

COAST VALLEY AQUATICS LEAGUE
CLOSE SHORT COURSE CHAMPIONSHIP TIMED FINALS & T/F MEET
AUGUST 5-7, 2016
ENTER ONLINE: <http://ome.swimconnection.com/pc/CVAL20160805>



SANCTION: Held under USA/Pacific Swimming Sanction No. **16-114**

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: Brett Shaug</i>	<i>Head Starter: Frank Suchomel</i>
<i>Meet Marshal: Ilana Brunido</i>	<i>Admin Official: Denise Brolin</i>
<i>Meet Director: Mary Hazdovac</i> maryhazdovac@comcast.net	

LOCATION: Hartnell College Pool, 156 Homestead Drive, Salinas, CA 93901.

DIRECTIONS: FROM US-101 SOUTH: Take the MAIN ST exit toward SALINAS. Stay STRAIGHT to go onto N MAIN ST/CA-183 S. N MAIN ST/CA- 183 S becomes SALINAS ST. Turn RIGHT onto W ALISAL ST. Turn RIGHT onto HOMESTEAD AVE. **FROM US-101 NORTH:** Take the JOHN ST exit. Turn LEFT onto JOHN ST. Turn RIGHT onto MONTEREY ST. Turn LEFT onto E ALISAL ST. Turn RIGHT onto HOMESTEAD AVE.

COURSE: Ten (10) 25-yard lanes of competition are available, with separate 25-yard lanes provided for warm up and warm down each day. Eight lanes will be seeded for Finals and Consolation Finals. Colorado Timing System will be used. The minimum water depth, measured in accordance with Article 103.2.3, is 14' at the start end and 4' 6" at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

TIME: Officials and Coaches meeting will be conducted prior to each day's meet start time.

	WARM UP	MEET BEGINS
FRIDAY	2:00 PM	3:30 PM
SAT/SUN	7:30 AM	9:00 AM

- RULES:**
- Current USA-S, Pacific Swimming rules, and CVAL by-laws will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk of Course.
 - An athlete may compete in a maximum of six (6) individual events, including Friday events. Athletes may compete in a maximum of 3 events per day.
 - A club may have unlimited entries per individual event. A club may have only one relay team per relay event.
 - All Friday events, all 6/UN events, all 8/UN events, and all relay events will be timed finals. All other events will be conducted with preliminary heats and finals; A Final followed by B Final.
 - The 9/10, 8/UN, and 6/UN relays are the last events of the preliminary sessions on Saturday and Sunday.
 - For finals, the 15/18 age group will split into 15/16 and 17/18 for all events except for the 15/18 relays.
 - All finals on Saturday and Sunday will begin no sooner than 1 hour after the completion of the last preliminary Heat.
 - A lane vacated in a final heat due to a scratch or no-show shall be filled by the next fastest athlete from the consolation heat and the vacated consolation lane filled by the first alternate athlete without reseeding the lanes. Pacific Swimming Scratch Procedures will be in effect for this meet. A copy will be at the Scratch Desk.
 - Athletes competing in the 500 Freestyle must provide their own lap counters.
 - **All events will be seeded and swum fastest to slowest. The first 3 heats circle seeded in all events except events listed as time finals.**
 - All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

UNACCOMPANIED ATHLETES: 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 athlete or the athlete's legal guardian arrange for supervision by a USA-S 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-S Club Member- Coach.

RACING STARTS: Athletes 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 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 and 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.
- 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.
- **2016 USA FACILITIES STANDARDS:** 203.20.2 AUTOMATIC OFFICIATING EQUIPMENT/Installation and safety: Equipment shall be installed so that it will not interfere with swimmers' start, turns or finish and the normal overflow functions of the pool water recirculation system. All deck-level wiring shall carry no more than 12 volts.

ELIGIBILITY:

- Athletes 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 athlete with the registration and times database. The meet host will 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 will be added to the regular registration fee). Duplicate registrations will be refunded by mail.
- This meet is only open to qualified athletes, belonging to a CVAL team (CAB, CRUZ, GGST, MBSC, MCAT, SBA, SLUG, and SEA).
- Registered USA Swimming Athletes participating on other USA Swimming teams may participate on a CVAL team if they have declared themselves unattached prior to their first CVAL meet, have swum exclusively at their CVAL team practices and meets during the regular season, and meet any other requirements placed upon USA Swimming Athletes participating in CVAL events.
- All athletes 18 & Under must have swum in a minimum of 2 events in at least one league meet during the 2016 CVAL season to be eligible for 2016 CVAL Championship participation.
- Athletes 19 years of age and over may swim prelims only and will not score points.
- **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.

ENTRY FEES: \$8.00 participation fee per athlete, \$4.00 per individual event, and \$9.00 per relay entry. Fees must be included with entries. Checks only. NO REFUNDS except as noted in the relay entries.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/CVAL20160805> 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 a swimmer by Pacific Swimming.** Online entries will be accepted through Thursday, July 28, 2016. Relay entries may NOT be entered online.

