

**2010 REDWOOD EMPIRE AQUATICS LEAGUE (REAL) SHORT COURSE CHAMPIONSHIPS**  
**FRIDAY, SATURDAY & SUNDAY, AUGUST 6-8, 2010**  
**Hosted by Sebastopol Sea Serpents**

SANCTION: Held under USA/Pacific Swimming Sanction Number: **10-112**

**LOCATION:** **Petaluma Swim Center, 900 E. Washington St., Petaluma.** From US-101, exit is East Washington St; travel Westbound for ¼ mile, turn left at Ellis Street. The Swim Center is visible from East Washington Street. **Please park in the parking lot section next to Washington St. (around “Java Hut”) or at the side of the Swim Center towards 101 freeway.**

**COURSE:** Outdoor 50 meter x 25 yard heated pool, with rim flow gutters and anti-turbulent lane lines. There will be 8 up to competition lanes with a separate warm-up/warm-down area available throughout the meet. Electronic timing system will be used. The minimum water depth measured in accordance with USA Swimming (USA-S) Article 103.2.3, is 6' at the start end and 6' at the turn end. The competition course has not been certified in accordance with USA-S 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&OV 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 awarded as 6-under and 7-8.
14. Individual Events for 13 & up age groups will be swum together in trials but will be swum & scored as 13-14, 15-16, and 17-over 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. Swimmers may compete in 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. Participation in relays 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.**

**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.**

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-S 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.

**RESTRICTIONS:** Pets, glass containers of all kinds, and the 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.

**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. 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 all qualified swimmers of teams in the Redwood Empire Aquatic League (REAL): SRN, SSS, UD, VJO, WA, and WCAN. **Unattached swimmers**, practicing with a REAL 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. Swimmers age 19 and over may enter 13-over events and score points.

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.

**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:** The Pacific Swimming scratch rules will be in effect. A copy of these rules will be posted at the Clerk of Course. Any swimmer who has checked in for an individual event trial and fails to swim that event will be barred from competing in the next individual event in which the swimmer is entered in this meet. Any swimmer originally qualifying for a consolation final or final race in an individual event who fails to compete in said consolation final or final race shall be barred from further competition for the remainder of the meet. If the failure to compete occurs on the final day of the meet and no other penalty applies, the swimmer shall be fined \$25.00. No penalty shall apply if the referee accepts proof of injury or some other circumstance beyond the swimmer's control, which caused the swimmer to miss the event.

**OFFICIALS:**

Referee:	Chuck Johnson
Starter:	Ron Selim
Meet Director:	Lehla Irwin & Mike Roan
Head Marshal:	Katie Greer

**ENTRIES:** Entries for Individual events must be on the REAL Consolidated entry card attached. Entries must be completely filled out including best short course time for the event. Entered times must be submitted in yards. Entries with "NO TIMES" will be seeded in the slowest heat(s). Please do not enter Relay event numbers on the REAL Consolidated entry card for an individual swimmer. Team entries, including relays, must be submitted with swimmer names and seed times accompanied by a team check to cover the amount of the team's entries. Teams must accompany their entries with a Hy-Tek diskette with all individual entries on the diskette. 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, 2010, and mailed to: **REAL ENTRIES C/O Mike Roan 480 Piezzi Lane Santa Rosa, Ca 95401** or hand delivered to the above address 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 Sebastopol Sea Serpents.

**AWARDS:**

- Individual: Distinctive pins for 1<sup>st</sup> – 8<sup>th</sup> place; Ribbons for 9<sup>th</sup> – 16<sup>th</sup> place.
- Relays: Distinctive pins for 1<sup>st</sup> – 3<sup>rd</sup> place.
- Team: 1<sup>st</sup> place team receives Perpetual Banner; 2<sup>nd</sup> and 3<sup>rd</sup> place teams receive Banners
- The Boys and Girls team with the highest point total each receives a banner.

Team Spirit Award will also be awarded by a selection committee comprised of a parent and swimmer representative from each team and the Head Referee. Awards not picked up by the end of the meet will be sent to the club representative.

**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.

Friday, August 6				Saturday, August 7				Sunday, August 8			
Girls	Boy	Age	Event	Girls	Boy	Age	Event	Girls	Boy	Age	Event
1*	2*	13-up	400 IM	101*	102*	11-12	200 IM	201	202	11-12	100 IM
3*	4*	11 up	500 Free	103*	104*	13-up	200 Back	203*	204*	13-UP	200 Free
				105*	106*	11-12	100 Back	205*	206*	11-12	100 Breast
				107*	108*	8-un	25 Back	207*	208*	8 un	100 IM
				109	110	9-10	50 Back	209	210	9-10	100 IM
				111	112	13-up	200 IM	211	212	13-up	100 Back
				113	114	11-12	50 Breast	213	214	11-12	50 Back
				115*	116*	8-un	25 Breast	215*	216*	13 up	200 Breast
				117	118	9-10	50 Breast	217*	218*	8 un	25 Fly
				119	120	13 up	100 Breast	219	220	9-10	50 Fly
				121	122	11-12	50 Fly	221*	222*	11-12	100 Fly
				123*	124*	13 up	200 Fly	223	224	13 up	100 Fly
				125*	126*	8 un	50 Free	225*	226*	8 un	25 Free
				127	128	9-10	100 Free	227	228	9-10	50 Free
				129	130	13 up	100 Free	229	230	11-12	50 Free
				131	132	11-12	100 Free	231	232	13 up	50 Free
				133+	134+	8 un	100 Med Rly	233+	234+	8 un	100 Fr Relay
				135+	136+	9-10	200 Med Rly	235+	236+	9-10	200 Fr Relay
				137%	138%	13-up	200 Med Rly	237%	238%	11-12	200 Fr Relay
				139%	140%	11-12	200 Med Rly	239%	240%	13-up	200 Fr Relay

**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-up events will swim together in trials, but will be swum and scored as 13-14, 15-16 and 17-over in finals. 11-up and 13-up timed finals will swim together, but will be scored separately (11-12, 13-14, 15-16 and 17-over)

**Event Summary**

Friday, August 6		Saturday, August 7			
11-12	13 & O	8&U	9-10	11-12	13&O
500 Free*	400 IM*	25 Back*	50 Back	200 IM*	200 Back*
	500 Free*	25 Breast*	50 Breast	100 Back*	200 IM
		50 Free*	100 Free	50 Breast	100 Breast
		100 MR <sup>+</sup>	200 MR <sup>+</sup>	50 Fly	200 Fly*
				100 Free	100 Free
				200 MR <sup>%</sup>	200 MR <sup>%</sup>

Sunday, August 8			
8&U	9-10	11-12	13&O
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 <sup>+</sup>	200 FR <sup>+</sup>	100 Fly*	100 Fly
		50 Free	50 Free
		200 FR <sup>%</sup>	200 FR <sup>%</sup>

