

The Sebastopol Sea Serpents

Present...

Zone 3 Short Course "PC-C/B/A+" "Pumpkin Plunge" Meet
September 25-26, 2010

Enter Online at <http://ome.swimconnection.com/pc/sss20100925>

Sanction: Held under USA/Pacific Swimming Sanction No.: **10-121**

Location: Ives Pool. 7400 Willow St, Sebastopol CA

Directions: From Highway 12 west, turn left at High St., right on Willow. From Highway 116 west, turn left on Bodega Hwy (12), left on High St., right on Willow. **Parking is NOT available at the Veteran's Building.**

Course: 25 yard outdoor heated pool with up to 6 competition lanes. A separate warm-up pool will be available throughout the meet. The competition course has not been certified in accordance with 104.2.2C (4). The minimum water depth, measured in accordance with Article 103.2.3, is 8 feet at the start end and 3.5 feet at the turn end.

Time: The meet begins at **10:00 a.m. each day. Warm-ups from 8:30 to 9:45 a.m.**

Rules: Current USA-Swimming (USA-S) 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. **Swimmers may compete in up to four (4) events per day.** All swimmers age 12 and under should complete competition within four (4) hours. All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. **The meet will be limited to the first 350 swimmers per day or when the meet estimated time line exceeds the Four Hour Rule per Age Group and Gender.** If local conditions warrant the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down to three (3) events per day. Immediate refunds will be made for any mandatory scratches. Special Note: Swimmers entering the 1000 yard freestyle event must supply their own lap counters. The 1000-yard freestyle may be swum fastest to slowest, alternating heats of girls and boys, or may be seeded combining girls and boys. **Note: Swimmers entering in the 13 & over 50 breaststroke, butterfly and backstroke events need to enter their 100 yards time for that stroke and will be seeded using their time entered.**

Coaches: Coaches must sign in at the meet and present their registration card. Coaches listed on the "expired" list, or who are not on the "registered" list, will be asked by the meet referee to 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 insure compliance with this requirement. Swimmers without coach supervision must contact the Meet Director or Meet Referee to be assigned to a coach on deck.

Restrictions: Smoking and the use of other tobacco products is prohibited anywhere in the meet venue described as: on the pool deck, in the locker rooms, in spectator seating or standing areas, Ives Park, 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 pets (except assistance dogs) and no glass containers of any kind are allowed in the meet venue.

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. All swimmer registration will be checked 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. Meet is open to all swimmers. Swimmers in the "A" Division must have met the listed "PC-A" time standard. Swimmers in the "B" Division must have met at least the listed "PC-B" time standard and not have met the listed "PC-A" time standard. All entry times slower than the listed "PC-B" time standard will be in the "C" Division. No time entries will be accepted and will be seeded in the slowest heat(s). **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 Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming policy. Swimmers 19 years of age and over may participate in 13-and-over events but may not receive awards. They must have met the time standards for the 17-18 age group.

Check-in: The meet will be deck seeded. Swimmers must check in at the Clerk-of-Course. Check-in will close for all events 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. ****Check-in for the 1000 will close at 9:20 am on Saturday, September 25.**

Entries: "No Time" entries will be accepted. Entries must be submitted on a Consolidated Entry Card. Entry cards must be filled out completely including best short course times for each event. Swimmers with a "PC-A" long course time in a given event must enter that event with a minimum short course "PC-A" time or better, and those with long course "PC-B" times must enter with short course "PC-B" times or better. Entries with "no time" will be placed in the slowest heat(s). Incomplete or illegible entries may require a collect telephone call to be made in order to accept entries. **Zone 3 teams will be given priority registration until Monday, September 6th. Zone 3 clubs are AAC, CCSC, FBA, FINS, FOG, HSC, JCSC, KYSC, LCCC, MACS, MP, MCSD, MLKB, NAPA, NBA, PCM, QUIK, RAYS, SAM, SHSC, SON, SRN, SSS, SST, STAR, TOC, UD, VJO, WA, WILL, WCAN, YPAC. After September 6, the meet will be open to all other teams.** Entries must be **postmarked by Saturday, September 11, 2010** or hand delivered no later than 7:00 p.m., Monday, September 13th, 2010 to Mike Roan, 480 Piezzi Lane Santa Rosa, CA 95401. **NO LATE ENTRIES WILL BE ACCEPTED AND WITH THE EXCEPTION OF A MANDATORY SCRATCH DOWN, NO REFUNDS WILL BE MADE.**

ONLINE ENTRIES: You may enter this meet online at <http://ome.swimconnection.com/pc/sss20100925> receive an immediate entry confirmation. Please bring the "billing information" e-mail to the meet as proof of your entries. 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. **No online entries will be accepted after 11:59 pm on September 13, 2010. Entering online is a convenience, is completely voluntary, and is in no way required or expected in order to enter this meet.**

Entry Fees:

Individual: \$2.75 per individual event plus a one time \$5.00 participation fee per swimmer.