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. Entered times must be submitted in yards. "No Time" entries will be accepted. Entries must be postmarked by midnight, Monday, July 25, 2016 or hand delivered to the Monterey Peninsula College Pool Office by 6:30 PM Wednesday, July 27, 2016. No late entries will be accepted. No refunds will be made, except for mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed stamped envelope.

HY-TEK ENTRIES: Download Hy-Tek file and e-mail entries: Email entry (entry.zip file) will be accepted only when received with an

attached Word or .pdf file including electronic signature of coach and will be dated as official at that time. Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Deletions will NOT be refunded. If you do not have Hy-Tek entry software Hy-Tek lite can be downloaded free of charge at <http://www.hy-tekltd.com/downloads.html> Submission deadline: Wednesday, July 27, 2016 to maryhazdovac@comcast.net.

RELAY ENTRIES: COACHES must complete the relay entry form with instructions at the end of meet sheet. No deck entered relay teams will be accepted. No deck entered relay athletes will be accepted.

Make check payable to: CVAL

Mail entries to: Mary Hazdovac 1117 Piedmont Avenue Pacific Grove, CA 93950

CHECK-IN: The meet will be deck seeded. Athletes 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. Athletes who do not check in will not be seeded and will not be allowed to compete in that event.

SCRATCHES: • Pacific Swimming scratch rules will be enforced. A copy will be posted at the clerk-of-course.

- Athletes entered in a preliminary individual event in a Trials and Finals meet that is seeded on the deck that have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim in an event will result in being barred from their next preliminary individual event.
- Any athlete qualifying for any level of finals in an individual event who does not wish to compete must scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that may not intend to compete in consolation finals or finals. In this case, they must declare their final intention within 30 minutes after the announcement of qualifiers following their individual preliminary event.
- Any athlete qualifying for a consolation final or final race in an individual event who fails to show up in said consolation final or final race prior to calling the alternate shall be barred from the remainder of any final events for that day. Should the athlete have no additional final events for that day they will be barred from their next preliminary event.
- If the No-Show occurs on the last day that the athlete is entered in an individual event in the meeting, and no other individual event penalty is applicable, the athlete shall then be fined \$100.00. The fine will be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment

AWARDS: CVAL Medals: 1st – 8th place in individual events and 1st – 3rd place in relay events. CVAL Ribbons: 9th – 16th place in individual events and 4th – 8th place in relay events. **Special Awards:** High point boy and girl in each age group. 1st – 3rd place championship teams. 6/UN swimmers competing in 8/UN events will be awarded and scored separately.

SCORING: Individual to 16 places: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
Relay events to 8 places: 40, 34, 32, 30, 28, 26, 24, 22

ADMISSION: Free.

REFRESHMENTS: A full service snack bar will be available Friday, Saturday, and Sunday providing breakfast, lunch, and dinner. Picnic areas are available outside of the facility. Small personal-sized coolers with healthy swimmer snacks, not to exceed 11 inches in one dimension, are allowed inside the facility.

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

EVENTSUMMARY						
	6/UN	8/UN	9/10	11/12	13/14	15/18
Friday			200 Free	200 Free	500 Free	500 Free
Saturday	100 IM 50 Free 25 Back	100 IM 50 Free 25 Back	100 IM 50 Free 50 Back	200 IM 100 Free 50 Back 50 Fly	200 IM 100 Free 100 Back 100 Fly	200 IM 100 Free 100 Back 100 Fly
Saturday Relays	100 Mixed Med. Relay	100 Med. Relay	200 Med. Relay	200 Med. Relay	200 Med. Relay	200 Med. Relay
Sunday	25 Free 25 Breast 25 Fly	25 Free 25 Breast 25 Fly	100 Free 50 Breast 50 Fly	200 Free 50 Breast 50 FREE 100 IM	200 Free 100 Breast 50 FREE	200 Free 100 Breast 50 FREE
Sunday Relays	100 Mixed FR Relay	100 FR Relay	200 FR Relay	200 FR Relay	200 FR Relay	200 FR Relay

SCHEDULE OF EVENTS:

FRIDAY, AUGUST 5, 2016		
GIRLS	BOYS	EVENT
1	2	9-10 200 FREE
3	4	11-12 500 FREE
5	6	13-14 500 FREE
7	8	15-18 500 FREE

Athletes must provide their own lap counters for the 500 Free.

