

2010 NORTH BAY AQUATIC LEAGUE (NBAL) SHORT COURSE CHAMPIONSHIPS
FRIDAY, SATURDAY & SUNDAY, AUGUST 6-8, 2010
Hosted by Monticello Aquatic Club Seals

SANCTION: Held under USA/Pacific Swimming Sanction Number: **10-113**

LOCATION: VINTAGE HIGH SCHOOL POOL, 1375 Trower Avenue, Napa, CA 94558

DIRECTIONS: From CA-29 – Exit highway turning east onto Trower Avenue. After approximately 0.5 miles, turn right at stoplight onto Jefferson Street. Entrance into pool parking lot will be on the left after approximately 0.2 miles with signage indicating "Vintage High School Crusher Gym Tennis Courts."

COURSE: 25 yard, outdoor heated pool with up to eight lanes for competition. Fully Automatic Electronic timing equipment will be used. Separate warm-up, warm-down area is open during the competition. The minimum water depth, measured in accordance with Article 103.2.3, is 4' 06" at the start end and 4' 06" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Please Note! - Meet begins at 5:00pm Friday, and 9:00am Saturday and Sunday. Warm-ups are from 3:30pm to 4:45pm Friday and 7:30am to 8:45am Saturday and Sunday. Finals will begin no earlier than 1 hour after the end of trials, and finals start time will be announced near the end of each trials session.

RULES:

1. Current USA and Pacific Swimming rules will govern the meet.
2. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk of Course.
3. Some events will be swum as Trials and Finals; the remainder of the events will be swum as Timed Finals.
4. All 8 & Under events will be swum as Timed Finals during the Trials.
5. All 8 & Under and 9-10 relays will be swum as Timed Finals at the end of Trials.
6. All 11-12 and 13-18 relays will be swum as Timed Finals at the beginning of the Finals session.
7. Except for the 13-18 200 IM (events 111/112), all individual events of 200 yards or longer will be swum as Timed Finals during the Trials.
8. The 11-12 100 Back, 100 Breast, and 100 Fly events will be swum as Timed Finals during the Trials.
9. There will be a minimum qualifying time standard that **must** have been met in order to enter the 400 IM or 500 Free events.
10. The 400 IM and 500 Free events will be swum as timed finals, fastest to slowest, alternating women and men.
11. Swimmers in the 500 Free must provide their own lap counters.
12. For events that have Trials and Finals, the 8 fastest times from the Trials will qualify for the Finals and the next 8 fastest times from the Trials will qualify for Consolation Finals.
13. Events for 8 & Under age groups will be swum together but will be scored and awarded as 6 & Under and 7-8.
14. Individual Events for 13-18 age groups may be swum together in trials but will be swum & scored as 13-14, 15-16, and 17-18 during Finals.
15. All relay swimmers must be entered in an individual event in the meet.

In order to manage the meet timeline with the large number of anticipated participants, swimmers may compete in up to 3 individual events per day on Saturday and/or Sunday, but no more than a maximum of 5 total individual events on those two days. Each swimmer may enter either the 400 IM or 500 Free on Friday, but not both. These events do not count against the limit of five total individual events on Saturday and Sunday. Each swimmer may also participate in relays, and participation in those relay events also does not count against the five-event limit. Swimmers entering more than one event on Friday, more than 3 individual events per day on either Saturday or Sunday, or more than 5 total individual events on Saturday and Sunday combined will be required to scratch down to the allowable number and will not be eligible for any refunds.

Each team may enter as many relays as possible, but only the two fastest relays from each team will be scored and awarded. All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. If local conditions warrant, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be made for any mandatory scratches.

COACHES must sign in at the meet and present their registration card. Coaches listed as "Expired" on the list or who have no card and do not show up on the "Registered" list will be told that they must remove themselves from coaching swimmers on the deck.

UNACCOMPANIED SWIMMERS: Any swimmer entered in the meet who is 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.

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, the area immediately adjacent to the deck where the Clerk of the Course and computer will be located and in all areas used by swimmers, during the meet and during warm-up periods. No pets are allowed on deck at anytime.

ELIGIBILITY: Swimmers must be current members of USA-Swimming and enter their name and registration number on the meet entry card as they are shown on their Registration Card. All swimmer registrations against the SWIMS database. If a swimmer is 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 all qualified swimmers of teams in the North Bay Aquatic League (NBAL): LCCC, MACS, SHSC, SON and WILL. **Unattached swimmers**, practicing with a NBAL member team, are eligible to swim in prelims and timed finals, but are **not eligible** to score points, receive awards, participate in relays, or to qualify for finals in a trials and final event. Unattached swimmers competing in timed finals will be treated as exhibition athletes for purposes of scoring.

CHECK-IN: The meet will be deck seeded. Swimmers must check in each day 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 the first heat of that event. Swimmers who do not check-in will not be allowed to compete in the event.

SCRATCHES: A swimmer failing to swim a preliminary event that he/she checked in for will be scratched from his next event. Any swimmer originally qualifying for a final who fails to compete in that final will be barred from the remainder of the meet, or if it is the swimmer's last event of the meet, the swimmer will be subject to a fine of \$25.00. Exceptions to the No Show penalty are made only under the conditions stated in the Pacific Swimming Scratch Rule. A copy of the Pacific Swimming Scratch Rule will be posted at the Scratch Desk.

