



Mendocino Coast Sea Dragons

Spring Splash at the Dragons Lair

ZONE 3 SHORT COURSE AGE GROUP OPEN MEET

May 8th and 9th 2010

C.V. Starr Community Center, Fort Bragg, Ca

Enter online at: <https://ome.swimconnection.com/pc/mcsd20100508>

SANCTION:

Held under USA/Pacific Swimming Sanction # **10-035**

LOCATION:

C.V. Starr Community Center is 300 S. Lincoln St, Fort Bragg, CA 95437. Traveling west on Hwy 20, at the intersection of Hwy 1 and Hwy 20 (in Fort Bragg) go north right) on Hwy 1. Turn right on Maple St. Travel east until Maple St and S. Lincoln St intersect. Go east through intersection to C.V. Starr. Traveling south on Hwy 1, turn left on Maple St. Travel east until Maple St and S. Lincoln St intersect. Go east through intersection to C.V. Starr

COURSE:

25 yard heated indoor pool with up to 8 lanes for competition. Colorado Timing System (3-button) with scoreboard will be used. A separate 2 lane warm-up pool will be available during the competition. The minimum water depth, measured in accordance with Article 103.2.3, is 6' 0" at the start end and 4' 0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME:

Saturday: the meet begins at **9:00 am** with warm-ups from **7:30-8:45 am**
Sunday: the meet begins at **9:00 am** - warm-ups from **7:30-8:45 am**

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 events are timed finals. All swimmers ages 12 and under should complete competition within 4 hours. Swimmers **may compete in 5 events per day** plus relays. At the discretion of the Meet Referee, the 500 Free (Saturday) may be combined, swum fastest to slowest, and/or alternate girls and boys. All coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner. 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. If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down to 4 events per swimmer. Immediate refunds will be made for any mandatory scratches.

RESTRICTIONS:

Smoking and the use of other tobacco products is prohibited in the meet venue defined as: on the pool deck, in the locker rooms, in the spectator seating or standing areas, 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 food allowed in the spectator seating or standing areas. Pets (assistance dogs excepted) and glass containers of any kind are not allowed anywhere in the meet venue. All other areas including the outdoors will not be the responsibility of the meet officials. Due to the small pool deck no camping or pool tents is allowed on the pool deck. There will be tables set up along the pool deck for coaches only. Only swimmers in the current event should be on the pool deck. There is a small spectator viewing area as well as outside areas for team tents and set up. The competition pool is open to swimmers (for warm down only) after the meet has finished each day. Anyone wishing to use other portions of the center must purchase an entrance pass.

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. The meet is open to qualified members of the invited USA-S teams. 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 Referee regarding special accommodations on entry times and seeding per Pacific Swimming policy. Swimmers aged 19 and over may participate in 13-over events but will not receive awards or score points. **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.

CHECK-IN: The meet will be deck seeded. Swimmers must check in at the Clerk-of-Course. Close of check-in for all events shall be no more than 30 minutes before the estimated time of the start of the 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 (no show) will be scratched from the meet unless the swimmer returns to the clerk of course and repeats the check-in process for all remaining events. Failure to swim an event after re-check-in will result in being barred from the next individual event in which a swimmer is entered on that day or the next meet day, whichever is first. The penalty will not apply if the swimmer scratches before the event is seeded or if the Referee accepts proof that the failure was caused by illness, injury, or other circumstances beyond the control of the swimmer.

ONLINE ENTRIES: You may enter this meet online or by mail.
Enter at: <https://ome.swimconnection.com/pc/mcsd20100508> 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 Entry Fees. Online entries will be accepted until **midnight Thursday, April 29th, 2010**. 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 in order to enter this meet.

MAIL ENTRIES: Entries must be on a consolidated entry card (copies attached). Entry cards must be completely filled out including best short course time for each event. **"NO TIME" ENTRIES WILL BE ACCEPTED.** Entries must be postmarked by midnight, **Monday, April 26th, 2010**, or hand delivered to the address below, by **5 p.m. on Thursday, April 29th, 2010**. No late entries will be accepted. No refunds will be made.

