

## The Sebastopol Sea Serpents

present...

Zone 3 Short Course C/B/BB+ "Pumpkin Plunge" Meet

**October 25-26, 2008**

**Enter Online at:** <http://swimconnection.com/pc/meet/sss>

**Sanction:** Held under USA/Pacific Swimming Sanction No.: **0998**

**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.

**Course:** Outdoor heated pool, up to 6 lanes, 25 yards, short course. A separate warm-up pool will be available throughout the meet.

**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 or less per day. Immediate refunds will be made for any mandatory scratches. Special Note: Swimmers entering the 500 and/or 1000 freestyle events must supply their own timers and lap counters. The 500 and 1000-yard freestyles may be swum fastest to slowest, alternating heats of girls and boys, or may be seeded combining girls and boys.

**Restrictions:** Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in 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 pets (except for assistance dogs) and glass containers of any kind are allowed in the Ives Pool complex. Meet venue includes Ives Park and Ives Pool Complex.

**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. Meet is open to all swimmers. Swimmers in the "BB+" Division must have met the listed "BB" time standard. Swimmers in the "B" Division must have met at least the listed "B" time standard and not have met the listed "BB" time standard. All entry times slower than the listed "B" time standard will be in the "C" Division. No time entries will be accepted and will be seeded in the first 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 aged 19 years and over may participate in 17-Over events, but may not receive awards. Such swimmers must have met the 17-18 Time Standards.

**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 on Saturday, October 25.**

**Scratches:** Any swimmer who has checked in for an individual event 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. The penalty will not apply if the swimmer scratches before the event is seeded or if the referee accepts proof that illness, injury, or other circumstances beyond control of the swimmer caused the failure.

**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 "BB" long course time in a given event must enter that event with a minimum short course "BB" time or better, and those with long course "B" times must enter with short course "B" times or better. Entries with "no time" will be placed in the first heat(s). Incomplete or illegible entries may require a collect call to be made in order to accept entries. **Zone 3 teams will be given priority registration until Monday, August 25<sup>th</sup>. Zone 3 clubs are CCSC, FOG, HSC, JCSC, LCCC, LVA, MP, MCSL, NAPA, SRN, NBA, OPSR, PCM, QUIK, RSC, SFSC, SST, SSS, RAYS, SHSC, TVA, UD, KYSC, VJO, VMA, WA, WILL, WCAN, YPAC. After that the meet will be open to all other teams.** Entries must be **postmarked by Monday, October 13, 2008** or hand delivered no later than 7:00 p.m., Thursday, October 16, 2008 to Greg Johnson, 8170 Ragle Place, Sebastopol, CA 95472. **NO LATE ENTRIES WILL BE ACCEPTED AND NO REFUNDS WILL BE MADE.**

**ONLINE ENTRIES:** You may enter this meet online at: <http://swimconnection.com/pc/meet/sss> to 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 October 16, 2008. Entering online is a convenience, is completely voluntary, and is in no way required or expected in order to enter this meet.**

**Entry Fees:** \$2.25 per individual event entry.  
A \$5.00 participation fee per swimmer to help cover meet expenses.  
**Make checks payable to SSS.**

**Awards:** Single ribbons will be awarded to 1<sup>st</sup> – 6<sup>th</sup> places in the C division. Distinctive double ribbons will be awarded to 1<sup>st</sup> – 6<sup>th</sup> places for the B and BB+ division. "A" medals will be awarded to any swimmer attaining new "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, 15-18. 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.

<b>Officials:</b>	<i>Head Referee:</i>	Chuck Johnson
	<i>Head Starter:</i>	Jolene Patterson
	<i>Meet Director:</i>	Greg Johnson (707) 829-5426
	<i>Head Marshal:</i>	Mike Swaney

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

**Stroke and Turn Clinic.** A beginning stroke and turn clinic will be held in conjunction with the meet. The clinic will start at 10:00 a.m. Saturday morning at Ives Pool. On-deck training may be available after the clinic.

