

Piranha Swimming Presents 1 Day Freestyle Meet

Part One of the Piranha Progressive Meet Series

Morning Session URL for SWIM CONNECTION

<http://ome.swimconnection.com/pc/quikam20100417> (AM Session)

Afternoon Session URL for SWIM CONNECTION

<http://ome.swimconnection.com/pc/quikpm20100417> (PM Session)

SATURDAY, April 17, 2010

Please note: Morning Session is for Novice Swimmers and is an invitational.
Afternoon Session is open to swimmers from any teams.

SANCTION: Held under USA/Pacific Swimming Sanction #: **10-048**

LOCATION: Honey Bee Pool. Take Hwy 101 NB to the Wilfred Ave exit. Turn left off hwy on to Commerce. Go right at next light on to Golf Course Dr. Turn left into pool. There is a small parking lot available as well as street parking.

For additional parking: While on Golf Course (before the Pacific Market Shopping Center) turn left at stop light for Country Club. Turn right at Hudis Street stop sign. On right will be parking lot for Marguerite Hahn Elementary School. If you walk past the baseball field, follow the sidewalk into the park and you will see the pool.

COURSE: Heated 25-yard outdoor pool with up to 6 competition lanes as well as a small Warm-up/Warm-down area available during the meet. The minimum water depth measured in accordance with USA Swimming (USA-S) Article 103.2.3, is 5'0" at the start end and 3'5" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: **On Saturday Morning Session** warm-up will be from 8:30 am – 9:15am. The meet will start at 9:30 am.
Afternoon Sprint Session warm-ups will not start before 12:00 pm and meet will not start before 1:30.

RULES: Current USA and 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 Course. All coaches and deck officials must wear their 2010 USA Swimming (USA-S) membership cards in a visible manner. All events are timed finals. All swimmers aged 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 swimmers' age and gender. **Swimmers may compete in up to 4 events.**

The morning session is an Invitational Meet and is open to the following teams: FBA, MCSD, MP, NBA, PCM, QUIK, SHSC, SSS, UD, WA, WILL. The morning session of the meet is open to all eligible swimmers attached to or training with the invited teams.

The afternoon session is open to swimmers from all teams. All afternoon sprint events are designated as Open and are designed with the more experienced swimmer in mind. All swimmers are eligible to compete in Open events.

The 100 yard relays will be swum with the swimmers starting in the water on the shallow end of the pool.

The 45 Relay will be a mixed relay (combined girl and boy teams). The sum of the ages of all of the swimmers on a relay team cannot exceed 45. Swimmers will wear a t-shirt during the swim. The swimmer will exit the pool to remove the shirt and pass it to the next swimmer. Any swimmers on the relay team may assist with removing the shirt and assist with putting the shirt on.

ELIGIBILITY: All swimmers must have a current USA-S registration card and must enter the number on their entry cards. Swimmers who enter as “pending” or “applied for” must be prepared to present their current card or register before being allowed to check in unless the meet director determines that they are validly pending. Swimmers who register at the meet must pay a \$10.00 surcharge in addition to the regular fee. Swimmers 19 years of age and older may participate in 11 & older events but will not receive awards. **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..** 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.

RESTRICTIONS: Smoking and the use of other tobacco products is prohibited in the meet venue described as: on the pool deck, in the locker rooms, in spectator seating or standing areas, and in all areas used by swimmers during the meet and during warm-up/warm-down periods. Sale and use of alcoholic beverages is prohibited in ALL areas of the meet venue. Pets and glass containers of all kinds are strictly prohibited on the pool deck and locker rooms. Any glass container will be confiscated. Propane heaters are prohibited in all areas of the meet venue.

CHECK-IN: The meet will be pre-seeded.
Swimmers need not check in (see “SCRATCHES:” below).

SCRATCHES: Pacific Swimming scratch rules will not be in effect (see “CHECK-IN:” above). Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. Swimmers shall report promptly to the starting blocks when their event/heat is called. Any swimmers not reporting for or competing in an individual timed final event shall not be penalized.

