

Napa Valley Swim Team
PACIFIC SWIMMING Zone 3 Short Course C/B/A+ Meet
February 23-25, 2007

Enter online at: <http://swimconnection.com/pc/meet/napa>

SANCTION: Held under USA/Pacific Swimming Sanction No.: **0407**

LOCATION: **Napa Valley College. 2277 Napa-Vallejo Hwy., Napa, CA.** From the South Bay: Take Hwy. 80 to Vallejo. Go North on Hwy.37, then exit on Hwy. 29 North. Pass Hwy. 12 junction, stay in the right lanes and follow the signs to Napa/Lake Berryessa (*not* Sonoma/Calistoga). Pass Kaiser Rd and take the next left at Streblov – the Napa Valley College turnoff. Take the first right and follow the road to the North end of the parking lot. From the North Bay: Take Hwy 121 East to Hwy 29. Go North on Hwy 29 towards Napa. Exit on Imola Ave. and continue East on Imola to Soscal Ave. (Napa-Vallejo Hwy). Turn South onto Soscol (Napa-Vallejo Hwy). Take the first right into Napa Valley College parking lot. The pool is located on the left.

COURSE: 25 yard outdoor heated pool, with rim flow gutters and anti-turbulent lane lines. 8 competition lanes, with separate warm up and warm down areas available throughout meet. Electronic timing system will be used.

TIME: Friday session will begin at 5:00 PM with warm ups from 4:00 to 5:00. Saturday and Sunday sessions begin at 9:00 AM each day, with warm ups from 7:30 to 8:40 AM. Extended warm up period for 8-UN swimmers from 8:40 to 8:55 AM.

RULES: Current USA Swimming/Pacific Swimming rules 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 the Course. All events are timed finals. All swimmers ages 12 and Under should complete competition within four (4) hours. Swimmers may compete in up to FOUR (4) events per day. All coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner. If conditions warrant, the Meet Referee with concurrence of the Meet Director, may require a mandatory scratch down to three (3) events. Immediate refunds will be made for any mandatory scratches. **The 500 Free and 400 IM are designated as “Open” events. All swimmers are eligible to compete in Open events. Heats will be swum in a fastest to slowest sequence, alternating female and male heats. Swimmers in the 500 Freestyle and 400 IM must provide their own timers.**

RESTRICTIONS: **Smoking and the use of other tobacco products is prohibited anywhere on Napa Valley College campus.** This includes on the pool deck, in the locker rooms, in spectator seating or standing areas, in the parking lot, and in all areas used by swimmers during the meet. **The sale and/or use of alcoholic beverages is prohibited in all areas of the meet venue.** Glass bottles and containers of any kind are not permitted in the pool area. No food or drink is allowed in the locker rooms. **Tents will only be allowed in the bleachers, not on the pool deck.**

ELIGIBILITY: All swimmers must be current members of USA-S and enter their name and registration number on the meet entry card, as it is shown on Registration Card. If this is not done, it may be difficult to match the swimmer with the registration and times database. The meet host must 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. Meet is open to all qualified swimmers. **Entry times submitted 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 the meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding, per Pacific Swimming policy. Swimmers over the age of 18 may participate in 13-18 or Open events, but will not be eligible for awards.

CHECK IN:

The meet will be deck seeded. Swimmers must check in at the Clerk of the Course. Close of check in for all events shall be no more than 30 minutes before the estimated time of the start of first heat of the event. Swimmers who do not check in will not be allowed to compete in that event.

SCRATCHES:

Any swimmer who has checked in for an individual event and fails to swim that event will be barred from competing in the next individual event in which they are entered. The penalty will not apply if the swimmer scratches before the event is seeded, or if the Referee accepts proof that failure to swim was caused by illness, injury, or other circumstances beyond the control of the swimmer.

