

NAPA VALLEY SWIM TEAM
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
MARCH 9-10, 2019
Enter Online: <http://ome.swimconnection.com/pc/NVST20190309>



SANCTION: Held under USA/Pacific Swimming Sanction No. **19-010**

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> ANDY DOWNS	<i>Head Starter:</i> KIAN TAVAKOLI
<i>Meet Marshal:</i> GLENN DUSKY	<i>Admin Official:</i> RONALD Sto.DOMINGO
<i>Meet Director:</i> JOHN CISCO	napavalleysswim@yahoo.com

LOCATION: VINTAGE HIGH SCHOOL, 1375 TROWER AVE, NAPA CA 94558.

Pool entrance is off Jefferson Street. **PARKING LOT GATES WILL BE LOCKED UNTIL 8:00AM-ABSOLUTELY NO ENTRANCE TO THE PARKING LOT OR POOL AREA SHALL BE PERMITTED BEFORE 8:00AM.** Please do not block the entrance to the pool parking lot which prevents the gate from being unlocked in a timely manner.

COURSE: Outdoor heated pool; 25 yard pool, with up to 10 lanes available for competition. Additional lanes will 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 5' at the start end and 5' at the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

TIME: Meet shall 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 shall govern the meet. A copy of these procedures shall be posted at the Clerk-of-Course.
- All events are timed finals.
- Athletes may enter more than four (4) events each day, but **may only compete in MAXIMUM four (4) events per day.**
- All athletes ages 12 and under should complete competition within four (4) hours.
- Entries shall 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. Immediate cash refunds shall be made for any mandatory scratches.
- 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.
- All Open events (400IM, 200IM, 500 Freestyle, 1000 Freestyle) may be swum in alternate girls' and boys' heats, or in combined heats of girls and boys at the discretion of the Meet Referee and Meet Director.
- Athletes in the 500 and 1000 Freestyle shall provide their own lap counters and timers.
- In order to enter the Open Events (400IM, 500 Freestyle, 1000 Freestyle), except the 200 IM, the athlete shall have met the listed qualifying time or have coach verification. If the athlete's coach is to verify the athlete's ability to achieve the minimum entry time per Pacific Swimming Rule 4A2, please contact the Meet Director, Meet Referee AND Administrative Official.
- At the discretion of the Meet Referee, events and heats may be combined.
- **All coaches and deck officials shall display their current USA Swimming membership cards in a visible manner. Deck Pass may be used to prove registration status.**

ATTENTION HIGH SCHOOL ATHLETES: 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.
- All animals, except service animals, are prohibited from all areas of the competition venue.
- 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.
- No food or drink is allowed in locker rooms.
- **ONLY HOSTING CLUB, VENDOR AND COACHES' TENTS ARE ALLOWED ON THE POOL DECK**
- **ONLY COACHES, ATHLETES, TIMERS AND MEET STAFF ARE ALLOWED BEHIND THE STARTING BLOCKS DURING WARMUPS AND WHILE MEET IS IN SESSION.**

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.
- **EXCEPT the events requiring a min. entry time, "NO TIME" entries shall be accepted and placed in the slowest heats.**
- 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 shall be rejected if payment is not sent at time request. No refunds shall be made except mandatory scratch downs.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/NVST20190309> 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 shall be accepted through **WEDNESDAY, FEBRUARY 27, 2019.**

MAILED OR HAND DELIVERED ENTRIES: Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with athlete's best time. Entries shall be postmarked by midnight, **MONDAY, FEBRUARY 25, 2019** or hand delivered by 6:30 PM, **WEDNESDAY, FEBRUARY 27, 2019.** No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: NVST
Mail or hand delivered entries to: Meet Director, 1942 Shurtleff Avenue Napa, CA 94559

CHECK-IN: 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. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

AWARDS:

- Individual events: Ribbons shall 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 shall be swum in combined heats, with awards given for each separate age group (13-14, 15-16 17-18).
- Open events shall be swum in combined heats, with no awards being given.
- "A" medals shall be awarded to athletes achieving new "PC-A" times swam during this meet only.

AWARDS SHALL BE PICKED UP ON SUNDAY, THE LAST DAY OF THE MEET, BY A CLUB'S COACH OR CLUB REPRESENTATIVE. AWARDS SHALL NOT BE MAILED. NON ZONE 3 CLUBS AND UNATTACHED ATHLETES SHALL COORDINATE WITH THE AWARDS DESK FOR PICK-UP AND/OR DELIVERY OF AWARDS. FOR THOSE AWARDS NOT PICKED UP, CLUB OR RECIPIENT SHALL PROVIDE SELF-ADDRESSED AND PRE-PAID ENVELOPES TO THE AWARDS DESK. AWARDS SHALL NOT BE INDIVIDUALLY DISTRIBUTED THROUGHOUT THE MEET.

ADMISSION: Free. A two-day program will be available for \$5.00.

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 required
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

EVENTS

SATURDAY, MARCH 9			SUNDAY, MARCH 10		
EVENT#	EVENT	EVENT#	EVENT#	EVENT	EVENT #
1	OPEN 400IM GIRLS Min Time: 6:24.19 BOYS Min Time: 6:13.09	2	45	OPEN 200IM	46
3	11-12 100 FLY	4	47	11-12 100 BREAST	48
5	9-10 100 FLY	6	49	9-10 50 BREAST	50
7	8 & U 50 FLY	8	51	8 & U 50 BREAST	52
9	13 & OVER 200 FLY	10	53	13 & OVER 200 BREAST	54
11	11-12 50 BACK	12	55	11-12 100 BACK	56
13	9-10 50 BACK	14	57	9-10 100 BACK	58
15	8 & U 25 BACK	16	59	8 & U 50 BACK	60
17	13 & OVER 200 BACK	18	61	13 & OVER 100 BACK	62
19	11-12 200 BREAST	20	63	11-12 200 FLY	64
21	9-10 100 BREAST	22	65	9-10 50 FLY	66
23	8 & U 25 BREAST	24	67	8 & U 25 FLY	68
25	13 & OVER 100 BREAST	26	69	13 & OVER 100 FLY	70
27	11-12 200 FREE	28	71	11-12 100 FREE	72
29	9-10 100 FREE	30	73	9-10 200 FREE	74
31	8 & U 50 FREE	32	75	8&U25 FREE	76
33	13 & OVER 100 FREE	34	77	13 & OVER 200 FREE	78
35	11-12 50 FREE	36	79	11-12 100 IM	80
37	9-10 100 IM	38	81	9-10 50 FREE	82
39	8 & U 100 IM	40	83	8 & U 100 FREE	84
41	13 & OVER 50 FREE	42			
43	OPEN 500 FREE GIRLS Min Time: 7:09.09 BOYS Min Time: 6:57.29	44	85	OPEN 1000 FREE GIRLS Min Time: 14:48.09 BOYS Min Time: 14:32.59	86

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

Pacific Swimming - Hosted by NVST C/B/A+ MEET MARCH 9-10, 2019 Consolidated Entry Form			
Name: Last,		First	Middle
Club Abbr.	UNATT CLUB 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
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
# of entries	x \$4.00 =\$		
	Participation Fee	\$ 8.00	
	Total	\$	
Coach Name: _____			
Email Address: _____			
Cell Phone #: _____			
Athlete's Address			
Home Phone		Cell Phone	
Email			