

St. Helena Swim Club
'Cowabunga Classic'
Pacific Swimming Short Course PC-C/B/A+ Swim Meet
March 24- 25, 2012

Enter Online: <http://ome.swimconnection.com/pc/shsc20120324>

SANCTION: Held under USA Pacific Swimming. Sanction No. 12-020

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. **By entering the meet, the athlete or his/her guardian consents to this publication.**

USE OF AUDIO AND VISUAL: Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms

OFFICIALS:
Meet Referee: Peggy Ramirez
Head Starter: Debbi Tucker
Meet Marshal: Jon Hollister
Meet Director: Bill Nancarrow - 707-967-2040 or BNancarrow@duckhorn.com

LOCATION: St. Helena High School Pool, 1401 Grayson Ave St. Helena, CA

Directions from Calistoga: take Hwy 29 south to St. Helena. Continue through downtown and turn right at Grayson Ave & Hwy 29. Continue ¼ mile west to pool. Directions from Napa or South Hwy 29: take Hwy 29 north to St. Helena. Turn left at Grayson Ave. Continue ¼ mile west to pool. Parking is available on the street and west of pool in the Field House & Baseball field parking lots.

COURSE: 25 yard outdoor, 6 lane pool, minimal warm up area in diving well. The minimum water depth, measured in accordance with Article 103.2.3, is 6'5" at the start end and 3'6" at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

TIME: Meet begins at 9:00am each day, warm-ups from 7:45am to 8:45am 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. **Swimmers may compete in 4 events per day. Swimmers may enter more than four (4) events each day but may only compete in a maximum of four (4) events plus relays each day. No refunds will be given except as provided below for mandatory scratch-downs.** All 13-14, 15-16, and 17-18 athletes will swim together, but will be awarded separately. The Meet will be LIMITED to the first 250 swimmers or 1000 splashes each day. **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 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 given ONLY for any mandatory scratch downs. The 500 Free events may be seeded fastest to slowest, 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 timers, as well as lap counters.

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 competition season, you need to be unattached from this meet. It is your 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 USAS 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 USAS 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 Swimming 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 USAS Club Member-Coach. The swimmer must be certified by a USA Swimming member coach as being proficient in performing a racing starter 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 St. Helena High School campus which includes on the pool deck, in the locker rooms, in spectator seating, on standing areas in the parking lot, 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 deck changing. All shelters must be properly secured. No glass containers are allowed in the meet venue. No propane heater is permitted except for snack bar/meet operations. No pets, except for "working dogs" are allowed anywhere in the meet venue. No food or drink is allowed in the locker rooms or gymnasiums. **No tents will be allowed on the pool deck, other than Coach's Tents and available space is limited.** Swimmers and parents are offered minimal space in bleachers and grass area in and outside pool area. The Field House will be available for shelter area during the meet.

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 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. Swimmers in the "A" Division must have met at least the listed "PC-A" time standard. Swimmers in the "B" Division must have met at least the listed "PC-B" time standard. All entry times slower than the listed "PC-B" time standard will be in the "C" Division. 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. Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding 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 the time 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.

ENTRIES: TWO OPTIONS FOR ENTRY

OPTION 1 - ONLINE ENTRIES: You may enter this meet online or by U.S. mail. To enter on-line go to <http://ome.swimconnection.com/pc/shsc20120324> 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 **Wednesday March 14, 2012.**

OPTION 2 - 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 entered using the current Pacific Swimming Consolidated Entry Card (attached). Entries must be postmarked by midnight, **Monday March 12, 2012** or hand delivered to *1145 Peppertree Circle St. Helena, CA* by 6:30 p.m. **Wednesday, March 14, 2012.** 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.

ENTRY FEES: \$2.75 per event, \$8.00 participation fee per swimmer. Relay: \$10 per team entry
Entries will be rejected if payment is not sent at time of request.

