

WINE COUNTRY AQUATICS of NAPA
WCAN PENGUIN PLUNGE
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
FEBRUARY 21-22, 2015



Enter Online: <http://ome.swimconnection.com/pc/wcan20150221>

****PARKING LOT GATES WILL BE LOCKED UNTIL 8:00 AM. ABSOLUTELY NO ENTRANCE TO THE PARKING LOT WILL BE ALLOWED BEFORE 8:00 AM. Please do not block the entrance to the pool parking lot not allowing the gate to be unlocked in a timely manner.**

SANCTION: Held under USA/Pacific Swimming Sanction No. **15-020**

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: Susi Jackson **Head Starter:** Irene Alameida
Meet Marshal: Derek McClintick **Admin Official:** Lillian Bautista
Meet Director: Kevin Raab – coachkevin@wcanswim.org

LOCATION: Vintage High School Pool, 1375 Trower Avenue, Napa, CA 94558

DIRECTIONS: Pool Entrance is off Jefferson Street. There will be plenty of parking in the adjacent lot. **PARKING LOT GATES WILL BE LOCKED UNTIL 8:00 AM – ABSOLUTELY NO ENTRANCE TO THE PARKING LOT OR POOL AREA WILL BE ALLOWED BEFORE 8:00 AM. Please do not block the entrance to the pool parking lot not allowing the gate to be unlocked in a timely manner.**

COURSE: Outdoor 25 yard heated pool with up to ten (10) lanes available for competition. Additional lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 5'0" at the start end and 5'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Meet will begin at 10:00 AM each day with warm-ups from 8:30 to 9:45 AM 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.
- Swimmers may enter more than four (4) events per day but may only compete in a maximum of four (4) events per day. No refunds will be given except as provided below in the case of a mandatory scratch down.
- 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.
- The 500 Free and 400 IM may alternate girls and boys heats, or may be swum in combined heats of girls and boys at the discretion of the Meet Referee. Swimmers in the 500 Free are required to provide their own lap counters.
- There will be a minimum entry time that must have been met for Open events. Times that cannot be proven using the Pacific Swimming database may be verified by a complete set of meet results or verified by the swimmer's coach. (See Pacific Swimming Rule 4A2).

- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

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: 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, on 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.
- No pets, except for "working dogs" are allowed anywhere in the meet venue.
- No food or drink is allowed in the locker rooms.

• ONLY COACH'S TENTS WILL BE ALLOWED ON THE POOL DECK.

• No tents, EZ Ups, Chairs (except those for coaches) or any form of "set-up" or "hanging out" will be allowed on pool deck. Team tent/set up will be allowed on the basketball courts, where there is ample space.

- 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.

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)
- 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 and 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.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/wcan20150221> 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 Thursday, February 12th, 2015.

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 9th, 2015** or hand delivered by 6:30 p.m. Thursday, February 12th, 2015. No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: WCAN

Mail entries to: WCAN MEET
P.O. Box 5582
Napa, CA 94581

Hand deliver entries to: Kevin Raab
4131 Freeda Ct.
Livermore, CA 94550

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. 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. No event shall be closed more than 30 minutes before the scheduled start of the session. 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.

AWARDS: 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, and 11 – 12). No awards will be given for 13 & Over or Open events. “A” medals will be awarded to swimmers achieving new USA-S “A” times swum during this meet only. Awards must be picked up by the swimmer throughout the meet. We will not mail out awards.

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

SNACK BAR & HOSPITALITY: A snack bar will be available on Saturday and Sunday. Lunches and refreshments will be provided for officials and coaches. Refreshments will be provided to timers.

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

MINIMUM OFFICIALS: No more than 3 days after close of entries, 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 requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5

**Zone 3 will include 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 Trainees in the count of officials for a session as long as they are carded. Teams may use officials “borrowed” from other teams, or unattached officials at the meet who agree to fulfill their obligation under the rule.*

EVENTS

Saturday February 21st 2015		
EVENT #	EVENT	EVENT #
1	Girls Open 200 IM <i>Min Time 3:40.39</i>	
	Boys Open 200 IM <i>Min Time 3:38.89</i>	2
3	9-10 100 Back	4
5	8-UN 25 Bk	6
7	13-18 100 Free	8
9	9-10 50 Fly	10
11	8-UN 25 fly	12
13	11-12 100 Breast	14
15	13-18 100 Breast	16
17	9-10 100 Breast	18
19	8-UN 50 Breast	20
21	11-12 50 Fly	22
23	13-18 200 Back	24
25	9-10 50 Free	26
27	8-UN 50 Free	28
29	11-12 100 Back	30
31	13-18 100 Fly	32
33	11-12 50 Free	34
35	Girls Open 400 IM <i>Min Time 6:28.59</i>	
	Boys Open 400 IM <i>Min Time 6:20.09</i>	36

Sunday February 22nd 2015		
EVENT #	EVENT	EVENT #
37	Girls Open 200 Fr <i>Min Time: 3:20.19</i>	
	Boys Open 200 Fr <i>Min. Time 3:09.09</i>	38
39	9-10 100 free	40
41	8-UN 100 IM	42
43	13-18 100 Back	44
45	9-10 50 Breast	46
47	8-UN 25 Breast	48
49	11-12 100 Free	50
51	13-18 200 Breast	52
53	9-10 50 Back	54
55	8-UN 50 Back	56
57	11-12 50 Breast	58
59	13-18 50 Free	60
61	9-10 100 Fly	62
63	8-UN 25 Free	64
65	11-12 100 Fly	66
67	13-18 200 Fly	68
69	9-10 100 IM	70
71	11-12 50 Back	72
73	Girls Open 500 Fr <i>Min time 8:30.49</i>	
	Boys Open 500 Fr <i>Min Time 8:22.79</i>	74

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

Pacific Swimming – Hosted by Wine Country Aquatics of Napa Penguin Plunge C/B/A+ Meet February 21-22, 2015 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				
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													