

WAVES AQUATICS NAPA VALLEY  
PACIFIC SWIMMING SHORT COURSE INTRASQUAD MEET  
MAY 2, 2021  
Enter Online: <http://www.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **21-049**

*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.*

*An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.*

*USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.*

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.**

**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:**

<b>Meet Referee:</b> Debbi Tucker	<b>Head Starter:</b> Kian Tavakoli
<b>Meet Marshal:</b> Janeen Talbott	<b>Admin Official:</b> Barbarie Gonzalez
<b>Meet Director:</b> Jon Hollister <a href="mailto:hollisterjon@aol.com">hollisterjon@aol.com</a>	<b>(707) 225-2264</b>

**LOCATION:** ST. HELENA AQUATIC CENTER 1401 GRAYSON AVE. ST. HELENA, CA 94574

**DIRECTIONS:** From Highway 29 North turn right (west) on Grayson Ave. Pool is on the left just past the school office and gym. From Highway 29 South turn left (west) on Grayson Ave. Meet parking is available at the baseball field parking lot west of the pool facility.

**COURSE:** Outdoor 25 yard pool with up to 8 lanes available for competition. An additional 7 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 6'6" at the start end and 6' 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:** Meet is a two (2) session meet. **Session 1** will begin at **9:00 AM** with warm-ups from 8:30 AM. **Session 2** will begin at **12:30pm** with warmups starting at 12:30pm. A maximum of two (2) athletes shall be permitted per warm-up lane. The athletes shall start from opposite ends of the pool.

**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.
- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
- All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of

the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

- All events are timed finals.
- All events will swim fast to slow.
- Athletes may compete in a **MAXIMUM 3** events per day.
- All Athletes 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 Athletes 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 Officials must wear their USA Swimming membership cards in a visible manner.
- All applicable Napa County Public Health and State of California Public Health requirements for protection against COVID-19 will apply. All persons in the facility must be masked (with the exception of the athletes during warm up, warm down, and actual competition). The Meet Director and Meet Referee may remove any individual who does not comply.

**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 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 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:** Athletes must be certified by a USA Swimming 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, 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 must be properly secured.
- Deck Changes are 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.
- There are no spectators, including parents, allowed in the swim venue. Spectators and parents may view the event thru the chain link fence on the south and west perimeter. Spectators and parents must wear masks and practice social distancing.
- Locker rooms are available for restroom use only. No changing in the locker rooms will be permitted.

**ELIGIBILITY:**

- Athletes must be current members of USA Swimming 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.
- Meet is open only to qualified athletes registered with **Waves Aquatics Napa Valley (WANV)**. Athletes who are unattached but participating with WANV are eligible to compete.
- Entries with **"NO TIME" will be ACCEPTED.**

- 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 Athletes must have met standards for the 17-18 age group.
- The Athlete's age will be the age of the Athlete on the first day of the 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:** Online entries will be accepted through April 25, 2021. To enter online go to [www.fastswims.com](http://www.fastswims.com) to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a processing fee for this service, 6.5% of the total Entry Fees plus \$0.75 per transaction, regardless of number of Athletes. 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.

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with Athlete's best time. Entries must be postmarked by **April 23, 2021** or hand delivered by 6:30 PM **April 23, 2021**. No late entries will 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:** Kevin Twohey  
P.O. Box 303  
Napa, CA 94559

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

**TEAM ENTRIES:** A sd3 entry file must be submitted by **April 25, 2021** to Kevin Twohey [kevin@wavesaquatics.com](mailto:kevin@wavesaquatics.com). Request a confirmation of receipt to ensure delivery of the email and file. Send meet entry file to the meet director.

**CHECK-IN:** The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event.

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

**AWARDS:** None.

**ADMISSION:** Restricted

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

**EVENT SUMMARY:**

**Sunday May 2, 2021**

<b>8 &amp; UN</b>	<b>9-10</b>	<b>11-12</b>	<b>13-18</b>
25 FR	50 BR	100 FR	200 FR
25 BK	50 BK	100 BK	100 BR
25 BR	50 FL	50 FL	100 BK
25 FL	50 FR	100 BR	100 FL
	100 IM	50 FR	100 FR
		100 IM	200IM
			50 FR

**ORDER OF EVENTS**

**Events will be swum as Mixed combining Girls & Boys**

**Note:**

2 minute Intervals per heat

A 5 minute break between events as noted:

1&2, 3&4, 5&6, 7&8, 9&10, 11&12  
and following each event 13 thru 21

SUNDAY, MAY 2, 2021			
Session 1		Session 2	
EVENT #	EVENT	EVENT #	EVENT
1	13-18 Mixed 200 FR	14	9-10 Mixed 50 BR
2	13-18 Mixed 100 BR	15	9-10 Mixed 50 BK
3	13-18 Mixed 100 FL	16	9-10 Mixed 50 FL
4	13-18 Mixed 100 FR	17	9-10 Mixed 50 FR
5	13-18 Mixed 100 BK	18	9-10 Mixed 100 IM
6	13-18 Mixed 200 IM	19	8 & UN Mixed 25 FR
7	13-18 Mixed 50 FR	20	8 & UN Mixed 25 BK
8	11-12 Mixed 100FR	21	8 & UN Mixed 25 BR
9	11-12 Mixed 100BK	22	8 & UN Mixed 25 FL
10	11-12 Mixed 50 FL		
11	11-12 Mixed 100 BR		
12	11-12 Mixed 50 FR		
13	11-12 Mixed 100 IM		

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

Pacific Swimming – Hosted by WANV Waves Aquatics Napa Valley Inter Squad Meet May 2, 2021 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					
						: .			SCY / LCM					
# of entries _____ x <b>\$4.00</b> = \$ _____ Participation Fee <b>\$ 8.00</b>  Total    \$ _____														
Coach														
Athlete's Address														
Home Phone						Cell Phone								
Email														