MEET LENGTH: No further entries will be accepted when either the session cap for splashes has been met or when the estimated timeline indicates that any age group of swimmers 12 or younger will take more than four hours to compete, whichever occurs first. We will accept up to 100 swimmers per session. **Therefore, meet entries may close prior to entry deadline stated below.**

ENTRIES: Online Entries: You may enter this meet online or by mail. Enter at: <http://ome.swimconnection.com> 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% times the 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. Online entries will not be accepted after Wednesday, April 7, 2010. Entering online is a convenience, is completely voluntary, and is in no way required or expected in order to enter this meet. Please bring a copy of your entry confirmation to the meet.

Mailed Entries: Mailed Entries must be on the attached Consolidated Entry

card. Entry cards must be filled out including best short course time for each event. Entered times must be submitted in yards. "No Time" entries will be accepted and will be seeded in the slowest heats. 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. Incomplete or illegible entries may require that a collect call be made in order to accept entries. Entries must be postmarked by midnight Monday, April 5, 2010 or hand delivered to Sheri Lang at Honeybee Pool in Rohnert Park, CA no later than 8pm, Wednesday, April 7, 2010.. No late entries will be accepted. No fax entries will be accepted. No refunds will be made except for mandatory scratches. If you would like to confirm entry, please include a self-addressed, stamped envelope or postcard.

ENTRY FEES: \$2.75 per individual entry.
\$5.00 participation fee per swimmer to help cover expenses.
\$9.00 per relay fee.

AWARDS: Individual Events – 1st – 8th place awards will be given in the "PC-A", "PC-B", and "PC-C" divisions. "A" medals will be given in each event for NEW A times achieved by the swimmers, regardless of the place achieved in the event. Awards will be given out in the following age groups: 8 & under, 9-10, 11-12, 13-14, 15-16, and 17-18. No awards will be given for relays. Awards will be distributed to coaches at Zone 3 meeting.

CONCESSIONS: There will be a snack bar available during the meet.

HOSPITALITY: Hospitality will be available for officials, coaches and timers (during their shift only).

ADMISSION: Free.

OFFICIALS: Referee – Dennis Sturdevant
Head Starter – Carol Sturdevant
Head Marshall – Phil Spratt
Meet Director – Sheri Lang, 707-584-7176, quiltnmama@sbcglobal.net

Meet Summary

Morning Session - Novice Swimmers		
8 & Under	9-10	11 & Over
25 Free	25 Free	25 Free
100 Free	100 Free	100 Free
50 Free	50 Free	50 Free
200 Free	200 Free	200 Free
10 & U 100Y Free Mixed Relay		11 & over 100Y Free Mixed Relay
"45" T-shirt 200Y Free Mixed Relay		

Afternoon Session
All afternoon events are open to any swimmer. Please refer to the schedule of event for the afternoon session for a meet summary.

Schedule of Events - Saturday, April 17, 2010

Morning Session - Novice Swimmers

1	8 and under 25 Yard Free	2
3	9-10 25 Yard Free	4
5	11 and over 25 Yard Free	6
7	8 and under 100 Yard Free	8
9	9-10 100 Yard Free	10
11	11 and over 100 Yard Free	12
13	8 and under 50 Yard Free	14
15	9-10 50 Yard Free	16
17	11 and over 50 Yard Free	18
19	8 and under 200 Yard Free	20
21	9-10 200 Yard Free	22
23	11 and over 200 Yard Free	24
25	10 and under 100 Yard Free Mixed Relay	
27	11 and over 100 Yard Free Mixed Relay	
29	"45" T-Shirt 200 Yard Free Mixed Relay	

Afternoon Sprint Session

31	OPEN 50 Back	32
33	OPEN 100 Back	34
35	OPEN 50 Breast	36
37	OPEN 100 Breast	38
39	OPEN 50 Fly	40
41	OPEN 100 Fly	42
43	OPEN 50 Free	44
45	OPEN 100 Free	46
47	OPEN 100 IM	48
49	OPEN 200 IM	50