Make checks payable to SSS.

Awards: Single ribbons will be awarded to 1st – 6th places in the "C" division. Distinctive double ribbons will be awarded to 1st – 6th places for the "B" and "A" divisions. "PC-A" medals will be awarded to any swimmer attaining new "PC-A" times, regardless of the place achieved in the event. Awards will be given to the following age groups: 8-under, 9-10, 11-12, 13-14, and 15-18. ****13-Over events will be swum together, but awarded separately, i.e. 13-14, 15-over. ****10-under events will be swum together but awarded separately as 9-10 and 8-unders (except in events for which there is no 8-under time standard.)

Admission: Free. Two-day program available for \$4.00.

Officials:	<i>Head Referee:</i>	Chuck Johnson
	<i>Head Starter:</i>	Greg Johnson
	<i>Meet Director:</i>	Mike Roan
	<i>Head Marshal:</i>	Tad Houston

Hospitality: A snack bar will be available for breakfast, lunch, and snacks. Lunches will be served to all working officials and coaches.

Schedule of Events/Time Standards
Saturday, September 25, 2010

<u>Girls</u>					<u>Boys</u>				
Event#	Event	Age Group	"PC-B" Time	"PC-A" Time	Event#	Event	Age Group	"PC-B" Time	"PC-A" Time
1	1000 Free	13-14	14:53.09	13:30.69	2	1000 Free	13-14	14:26.49	13:06.49
		15-16	14:52.99	13:30.69			15-16	14:12.99	12:54.39
		17-18	15:33.09	14:06.99			17-18	14:12.99	12:54.39
3	500 Free	9-10	8:27.69	7:40.99	4	500 Free	11-12	7:41.99	6:59.39
5**	50 Breast	13-14	**	**	6**	50 Breast	13-14	**	**
		15-16	**	**			15-16	**	**
		17-18	**	**			17-18	**	**
7	50 Back	9-10	47.99	43.49	8	100 Back	11-12	1:31.99	1:23.49
		8-U	59.99	51.59					
9	100 Back	13-14	1:26.69	1:18.59	10	100 Back	13-14	1:22.69	1:14.99
		15-16	1:27.99	1:19.79			15-16	1:19.99	1:12.59
		17-18	1:32.09	1:23.59			17-18	1:20.49	1:13.09
11	100 Breast	9-10	1:57.29	1:46.49	12	50 Breast	11-12	46.69	42.29
		8-U	*	*					
13	100 Free	13-14	1:15.89	1:08.79	14	100 Free	13-14	1:10.79	1:04.29
		15-16	1:15.29	1:08.39			15-16	1:07.89	1:01.59
		17-18	1:16.29	1:09.19			17-18	1:07.09	1:00.79
15	50 Fly	9-10	45.99	41.69	16	50 Fly	9-10	45.49	41.19
		8-U	59.99	52.59			8-U	59.99	52.09
17	100 Fly	11-12	1:31.19	1:22.69	18	100 Fly	11-12	1:31.29	1:22.89
19	100 Free	9-10	1:29.29	1:21.09	20	100 Free	9-10	1:29.29	1:21.09
		8-U	1:54.59	1:35.29			8-U	1:51.59	1:28.99
21	50 Free	11-12	36.29	32.89	22	50 Free	11-12	35.99	32.69
---					24	100 Breast	9-10	1:58.59	1:47.69
25	50 Breast	11-12	47.99	43.59	---		8-U	*	*
27**	50 Fly	13-14	**	**	28**	50 Fly	13-14	**	**
		15-16	**	**			15-16	**	**
		17-18	**	**			17-18	**	**
---					30	50 Back	9-10	47.99	43.49
31	100 Back	11-12	1:31.99	1:23.49	---		8-U	59.99	50.49
33	200 IM	13-14	3:05.39	2:48.29	34	200 IM	13-14	2:55.99	2:39.69
		15-16	3:03.99	2:46.99			15-16	2:48.79	2:33.19
		17-18	3:11.29	2:53.59			17-18	2:49.29	2:33.69
35	500 Free	11-12	7:42.69	6:59.99	36	500 Free	9-10	8:14.39	7:28.79

*No time standard available for 8 and under

** Note: Swimmers entering in the 13 & over 50 breaststroke, butterfly and backstroke events need to enter their 100 yards time for that stroke and will be seeded using their time entered. There are no time standards for these events.