SATURDAY, AUGUST 6, 2016			SUNDAY, AUGUST 7, 2016		
GIRLS	BOYS	EVENT	GIRLS	BOYS	EVENT
9	10	9-10 100 IM	57	58	9-10 100 FREE
11	12	11-12 200 IM	59	60	11-12 200 FREE
13	14	8/UN 100 IM	61	62	8/UN 25 FREE
15	16	13-14 200 IM	63	64	13-14 200 FREE
17**	18**	15-18 200 IM	65**	66**	15-18 200 FREE
19	20	9-10 50 FREE	67	68	9-10 50 BREAST
21	22	11-12 100 FREE	69	70	11-12 50 BREAST
23	24	8/UN 50 FREE	71	72	8/UN 25 BREAST
25	26	13-14 100 FREE	73	74	13-14 100 BREAST
27**	28**	15-18 100 FREE	75**	76**	15-18 100 BREAST
29	30	9-10 50 BACK	77	78	9-10 50 FLY
31	32	11-12 50 BACK	79	80	11-12 50 FREE
33	34	8/UN 25 BACK	81	82	8/UN 25 FLY
35	36	13-14 100 BACK	83	84	13-14 50 FREE
37**	38**	15-18 100 BACK	85**	86**	15-18 50 FREE
39	40	11-12 50 FLY	87	88	11-12 100 IM
41	42	13-14 100 FLY	89*	--	6/UN MIXED FREE RELAY
43**	44**	15-18 100 FLY	91	92	8/UN 100 FREE RELAY
45*	--	6/UN 100 MIXED MEDLEY RELAY	92	94	9-10 200 FREE RELAY
47	48	8/UN 100 MEDLEY RELAY	95	96	11-12 200 FREE RELAY
49	50	9-10 200 MEDLEY RELAY	97	98	13-14 200 FREE RELAY
51	52	11-12 200 MEDLEY RELAY	99	100	15-18 200 FREE RELAY
53	54	13-14 200 MEDLEY RELAY			
55	56	15-18 200 MEDLEY RELAY			

***6/UN may have only one (1) relay per team consisting of 4 boys or 4 girls or any combination of boys and girls.**

All 6/UN and 8/UN events are timed finals events

Ribbons and Medals for 6/UN and 8/UN are awarded at the starting blocks following the morning relay

****For finals, the 15/18 age group will split into 15/16 and 17/18 for all events except for the 15/18 relays.**

**CVAL Championship Closed Short Course Meet
August 5-7, 2016
CONSOLIDATED ENTRYCARD**

Name: Last		First		Initial	
Club Abbr.		Club Name:		Unattached	
Age		Date of Birth / /		Amount Paid \$	
USA Swimming Registration Number:					
Gender (circle one) Girl		Boy		Age Group	
Event No.		Distance & Stroke		Time	
() Events x \$4.00=				\$	
Participation Fee \$8.00 =				\$	
Total =				\$	
Coach:					
Athlete's Address					
Phone # ()					
Email					

CLUB RELAY ENTRIES

Relays entries may NOT be entered online. All relay team entries must be postmarked by the closing date for individual entries, **Monday, July 25, 2016**, or hand delivered to the Monterey Peninsula College Pool Office by 6:30 PM **Wednesday July 27, 2016** and include a **separate club relay check** covering the relay entry fees for the number relays entered. Write the entry time in the appropriate time field of the relay entry form for each relay team. There should be only one Relay Entry Form per CVAL Club.

RelayEntry cards confirming the relay entries for the entire meet will be ready for pick up by each CVAL club on the first day of the meet. Relay scratches or time changes are accomplished by returning the Relay Entry cards to the Clerk of Course by 11 AM each day having relay events. When there are no scratches or time changes, there is no need to turn in the Relay Entry card. Refunds will be made to the club for any relay entries scratched prior to the start of the relay event.

RelayEvent cards containing the heat and lane assignments and all the eligible athletes for the relay for all 10 and under relays will be ready for pick up after noon each day. Relay Event cards containing the heat and lane assignments and all the eligible athletes for the relay for all 11 and over relays will be ready for pick up before the start of finals each day. The order of the athletes must be listed on the Relay Event card prior to the start of the heat.

No deck entered relay teams will be accepted. No deck entered relay athletes will be accepted.

Any athlete who is not entered in an individual event or is unattached is not eligible to participate in a relay.

COACHES TEAM RELAY ENTRY FORM			
CLUB:		CLUB ABBREVIATION:	
Saturday Relay Event	Entry Time	Sunday Relay Event	Entry Time
6/un 100 Mixed Medley Relay		6/un 100 Mixed Free Relay	
8/un 100 Girls Medley Relay		8/un 100 Girls Free Relay	
8/un 100 Boys Medley Relay		8/un 100 Boys Free Relay	
9/10 200 Girls Medley Relay		9/10 200 Girls Free Relay	
9/10 200 Boys Medley Relay		9/10 200 Boys Free Relay	
11/12 200 Girls Medley Relay		11/12 200 Girls Free Relay	
11/12 200 Boys Medley Relay		11/12 200 Boys Free Relay	
13/14 200 Girls Medley Relay		13/14 200 Girls Free Relay	
13/14 200 Boys Medley Relay		13/14 200 Boys Free Relay	
15/18 200 Girls Medley Relay		15/18 200 Girls Free Relay	
15/18 200 Boys Medley Relay		15/18 200 Boys Free Relay	
Number of Relay Entries: _____		X \$9.00 = \$ _____ .00	
A time (or NT) must be indicated in the appropriate Time box for each intended relay entry.			
For accounting purposes, please submit this form attached with a separate relay entry check payable to CVAL to: Mary Hazdovac 1117 Piedmont Avenue Pacific Grove, CA 93950			