

**COAST VALLEY AQUATICS LEAGUE  
CLOSED SHORT COURSE CHAMPIONSHIPS**

**August 6-8, 2010**

**Enter Online: <http://ome.swimconnection.com/pc/eval20100806>**

**SANCTION:** Held under USA/Pacific Swimming Sanction No.: **10-106**

**LOCATION:** Morgan Hill Aquatics Center, 16200 Condit Avenue, Morgan Hill, California.

**From Highway 101 South** take Dunne Avenue exit, turn left crossing over 101, turn right on Condit Avenue (second traffic light). Pool is on left, about 3/4 mile.

**From Highway 101 North** take Tennant Avenue exit, turn right onto Tennant and make immediate left onto Condit Avenue. Pool is on right, about 350 yards.

**PLEASE DO NOT PARK ON THE WEST SIDE OF CONDIT.**

**IMPROPERLY PARKED VEHICLES WILL BE TOWED.**

**COURSE:** Outdoor heated 25 yard course with up to 16 competition lanes available. 8 lanes are used for finals and 9 lanes are used for relay events. A separate warm up and warm down pool is available for preliminaries only. The minimum water depth at the shallow end of this pool measures 6.5 feet, with a maximum depth of 13 feet, and is in accordance with article 103.2.3. 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.

**RACING STARTS:** "Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement."

<b>TIME:</b>	Warm up:	Meet begins:
Friday	2:00 p.m.	3:30 p.m.
Saturday	7:00 a.m.	8:30 a.m.
Sunday	7:00 a.m.	8:30 a.m.

**Officials and Coaches meeting will be conducted prior to each day's meet start time.**

**RULES:** Current USA, Pacific Swimming rules and CVAL by-laws 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. A swimmer may compete in a maximum of 6 individual events, including Friday events. A team may have unlimited entries per individual event. A team may have only one relay team per relay event. All Friday events, all 6/UN events, all 8/UN events, and all relay events will be timed finals. All other events will be conducted with preliminary heats and finals. All finals on Saturday and Sunday will begin no sooner than 1 hour after the completion of the last preliminary heat. The 9/10, 8/Un, and 6/UN relays are the last events of the preliminary sessions on Saturday and Sunday. A lane vacated in a final heat due to a scratch or no-show, shall be filled by the next fastest swimmer from the consolation heat and the vacated consolation lane filled by the first alternate swimmer without reseeding the lanes. Pacific Swimming Scratch Procedures for finals will be in effect for this meet. A copy will be at the Scratch Desk.

**All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

**RESTRICTIONS:** Glass containers of all kinds, sale and use of alcoholic beverages and tobacco products are prohibited in all areas of the meet venue which includes the pool deck, locker rooms, spectator seating, standing areas and in all areas used by swimmers, during the meet and during warm-up periods.

**2010 USA Facilities Standards:** 103.18 AUTOMATIC OFFICIATING EQUIPMENT .2/M/Installation and safety: Equipment shall be installed so that it will not interfere with swimmers' start, turns or finish and the normal overflow functions of the pool water recirculation system. All deck-level wiring shall carry no more than 12 volts.

**ELIGIBILITY:** Swimmers must be current members of USA-S and enter their name and registration number on the meet entry card as 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 clerk of course must check all swimmer registrations against the SWIMS database and if not 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. **This meet is only open to qualified swimmers, belonging to a CVAL team.** Swimmers 19 years of age and over may swim prelims only and will not score points. Registered USA Swimming individuals participating on other USA Swimming teams may participate on a CVAL team if they have declared themselves unattached prior to their first CVAL meet, have swum exclusively at their CVAL team practices and meets during the regular season, and meet any other requirements placed upon USA Swimming individuals participating in CVAL events. The swimmers age will be the age of the swimmer on the first day of the meet. All swimmers 18 & under must have swum in a minimum of 2 events in at least one league meet during the 2010 CVAL season to be eligible for 2010 CVAL Championship participation.

**CHECK-IN:** The meet will be deck seeded. Swimmers must check in for the first four events each day by 30 minutes before the meet begins at the Clerk-of-Course. Swimmers in later events must check in at least 30 minutes prior to the start of that event. Swimmers who do not check-in will not be allowed to compete in the event.

**SCRATCHES:** The Pacific Swimming scratch rules will be enforced. A copy will be posted at the clerk-of-course.  
**Preliminary Events:** Any swimmer who has checked in for an individual preliminary event and fails to swim that event will be barred from competing in the next individual preliminary race in which the swimmer is entered. The penalty will not apply if the swimmer scratches before the event is seeded or if the Referee accepts proof that the failure to compete was caused by illness, injury or other circumstances beyond the control of the swimmer. This rule does not apply to Timed Final events, including events for swimmers under 9 years of age at this meet.  
**Final Events:** A swimmer shall be barred from competing for the remainder of the meet if he/she fails to compete in the final event that he/she originally qualified for, unless properly scratched. This rule includes a \$25 fine when the missed final is the swimmer's last race of the meet.