<u>Make check payable to:</u>	St. Helena Swim Club
<u>Mail with entries to:</u>	St. Helena Swim Club
	Swim Meet Entries
	P.O. Box 363
	St. Helena, CA 94574

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 prior to the estimated event start time and 30 minutes prior to the start of the meet. Swimmers who do not check in will not be seeded and will not be allowed to compete in that event.

SCRATCHES: Swimmers entered in an individual event 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. Failure to swim an event will result in being barred from their next individual event on that day or the next meet day, whichever is first. Exception: No penalty shall apply for failure to withdraw or compete in an individual event if the referee is notified in the event of illness or injury and accepts the proof thereof, or it is determined by the referee that the No-Show is caused by circumstances beyond the control of the swimmer.

AWARDS: Individual events: 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, 13-14, 15-16, 17-18.) Swimmers 19 years of age and older will not receive awards. **Ribbons will be available for pickup by the coaches, or a team representative, the day of the meet. Ribbons not picked up will be mailed.** 'A' medals will be awarded to swimmers with an entry time slower than 'A' achieving a PC 'A' time standard for the first time. See Pacific Swimming website site for 'PC 'A' time standards

RELAYS: The Relays will be a Mixed Age Group Relay team made up of one swimmer from each of the following Age Groups: 1 – 8 & Under, 1 – 9/10, 1- 11/12, 1 -13 & Older. Saturdays Mixed Age Group Relay will be a 200 Free Relay & Sundays Mixed Age Group Relay will be a 200 Medley relay. All Mixed Relays will be deck seeded and entries must be received by the Clerk of Course at a time determined each day by the Referee.

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

REFRESHMENTS: A snack bar will be available serving breakfast, lunches, salads and other nutritious items and beverages. 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: All available USA Swimming member certified officials are welcomed and encouraged to work at this meet. As the number of certified officials allows, interested parents/trainees are also welcome to shadow working officials for education and/or mentoring. Participating clubs are **requested** to provide at least the following number of certified and carded officials for each session:

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
101 or more	5

EVENTS

Saturday March 24, 2012

Event #	Event	Event #
1	13-18 100 Back	2
3	11-12 100 Back	4
5	9-10 100 Back	6
7	8-UN 50 Back	8
9	13-18 200 Free	10
11	11-12 200 Free	12
13	9-10 200 Free	14
15	8-UN 50 Free	16
17	13-18 100 Fly	18
19	200 Medley Relay	20
21	11-12 50 Fly	22
23	9-10 50 Fly	24
25	8-UN 25 Fly	26
27	13-18 100 Breast	28
29	11-12 100 Breast	30
31	9-10 100 Breast	32
33	8-UN 50 Breast	34
35	13-18 200 IM	36

Sunday, March 25, 2012

Event #	Event	Event #
39	13-18 500 Free	40
41	9-12 500 Free	42
43	11-12 50 Back	44
45	9-10 50 Back	46
47	8-UN 50 Back	48
49	13-18 100 Free	50
51	11-12 100 Free	52
53	9-10 100 Free	54
55	8-UN 25 Free	56
57	200 Free Relay	58
59	13-18 200 Breast	60
61	11-12 100 IM	62
63	9-10 100 IM	64
65	8-UN 100 IM	66
67	11-12 50 Breast	68
69	9-10 50 Breast	70
71	13-18 50 Free	72
73	11-12 50 Free	74
75	9-10 50 Free	76

All 500 Freestyle swimmers must provide their own lap counters & timers.

12-Under 500 Free will be swum together but scored separately as 9-10 and 11-12
 13-18 individual events will be swum together but scored separately as 13-14 and 15-18
 Relays are Mixed Age Group

One swimmer from each of the following Age Groups: 8-UN, 9-10, 11-12, 13-18

Use the following URL to find the time standards.

<http://www.pacswim.org/index.shtml>

Pacific Swimming – Hosted by St Helena Swim Club C/B/A+ Short Course Meet 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					
CIRCLE BONUS EVENT # of entries _____ x \$2.75 = \$ _____ Participation Fee 8.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						