ONLINE ENTRIES:

Online entries will receive immediate confirmation via email by going to: <http://swimconnection.com/pc/meet/napa> . The “billing information” email should be brought to the meet as proof of entry. This method of entry requires payment by credit card over a secure site. Swim Connection LLC charges a processing fee of \$1 per swimmer, plus 5% of the total of Entry Fees. Please note that processing fee is separate from the Entry Fees. If you do not wish to pay processing fee, another option is to mail in Consolidated Entry Form (Page 6 below). Entering online is a convenience, and is in no way required or expected to enter the meet. **Online entries will close on February 14, 2007.** Check: <http://swimconnection.com/pc/meet/napa> for session open or closed status.

MAIL IN ENTRIES:

To enter meet by mail, fill out Consolidated Entry card on Page 6 below. Entry forms must be completely filled out, including best short course time for each event. Illegible or incomplete entries may require a collect call to correct the information. No Time entries will be accepted. The meet will be limited to the first 400 swimmers or until the number of splashes exceeds the estimated timeline, per the four-hour rule based on age group and gender. Entries must be postmarked by February 12, 2007, or hand delivered to Lorinda Fallini (address below) no later than 9:00 PM on February 14, 2007. No refunds will be made, except for mandatory scratch downs.

Check: <http://swimconnection.com/pc/meet/napa> for session open or closed status.

ENTRY FEES:

\$2.25 per event, plus \$5.00 participation fee per swimmer. Make checks payable to Napa Valley Swim Team, and mail entries to Napa Valley Swim Team c/o:

Lorinda Fallini, 1125 3rd Ave, Napa, CA 94558
(email: LCFALLINI@sbcglobal.net)

AWARDS:

Distinctive awards will be provided for 1st – 3rd place in the “A” Division, along with ribbons for the 4th-8th place. 1st through 8th place ribbons will be awarded for the “B”, & “C” Divisions. The 11& Over and 13-18 events will be swum in combined heats, with awards given for each separate age group. 17&Over awards will be provided by request only. “A” medals will be awarded to “B” or “C” swimmers achieving new “A” times, regardless of swimmer’s place in the event. There will be no age group limitations for swimmers in events labeled as “Open”. 1st through 8th place ribbons will be awarded in the “Open” events, and no medals will be given for those swimmers achieving A times. All awards must be picked up by respective coaches at the meet, and will not be mailed.

HOSPITALITY:

Lunches and refreshments will be provided for officials, coaches, and timers. A Snack Bar will also be available.

ADMISSION:

Admission is free. A two-day program will be available for \$4.00.

OFFICIALS:

Head Referee: Cynthia Wood
Head Starter: Rick Beebe
Head Marshal: Darrin Channels
Meet Director: Kevin Roberts (rober9252001@yahoo.com) or (707) 363-0261

MEET SUMMARY					
Friday			Feb 23		
8 & Un	9-10	11-12	11&Over^	13-18+	OPEN**
200 IM	200 IM				500 Free
Saturday			Feb 24		
8 & Un	9-10	11-12	11&Over^	13-18+	OPEN**
100 IM	100 IM	50 Back	200 Back	100 Free	
25 Back	100 Back	100 Free	200 Fly	100 Fly	
50 Fly	100 Free	100 Fly	200 IM		
50 Breast	50 Fly	50 Breast			
25 Free	50 Breast				
Sunday			Feb 25		
8 & Un	9-10	11-12	11&Over^	13-18+	OPEN**
25 Fly	100 Fly	50 Fly	200 Breast	100 Breast	400 IM
100 Free	100 Breast	100 Breast	200 Free	100 Back	
25 Breast	50 Back	100 Back		50 Free	
50 Back	50 Free	50 Free			
50 Free					

****OPEN—All swimmers are eligible to enter OPEN events.**

^11-Over Age Group will swim in combined heats. Each Age Group will be awarded separately.

+ 13-18 Age Group will swim in combined heats. Each Age Group will be awarded separately.

Friday session starts at 5:00 PM (warm ups 4:00).