Schedule of Events/Time Standards
Sunday, September 26, 2010

Girls					Boys				
Event#	Event	Age Group	"PC-B" Time	"PC-A" Time	Event#	Event	Age Group	"PC-B" Time	"PC-A" Time
37	200 Free	13-14	2:42.59	2:27.59	38	200 Free	13-14	2:34.59	2:20.39
		15-16	2:42.59	2:27.59			15-16	2:27.99	2:14.29
		17-18	2:47.59	2:32.09			17-18	2:27.99	2:14.29
---					40	200 IM	9-10	3:44.39	3:23.59
41	200 IM	11-12	3:17.29	2:59.09	---				
43	100 IM	8-U	2:09.99	1:49.29	44	100 IM	8-U	2:09.99	1:45.09
45	50 Back	11-12	42.69	38.69	46	200 Free	9-10	3:15.89	2:57.89
47	100 Breast	13-14	1:37.19	1:28.19	48	100 Breast	13-14	1:31.99	1:23.49
		15-16	1:38.69	1:29.49			15-16	1:27.99	1:19.79
		17-18	1:43.99	1:34.39			17-18	1:29.29	1:21.09
49	200 Free	11-12	2:52.39	2:36.49	---				
51	50 Free	9-10	40.29	36.49	52	50 Free	9-10	40.39	36.59
		8-U	51.99	42.99			8-U	51.99	40.89
53	50 Fly	11-12	40.39	36.69	54	50 Fly	11-12	39.99	36.29
55	100 Back	9-10	1:42.59	1:33.19	56	100 Back	9-10	1:45.29	1:35.59
		8-U	*	*			8-U	*	*
57	100 Free	11-12	1:18.89	1:11.59	58	100 Free	11-12	1:17.99	1:10.79
---					60	50 Breast	9-10	54.09	49.09
							8-U	1:04.99	54.79
61	200 Free	9-10	3:17.29	2:59.09	62	200 Free	11-12	2:53.59	2:37.49
63**	50 Back	13-14	**	**	64**	50 Back	13-14	**	**
		15-16	**	**			15-16	**	**
		17-18	**	**			17-18	**	**
65	50 Breast	9-10	54.09	49.09	66	50 Back	11-12	42.69	38.69
		8-U	1:04.99	55.29					
67	100 Fly	13-14	1:25.69	1:17.79	68	100 Fly	13-14	1:20.69	1:13.19
		15-16	1:23.59	1:15.89			15-16	1:15.19	1:08.19
		17-18	1:25.29	1:17.39			17-18	1:15.99	1:08.89
69	200 IM	9-10	3:42.59	3:22.09	70	200 IM	11-12	3:17.29	2:59.09
71	50 Free	13-14	35:09	31:79	72	50 Free	13-14	32:79	29:79
		15-16	34:69	31:39			15-16	30:99	28:09
		17-18	35:59	32:29			17-18	30:99	28:09

*No time standard available for 8 and under

** Note: Swimmers entering in the 13 & over 50 breaststroke, butterfly and backstroke events need to enter their 100 yards time for that stroke and will be seeded using their time entered. There are no time standards for these events.

RECAP OF EVENTS

SATURDAY, September 25, 2010				SUNDAY, September 26, 2010			
Please Note: For girls there are no events 23 and 29. For boys there are no events 26 and 32.				Please Note: For girls there are no events 39 and 59. For boys there are no events 42 and 50.			
8-UNDER	9-10	11-12	13-OVER	8-UNDER	9-10	11-12	13-OVER
50 Back (Girls)	500 Free (Girls)	500 Free (Boys)	1000 Free	100 IM	200 IM (Boys)	200 IM (Girls)	200 Free
100 Breast (Girls)	50 Back (Girls)	100 Back (Boys)	50 Breast	50 Free	200 Free (Boys)	50 Back (Girls)	100 Breast
50 Fly	100 Breast (Girls)	50 Breast (Boys)	100 Back	100 Back	50 Free	200 Free (Girls)	50 Back
100 Free	50 Fly	100 Fly	100 Free	50 Breast (Boys)	100 Back	50 Fly	100 Fly
100 Breast (Boys)	100 Free	50 Free	50 Fly	50 Breast (Girls)	50 Breast (Boys)	100 Free	50 Free
50 Back (Boys)	100 Breast (Boys)	50 Breast (Girls)	200 IM		200 Free (Girls)	200 Free (Boys)	
	50 Back (Boys)	100 Back (Girls)			50 Breast (Girls)	50 Back (Boys)	