**OFFICIALS:** Referee: Frank Suchomel                      Head Starter: Brian Malick  
Meet Director: Diane Suchomel                      (408) 778-2698, email: frs (at) garlic (dot) com  
Denise Melroy                      (408) 779-2238, email: playpiano (at) charter (dot) net  
Head Marshal: Joanne Sprenkel

**MEET ENTRIES:** There are two options for individual meet entries: On-Line entries provide the benefit of immediate confirmation of entries, with error checking of proper registration, eligible events, and database times. Individual On-Line entries should only be performed with the approval of a swimmer's coach.

**Option 1: ONLINE ENTRIES:** You may enter this meet online at:

<http://ome.swimconnection.com/pc/eval20100806> to receive an immediate entry confirmation via email. The "billing information" email should be brought to the meet as proof of entry. This method requires payment by credit card using a secure site. 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, July 28, 2010.** **Relays entries may NOT be entered online.**

**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 best short course time for each event. Entered times must be submitted in yards. **"No Time" entries will be accepted.** Entries must be postmarked by midnight, **Monday, July 26, 2010** or hand delivered to the Monterey Peninsula College Pool Office by 6:30 p.m. **Wednesday July 28, 2010.** 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.

**RELAY ENTRIES: COACHES:** Please complete the relay entry form with instructions at the end of meet sheet.  
**No deck entered relay teams will be accepted. No deck entered relay swimmers will be accepted.**

**ENTRY FEES:** \$2.75 per individual event, \$5.00 participation fee per swimmer, \$9.00 per relay.  
 NO REFUNDS except as noted in the relay entries.

**Make checks payable to:** CVAL and mail with entries to: **Mary Hazdovac**  
**1117 Piedmont Avenue**  
**Pacific Grove, CA 93950**

**AWARDS:** CVAL Medals: 1<sup>st</sup> - 8<sup>th</sup> place in individual events and 1<sup>st</sup> - 3<sup>rd</sup> place in relay events  
 CVAL Ribbons: 9<sup>th</sup> - 16<sup>th</sup> place in individual events and 4<sup>th</sup> - 9<sup>th</sup> place in relay events

**Special awards:**

- High point boy and girl in each age group
- Team championship spirit
- 1<sup>st</sup> through 3<sup>rd</sup> place championship teams

6/UN swimmers competing in 8/UN events will be awarded and scored separately.  
 6/UN and 8/UN will be awarded and scored separately for 10/UN 200 Free.

**SCORING:** Individual to 16 places: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, and 1 points.  
 Relay events to 9 places: 40, 34, 32, 30, 28, 26, 24, 22, and 18 points.

**ADMISSION:** Free. A three-day program will be available for sale.

**REFRESHMENTS:** A full service snack bar will be available Friday, Saturday, and Sunday providing breakfast, lunch, and dinner. **No outside food or beverages will be allowed inside the facility.** Picnic areas are available outside the facility. Small personal-sized coolers with healthy swimmer snacks, not to exceed 11 inches in one dimension, are allowed inside facility.

**PARKING:** No RV or overnight parking. Competition facilities will not be available after meet hours.

EVENT SUMMARY						
	6/UN	8/UN	9/10	11/12	13/14	15/18
<b>Friday</b>		<b>200 Free*</b>	<b>200 Free*</b>	<b>200 Free</b>	<b>500 Free</b>	<b>500 Free</b>
<b>Saturday</b>	<b>100 IM** 50 Free** 25 Back**</b>	<b>100 IM** 50 Free** 25 Back**</b>	<b>100 IM 50 Free 50 Back</b>	<b>100 IM 50 Free 50 Back</b>	<b>200 IM 50 Free 100 Back</b>	<b>200 IM 50 Free 100 Back</b>
<b>Saturday Relays</b>	<b>100 Mixed Med. Relay</b>	<b>100 Med. Relay</b>	<b>200 Med. Relay</b>	<b>200 Med. Relay</b>	<b>200 Med. Relay</b>	<b>200 Med. Relay</b>
<b>Sunday</b>	<b>25 Free** 25 Breast** 25 Fly**</b>	<b>25 Free** 25 Breast** 25 Fly**</b>	<b>100 Free 50 Breast 50 Fly</b>	<b>100 Free 50 Breast 50 Fly</b>	<b>100 Free 100 Breast 100 Fly</b>	<b>100 Free 100 Breast 100 Fly</b>
<b>Sunday Relays</b>	<b>100 Mixed Free Relay</b>	<b>100 Free Relay</b>	<b>200 Free Relay</b>	<b>200 Free Relay</b>	<b>200 Free Relay</b>	<b>200 Free Relay</b>

\*Combined 10/UN and 8/UN 200 Free \*\*6/UN and 8/UN events are combined and listed as 8/UN events

# SCHEDULE OF EVENTS

## FRIDAY

EVENT #		EVENT
<u>GIRLS</u>	<u>BOYS</u>	
1	2	10/un 200 Free
3	4	11/12 200 Free
5	6	13/14 500 Free
7	8	15/18 500 Free