Saturday and Sunday sessions start at 9:00 AM (warm ups 7:30)

Suggested Local Accommodations:

Hawthorne Inn & Suites (closest), (707) 226-1878

Napa Valley Marriot, (707) 253-7433

Embassy Suites, (707) 253-9540

Travelodge, (707) 226-1871

Best Western Inn, (707) 257-1930

Wine Valley Lodge, (707) 225-7911

Girls		FRIDAY		Boys	
Event #	Times		Times		Event #
1	N/A	8-Un 200 IM	N/A		2
1	3:42.69(B) / 2:55.99(A)	9-10 200 IM	3:40.89(B) / 2:55.29(A)		2
3		Open 500 Free			4

Girls		SATURDAY		Boys	
Event #	Times		Times		Event #
5	2:09.99(B) / 1:49.29(A)	8-Un 100 IM	2:09.99(B) / 1:45.09(A)		6
7	1:45.69(B) / 1:23.19(A)	9-10 100 IM	1:41.59(A) / 1:21.29(A)		8
9	3:03.29(B) / 2:37.09(A)	11-12 200 Back	2:59.39(B) / 2:33.79(A)		10
9	2:51.79(B) / 2:27.29(A)	13-14 200 Back	2:42.79(B) / 2:19.49(A)		10
9	2:50.19(B) / 2:25.89(A)	15-16 200 Back	2:34.79(B) / 2:12.69(A)		10
9	2:47.89(B) / 2:23.89(A)	17-18 200 Back	2:30.59(B) / 2:09.09(A)		10
11	27.99(B) / 23.19(A)	8-Un 25 Back	27.99(B) / 22.69(A)		12
13	1:45.69(B) / 1:22.19(A)	9-10 100 Back	1:43.29(B) / 1:21.69(A)		14
15	39.99(B) / 34.29(A)	11-12 50 Back	39.79(B) / 33.69(A)		16
17	1:12.59(B) / 1:02.19(A)	13-14 100 Free	1:07.69(B) / 57.99(A)		18
17	1:11.29(B) / 1:01.09(A)	15-16 100 Free	1:04.59(B) / 55.39(A)		18
17	1:10.89(B) / 1:00.79(A)	17-18 100 Free	1:03.39(B) / 54.29(A)		18
19	59.99(B) / 52.59(A)	8-Un 50 Fly	59.99(B) / 52.09(A)		20
21	1:31.89(B) / 1:12.29(A)	9-10 100 Free	1:29.19(B) / 1:10.79(A)		22
23	1:13.59(B) / 1:03.09(A)	11-12 100 Free	1:13.29(B) / 1:02.89(A)		24
25	1:19.39(B) / 1:08.09(A)	13-14 100 Fly	1:13.99(B) / 1:03.39(A)		26
25	1:17.99(B) / 1:06.89(A)	15-16 100 Fly	1:10.59(B) / 1:00.49(A)		26
25	1:16.99(B) / 1:05.99(A)	17-18 100 Fly	1:08.99(B) / 59.09(A)		26
27	48.79(B) / 37.29(A)	9-10 50 Fly	47.29(B) / 36.69(A)		28
29	1:27.59(B) / 1:13.59(A)	11-12 100 Fly	1:26.39(B) / 1:12.19(A)		30
31	1:04.99(B) / 55.29(A)	8-Un 50 Breast	1:04.99(B) / 54.79(A)		32
33	53.59(B) / 41.99(A)	9-10 50 Breast	53.89(B) / 42.49(A)		34
35	23.49(B) / 19.49(A)	8-Un 25 Free	23.49(B) / 18.39(A)		36
37	44.29(B) / 37.99(A)	11-12 50 Breast	44.59(B) / 37.59(A)		38
39	3:06.29(B) / 2:39.69(A)	11-12 200 Fly	3:04.69(B) / 2:38.29(A)		40
39	2:53.39(B) / 2:28.59(A)	13-14 200 Fly	2:44.29(B) / 2:20.79(A)		40
39	2:50.99(B) / 2:26.59(A)	15-16 200 Fly	2:36.79(B) / 2:14.39(A)		40
39	2:48.19(B) / 2:24.19(A)	17-18 200 Fly	2:31.19(B) / 2:09.59(A)		40
41	3:04.99(B) / 2:38.59(A)	11-12 200 IM	3:03.49(B) / 2:35.89(A)		42
41	2:56.49(B) / 2:31.29(A)	13-14 200 IM	2:45.49(B) / 2:21.89(A)		42
41	2:53.09(B) / 2:28.39(A)	15-16 200 IM	2:38.29(B) / 2:15.69(A)		42
41	2:51.49(B) / 2:26.99(A)	17-18 200 IM	2:34.59(B) / 2:12.49(A)		42

