAVES AQUATICS NAPA VALLEY**

**Mail entries to: Waves Aquatics Napa Valley  
P.O. Box 303  
Napa, CA 94559**

**Hand deliver entries to: Kevin Twohey  
26 Highland Drive  
Napa, CA 94559**

**CHECK-IN:** Check in opens at 8am each day. The meet shall be deck seeded. Athletes shall 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. Athletes who do not check in shall not be seeded and shall not be allowed to compete in that event.

**SCRATCHES:** Any athletes not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized.

**AWARDS:** Ribbons will be awarded to the 1<sup>st</sup> thru 8<sup>th</sup> place finishers in the C/B/A divisions for the following age groups: 6 & Under, 7-8, 9-10, 11-12, 13-14, 15-16, and 17-18. 'A' medals will be awarded to swimmers with an entry time slower than 'A' achieving 'A' standard times for the first time. **Awards will be mailed to all clubs after the meet.**

**Note: All participating clubs and clubs with unattached athletes must provide a mailing address at the Clerk of the Course, at the Awards table or with the Administrative Referee at check-in.**

**ADMISSION:** Free.

**PROGRAM:** A 2-day meet program will be available for \$3.00

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

**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 club participating in the meet, and provide a preliminary inventory of the officials that club is required to provide for each session. Each club shall, by the start of the meet, provide to the Meet Director or designee a list of Officials who have agreed to represent that club during each session of the meet.

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

Club athletes 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

\*Zone 3 shall 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 shall accept uncarded Trainees in the count of officials for up to two sessions. Clubs may use officials "borrowed" from other clubs, or unattached officials at the meet who agree, to fulfill their obligation under the rule.

**EVENT SUMMARY**

SATURDAY FEBRUARY 9th				SUNDAY FEBRUARY 10th			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
100 Free	200 Free	200 Free	200 Free	50 Back	100 Back	200 Back	200 Back
25 Back	50 Back	50 Back	100 Back	25 Fly	50 Fly	50 Fly	100 Fly
50 Fly	100 Fly	100 Fly	200 Fly	100 IM	100 IM	100 IM	200 IM
25 Breast	50 Breast	50 Breast	100 Breast	50 Breast	100 Breast	100 Breast	200 Breast
50 Free	100 Free	100 Free	100 Free	25 Free	50 Free	50 Free	50 Free
500 Free	500 Free	500 Free					500 Free

**SCHEDULE OF EVENTS**

SATURDAY FEB 9th		
EVENT #	EVENT	EVENT #
1	13-18 200 Free	2
3	9-12 200 Free	4
5	8 & Un 100 Free	6
7	13-18 100 Back	8
9	11-12 50 Back	10
11	9-10 50 Back	12
13	8 & Un 25 Back	14
15	13-18 200 Fly	16
17	9-12 100 Fly	18
19	8 & Un 50 Fly	20
21	13-18 100 Breast	22
23	11-12 50 Breast	24
25	9-10 50 Breast	26
27	8 & Un 25 Breast	28
29	13-18 100 Free	30
31	11-12 100 Free	32
33	9-10 100 Free	34
35	8 & Un 50 Free	36
37	12 & Un 500 Free	38

SUNDAY FEB 10th		
EVENT #	EVENT	EVENT #
39	13-18 200 Back	40
41	9-12 100 Back	42
43	8 & Un 50 Back	44
45	13-18 100 Fly	46
47	9-12 50 Fly	48
49	8 & Un 25 Fly	50
51	13-18 200 IM	52
53	11-12 100 IM	54
55	9-10 100 IM	56
57	8 & Un 100 IM	58
59	13-18 200 Breast	60
61	11-12 100 Breast	62
63	9-10 100 Breast	64
65	8 & Un 50 Breast	66
67	13-18 50 Free	68
69	11-12 50 Free	70
71	9-10 50 Free	72
73	8 & Un 25 Free	74
75	13-18 500 Free	76

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

**500 Free**

Athletes must provide their own lap counting devices and counter for the 500's.  
 12-UN 500 Free will be swum together and awarded separately by age groups: 8-UN, 9-10, 11-12.  
 13-18 500 Free will be swum together and awarded separately by age groups: 13-14, 15-16,17-18.

**9-12 - 200 Free, 100 Fly, 100 Back, 50 Fly**

These 9-12 events will be swum together and awarded separately by age groups: 9-10, 11-12.

Pacific Swimming – Hosted by WANV C/B/A+ SHORT COURSE FEBRUARY 9-10, 2019 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			
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							:	.		SCY / LCM			
# of entries _____ x \$4.00 = \$ _____ Participation Fee      \$ 8.00 Total                      \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													