## SATURDAY

EVENT #		EVENT
<u>GIRLS</u>	<u>BOYS</u>	
9	10	9/10 100 I.M.
11	12	11/12 100 I.M.
13	14	8/un 100 I.M.
15	16	13/14 200 I.M.
17**	18**	15/18 200 I.M.
19	20	9/10 50 Free
21	22	11/12 50 Free
23	24	8/un 50 Free
25	26	13/14 50 Free
27**	28**	15/18 50 Free
29	30	9/10 50 Back
31	32	11/12 50 Back
33	34	8/un 25 Back
35	36	13/14 100 Back
37**	38**	15/18 100 Back
39*		6/un 100 Mixed Medley Relay
41	42	8/un 100 Medley Relay
43	44	9/10 200 Medley Relay

## SUNDAY

EVENT #		EVENT
<u>GIRLS</u>	<u>BOYS</u>	
51	52	9/10 100 Free
53	54	11/12 100 Free
55	56	8/un 25 Free
57	58	13/14 100 Free
59**	60**	15/18 100 Free
61	62	9/10 50 Breast
63	64	11/12 50 Breast
65	66	8/un 25 Breast
67	68	13/14 100 Breast
69**	70**	15/18 100 Breast
71	72	9/10 50 Fly
73	74	11/12 50 Fly
75	76	8/un 25 Fly
77	78	13/14 100 Fly
79**	80**	15/18 100 Fly
81*		6/un 100 Mixed Free Relay
83	84	8/un 100 Free Relay
85	86	9/10 200 Free Relay

\*6/UN may have only one (1) relay, 4 boys or 4 girls or any combination of boys and girls.

Ribbons and Medals for 6/UN and 8/UN are awarded at the starting blocks following the morning relays.

### BREAK WARM-UP

#### FINALS FOR EVENTS

9-12, 15-22, 25-32, 35-38, and 45-50

45	46	11/12 200 Medley Relay
47	48	13/14 200 Medley Relay
49	50	15/18 200 Medley Relay

### BREAK WARM-UP

#### FINALS FOR EVENTS

51-54, 57-64, 67-74, 77-80, and 87-92

87	88	11/12 200 Free Relay
89	90	13/14 200 Free Relay
91	92	15/18 200 Free Relay

\*\*For finals, the 15/18 age group will split into 15/16 and 17/18 for all events except for the 15/18 relays.



## TEAM RELAY ENTRIES

Relays entries may NOT be entered online. All relay team entries must be postmarked by the closing date for individual entries, **Monday, July 26 2010**, or hand delivered to the Monterey Peninsula College Pool Office by 6:30 PM **Wednesday July 28, 2010** and include **a separate team relay check** covering the relay entry fees for the number relays entered. Write the entry time in the appropriate time field of the relay entry form for each relay team. There should be only one Relay Entry Form per CVAL team.

Relay Entry cards confirming the relay entries for the entire meet will be ready for pick up by each CVAL team on the first day of the meet. Relay scratches or time changes are accomplished by returning the Relay Entry cards to the Clerk of Course by 11 AM each day having relay events. When there are no scratches or time changes, there is no need to turn in the Relay Entry card. Refunds will be made to the team for any relay entries scratched prior to the start of the relay event.

Relay Event cards containing the heat and lane assignments and all the eligible swimmers for the relay for all 10 and under relays will be ready for pick up after noon each day. Relay Event cards containing the heat and lane assignments and all the eligible swimmers for the relay for all 11 and over relays will be ready for pick up before the start of finals each day. The order of the swimmers must be listed on the Relay Event card prior to the start of the heat.

**No deck entered relay teams will be accepted. No deck entered relay swimmers will be accepted.**

**Any swimmer who is not entered in an individual event or is unattached is not eligible to participate in a relay.**

<b>COACHES TEAM RELAY ENTRY FORM</b>					
TEAM:			Abbreviation:		
Saturday Relay Event		Entry Time	Sunday Relay Event		Entry Time
39	6/un	100 Mixed Medley Relay	81	6/un	100 Mixed Free Relay
41	8/un	100 Girls Medley Relay	83	8/un	100 Girls Free Relay
42	8/un	100 Boys Medley Relay	84	8/un	100 Boys Free Relay
43	9/10	200 Girls Medley Relay	85	9/10	200 Girls Free Relay
44	9/10	200 Boys Medley Relay	86	9/10	200 Boys Free Relay
45	11/12	200 Girls Medley Relay	87	11/12	200 Girls Free Relay
46	11/12	200 Boys Medley Relay	88	11/12	200 Boys Free Relay
47	13/14	200 Girls Medley Relay	89	13/14	200 Girls Free Relay
48	13/14	200 Boys Medley Relay	90	13/14	200 Boys Free Relay
49	15/18	200 Girls Medley Relay	91	15/18	200 Girls Free Relay
50	15/18	200 Boys Medley Relay	92	15/18	200 Boys Free Relay
<b>Number of Relay Entries: ___ X \$9.00 = \$____.00</b>					
A time (or NT) must be indicated in the appropriate Time box for each intended relay entry.					
For accounting purposes, please submit this form attached with a separate relay entry check payable to CVAL to:					
<b>Mary Hazdovac</b> 1117 Piedmont Avenue Pacific Grove, CA 93950					