Girls		SUNDAY		Boys	
Event #	Times		Times		Event #
43	26.99(B) / 21.59(A)	8-UN 25 Fly	26.99(B) / 20.49(A)		44
45	1:57.49(B) / 1:26.69(A)	9-10 100 Fly	1:55.39(B) / 1:25.69(A)		46
47	38.09(B) / 32.69(A)	11-12 50 Fly	38.59(B) / 32.39(A)		48
49	1:54.59(B) / 1:35.29(A)	8- Un 100 Free	1:51.59(B) / 1:28.99(A)		50
51	1:30.99(B) / 1:17.99(A)	13-14 100 Breast	1:24.39(B) / 1:12.29(A)		52
51	1:29.09(B) / 1:16.39(A)	15-16 100 Breast	1:20.69(B) / 1:09.19(A)		52
51	1:29.09(B) / 1:16.39(A)	17-18 100 Breast	1:18.79(B) / 1:07.59(A)		52
53	1:59.99(B) / 1:33.39(A)	9-10 100 Breast	1:56.79(B) / 1:32.69(A)		54
55	1:36.39(B) / 1:22.19(A)	11-12 100 Breast	1:35.69(B) / 1:21.09(A)		56
57	29.99(B) / 24.79(A)	8-UN 25 Breast	29.99(B) / 24.29(A)		58
59	48.89(B) / 38.19(A)	9-10 50 Back	49.29(B) / 38.39(A)		60
61	1:28.89(B) / 1:14.89(A)	11-12 100 Back	1:25.79(B) / 1:12.29(A)		62
63	1:20.19(B) / 1:08.69(A)	13-14 100 Back	1:15.69(B) / 1:04.89(A)		64
63	1:18.99(B) / 1:07.69(A)	15-16 100 Back	1:11.49(B) / 1:01.29(A)		64
63	1:18.19(B) / 1:06.99(A)	17-18 100 Back	1:09.99(B) / 59.99(A)		64
65	59.99(B) / 51.59(A)	8-UN 50 Back	59.99(B) / 50.49(A)		66
67	40.09(B) / 32.39(A)	9-10 50 Free	39.19(B) / 31.89(A)		68
69	33.39(B) / 28.69(A)	13-14 50 Free	31.09(B) / 26.59(A)		70
69	32.89(B) / 28.19(A)	15-16 50 Free	29.59(B) / 25.39(A)		70
69	32.79(B) / 28.19(A)	17-18 50 Free	28.99(B) / 24.89(A)		70
71	51.99(B) / 42.99(A)	8-UN 50 Free	51.99(B) / 40.89(A)		72
73	34.59(B) / 29.79(A)	11-12 50 Free	33.39(B) / 28.59(A)		74
75	3:27.29(B) / 2:57.69(A)	11-12 200 Breast	3:21.79(B) / 2:52.99(A)		76
75	3:15.99(B) / 2:47.99(A)	13-14 200 Breast	3:02.39(B) / 2:36.29(A)		76
75	3:12.09(B) / 2:44.69(A)	15-16 200 Breast	2:55.09(B) / 2:30.09(A)		76
75	3:12.29(B) / 2:44.79(A)	17-18 200 Breast	2:52.19(B) / 2:27.59(A)		76
77	2:43.49(B) / 2:20.19(A)	11-12 200 Free	2:39.39(B) / 2:16.59(A)		78
77	2:36.59(B) / 2:14.19(A)	13-14 200 Free	2:26.79(B) / 2:05.79(A)		78
77	2:33.39(B) / 2:11.49(A)	15-16 200 Free	2:20.89(B) / 2:00.79(A)		78
77	2:32.29(B) / 2:10.59(A)	17-18 200 Free	2:17.99(B) / 1:58.29(A)		78
79		Open 400 IM			80