ENTRY FEES: **\$2.75** per individual event, **\$5.00** participation fee per swimmer, and **\$9.00** per relay team, **relay entries and payment to be hand delivered by coaches each day of competition.** Make checks payable to **Mendocino Coast Sea Dragons** and mail with entries to:

MCSD
32181 Simpson Lane
Fort Bragg, Ca 95437

AWARDS: Individual events: awards will be given for **1st through 8th place** in the following age groups: 6-under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18. Events listed as "10-under" and "9-12" will have awards for 9-10, 7-8, and 6-under and for 11-12 and 9-10 age groups, respectively. RELAY EVENTS: Awards will be given 1st through 3rd place. Awards will be ribbons. There are no awards for ages 19 and above.

ADMISSION: Free.

PROGRAM: Two-day program available for \$4.00.

**HOSPITALITY/
SNACK BAR:** Snack bar available. Hospitality and lunch served to all officials, coaches, and timers.

OFFICIALS:
Head Referee: Peggy Ramirez
Head Starter: Chuck Johnson
Head Marshal: Paula Fowler
Meet Director: Andr'e Yanez 707-964-7716, email: ayanez@mcn.org

Zone 3 Invitational Swim Meet
May 8th- 9th, 2010
Host: Mendocino Coast Sea Dragons

USA-S/PC

Sanction # 10-035

Saturday

Sunday

<u>Girls</u>	<u>Boys</u>	<u>Age Group</u>	<u>Event</u>	<u>Girls</u>	<u>Boys</u>	<u>Age Group</u>	<u>Event</u>
1	2	13-over*	100 Free	39	40	13-over*	200 Free
3	4	9-12*	100 Free	41	42	9-12*	200 Free
5	6	8-under*	50 Free	43	44	8-under*	100 Free
7	8	13-over*	100 Fly	45	46	13-over*	100 Breast
9	10	9-12*	50 Fly	47	48	11-12	50 Breast
11	12	8-under*	25 Fly	49	50	10-under*	50 Breast
13	14	13-over*	200 IM	51	52	13-over*	200 Back
15	16	11-12	100 IM	53	54	9-12*	100 Back
17	18	10-under*	100 IM	55	56	8-under*	25 Back
19	20	13-over*	200 Breast	57	58	13-over*	50 Free
21	22	9-12*	100 Breast	59	60	9-12*	50 Free
23	24	8-under*	25 Breast	61	62	8-under*	25 Free
25	26	13-over*	100 Back	63	64	13-over*	200 Fly
27	28	11-12	50 Back	65	66	9-12*	100 Fly
29	30	10-under*	50 Back	67	68	8-under*	50 Fly
31	32	10-under	200 Med Rel	69	70	10-under	200 Fr Rel
33	34	11-12	200 Med Rel	71	72	11-12	200 Fr Rel
35	36	13-over	200 Med Rel	73	74	13-over	200 Fr Rel
37	38	11-over*	500 Free				

*awards given by age group

RECAP OF EVENTS

Saturday

8-under	9-10	11-12	13-over
50 Free	100 Free	100 Free	100 Free
25 Fly	50 Fly	50 Fly	100 Fly
100 IM	100 IM	100 IM	200 IM
25 Breast	100 Breast	100 Breast	200 Breast
50 Back	50 Back	50 Back	100 Back
200 Med Rel	200 Med Rel	200 Med Rel	200 Med Rel
		500 Free	500 Free

Sunday

8-under	9-10	11-12	13-over
100 Free	200 Free	200 Free	200 Free
50 Breast	50 Breast	50 Breast	100 Breast
25 Back	100 Back	100 Back	200 Back
25 Free	50 Free	50 Free	50 Free
50 Fly	100 Fly	100 Fly	200 Fly
200 Fr Rel	200 Fr Rel	200 Fr Rel	200 Fr Rel

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