OFFICIALS:
 Meet Referee: Cynthia Wood
 Starter: Sibyl Baldwin
 Meet Director: Matt Mills mills.matthew.s@gmail.com
 Head Marshal: Kathleen Tebb

ENTRIES: Entries are to be submitted by the team with a Hy-Tek diskette with all individual and relay entries on the diskette. There will not be an online entries system in place for entering this meet. Entries must be completely filled out including best short course yards time for the event. Entries with "NO TIMES" will be seeded in the slowest heat(s). Entries must be accompanied by a team check to cover the amount of the team's entries. Late entries, including relays, will not be accepted. Except for mandatory scratches, NO REFUNDS WILL BE MADE. Swimmer relay names may be changed at the Clerk of the Course up to the announced time on the day of the meet. Entries must be postmarked by midnight, Monday, July 26, and mailed to: **3663 Solano Avenue, #94, Napa, CA 94558** or hand delivered to **3663 Solano Avenue, #94, Napa, CA 94558** by 6:00 p.m. on Monday, July 26, 2010.

ENTRY FEES: Fees will be \$2.75 per individual event; \$9.00 per relay entry and a \$5.00 per swimmer participation fee to help cover meet expenses. Please make all checks payable to **Monticello Aquatic Club Seals**.

AWARDS:
 Individual: Ribbons for 1st – 8th place
 Relays: Ribbons for 1st – 3rd place
 Team: 1st place team and runner-up team receives a Trophy

SCORING:
 Individual Events: 20 – 17 – 16 – 15 – 14 – 13 – 12 – 11 – 9 – 7 – 6 – 5 – 4 – 3 – 2 – 1
 Relay Events: 40 – 34 – 32 – 30 – 28 – 26 – 24 – 22

ADMISSION: Admission is free. Three-day programs will be available for \$5.00.

HOSPITALITY/SNACKBAR: A snack bar will be in operation during the meet. Lunches and snacks will be served to working deck officials and coaches. Snacks will be served to all timers during the meet.

ORDER OF EVENTS:

Friday, August 6				Saturday, August 7				Sunday, August 8			
Girls	Boys	Age	Event	Girls	Boys	Age	Event	Girls	Boys	Age	Event
1*	2*	13-18	400 IM	101*	102*	11-12	200 IM	201	202	11-12	100 IM
3*	4*	11&U	500 Free	103*	104*	13-18	200 Back	203*	204*	13-18	200 Free
				105*	106*	11-12	100 Back	205*	206*	11-12	100 Breast
				107*	108*	8&U	25 Back	207*	208*	8&U	100 IM
				109	110	9-10	50 Back	209	210	9-10	100 IM
				111	112	13-18	200 IM	211	212	13-18	100 Back
				113	114	11-12	50 Breast	213	214	11-12	50 Back
				115*	116*	8&U	25 Breast	215*	216*	13-18	200 Breast
				117	118	9-10	50 Breast	217*	218*	8&U	25 Fly
				119	120	13-18	100 Breast	219	220	9-10	50 Fly
				121	122	11-12	50 Fly	221*	222*	11-12	100 Fly

	123*	124*	13-18	200 Fly		223	224	13-18	100 Fly
	125*	126*	8&U	50 Free		225*	226*	8&U	25 Free
	127	128	9-10	100 Free		227	228	9-10	50 Free
	129	130	13-18	100 Free		229	230	11-12	50 Free
	131	132	11-12	100 Free		231	232	13-18	50 Free
	133+	134+	8&U	100 Med Rly		233+	234+	8&U	100 Fr Rly
	135+	136+	9-10	200 Med Rly		235+	236+	9-10	200 Fr Rly
	137%	138%	13-18	200 Med Rly		237%	238%	11-12	200 Fr Rly
	139%	140%	11-12	200 Med Rly		239%	240%	13-18	200 Fr Rly

Minimum Qualifying Times

Event	Girls	Boys
400IM	6:34.39	6:27.29
500 Free	8:30.49	8:25.79

- * Event swum as Timed Finals
- + Event swum at the end of Trials
- % Event swum at the beginning of Finals

NOTE: 13-18 events will swim together in trials, but will be swum and scored as 13-14, 15-16 and 17-18 in finals. 11&U and 13-18 timed finals will swim together, but will be scored separately (11-12, 13-14, 15-16 and 17-18)

EVENT SUMMARY:

Friday, August 6, 2010	8&U	9-10	11-12	13-18
			500 Free*	400 IM* 500 Free*
Saturday, August 7, 2010	8&U	9-10	11-12	13-18
	25 Back*	50 Back	200 IM*	200 Back*
	25 Breast*	50 Breast	100 Back*	200 IM
	50 Free*	100 Free	50 Breast	100 Breast
	100 MR ⁺	200 MR ⁺	50 Fly	200 Fly*
			100 Free	100 Free
			200 MR [%]	200 MR [%]
Sunday, August 8, 2010	8&U	9-10	11-12	13-18
	100 IM*	100 IM	100 IM	200 Free*
	25 Fly*	50 Fly	100 Breast*	100 Back
	25 Free*	50 Free	50 Back	200 Breast*
	100 FR ⁺	200 FR ⁺	100 Fly*	100 Fly
			50 Free	50 Free
			200 FR [%]	200 FR [%]