Schedule of Events/Time Standards  
**Saturday, October 25, 2008**

<u>Girls</u>					<u>Boys</u>				
Event#	Event	Age Group	B Time	BB Time	Event#	Event	Age Group	B Time	BB Time
1	1000 Free	13-14	14:08.89	13:08.29	2	1000 Free	13-14	13:38.39	12:39.99
		15-16	13:55.19	12:55.49			15-16	13:04.19	12:08.19
		17-Over	13:52.59	12:53.09			17-Over	12:54.49	11:59.19
3	500 Free	9-10	8:30.49	7:39.49	4	500 Free	11-12	7:05.49	6:35.09
5	200 Breast	13-14	3:15.99	3:01.99	6	200 Breast	13-14	3:02.39	2:49.39
		15-16	3:12.09	2:58.39			15-16	2:55.09	2:42.59
		17-Over	3:12.29	2:58.59			17-Over	2:52.19	2:39.89
7	50 Back	9-10	48.89	43.49	8	100 Back	11-12	1:25.79	1:19.09
		8-U	59.99	**51.59					
9	100 Back	13-14	1:20.19	1:14.39	10	100 Back	13-14	1:15.69	1:10.29
		15-16	1:18.99	1:13.29			15-16	1:11.49	1:06.39
		17-Over	1:18.19	1:12.59			17-Over	1:09.99	1:04.99
11	100 Breast	9-10	1:59.99	1:46.69	12	50 Breast	11-12	44.59	41.09
		8-U	*	*					
13	100 Free	13-14	1:12.59	1:07.39	14	100 Free	13-14	1:07.69	1:02.89
		15-16	1:11.29	1:06.19			15-16	1:04.59	59.99
		17-Over	1:10.89	1:05.79			17-Over	1:03.39	58.89
15	50 Fly	9-10	48.79	42.99	16	50 Fly	9-10	47.29	41.99
		8-U	59.99	**52.59			8-U	59.99	**52.09
17	100 Fly	11-12	1:27.59	1:20.59	18	100 Fly	11-12	1:26.39	1:19.29
19	100 Free	9-10	1:31.89	1:22.09	20	100 Free	9-10	1:29.19	1:19.99
		8-U	1:54.59	**1:35.29			8-U	1:51.59	**1:28.99
21	50 Free	11-12	34.59	32.19	22	50 Free	11-12	33.39	30.99
---					24	100 Breast	9-10	1:56.79	1:44.79
25	50 Breast	11-12	44.29	41.09	---		8-U	*	*
27	200 Fly	13-14	2:53.39	2:40.99	28	200 Fly	13-14	2:44.29	2:32.59
		15-16	2:50.99	2:38.79			15-16	2:36.79	2:25.59
		17-Over	2:48.19	2:36.19			17-Over	2:31.19	2:20.39
---					30	50 Back	9-10	49.29	43.89
31	100 Back	11-12	1:28.89	1:21.89	---		8-U	59.99	**50.49
33	50 Free	13-14	33.39	30.99	34	50 Free	13-14	31.09	28.79
		15-16	32.89	30.49			15-16	29.59	27.49
		17-Over	32.79	30.49			17-Over	28.99	26.89
35	500 Free	11-12	7:10.79	6:40.09	36	500 Free	9-10	8:25.79	7:35.19

\*No time standard available for 8 and under

\*\*Indicates the use of "A" times because no BB time standard for 8-under swimmers

Schedule of Events/Time Standards  
**Sunday, October 26, 2008**

<u>Girls</u>					<u>Boys</u>				
Event#	Event	Age Group	B Time	BB Time	Event#	Event	Age Group	B Time	BB Time
37	500 Free	13-14	6:51.79	6:22.39	38	500 Free	13-14	6:35.99	6:07.69
		15-16	6:46.39	6:17.39			15-16	6:19.39	5:52.29
		17-Over	6:43.89	6:14.99			17-Over	6:10.59	5:44.19
---					40	200 IM	9-10	3:40.89	3:18.09
41	200 IM	11-12	3:04.99	2:51.79	---				
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	39.99	37.09	46	200 Free	9-10	3:09.89	2:50.89
47	100 Breast	13-14	1:30.99	1:24.49	48	100 Breast	13-14	1:24.39	1:18.39
		15-16	1:29.09	1:22.69			15-16	1:20.69	1:14.99
		17-Over	1:29.09	1:22.69			17-Over	1:18.79	1:13.19
49	200 Free	11-12	2:43.49	2:31.79	---				
51	50 Free	9-10	40.09	36.19	52	50 Free	9-10	39.19	35.59
		8-U	51.99	**42.99			8-U	51.99	**40.89
53	50 Fly	11-12	38.09	35.39	54	50 Fly	11-12	38.59	35.49
55	100 Back	9-10	1:45.69	1:33.99	56	100 Back	9-10	1:43.29	1:32.49
		8-U	*	*			8-U	*	*
57	100 Free	11-12	1:13.59	1:08.29	58	100 Free	11-12	1:13.29	1:08.09
---					60	50 Breast	9-10	53.89	48.19
							8-U	1:04.99	**54.79
61	200 Free	9-10	3:20.19	2:58.29	62	200 Free	11-12	2:39.39	2:27.99
63	200 Back	13-14	2:51.79	2:39.59	64	200 Back	13-14	2:42.79	2:31.09
		15-16	2:50.19	2:37.99			15-16	2:34.79	2:23.69
		17-Over	2:47.89	2:35.89			17-Over	2:30.59	2:19.89
65	50 Breast	9-10	53.59	47.79	66	50 Back	11-12	39.79	36.79
		8-U	1:04.99	**55.29					
67	100 Fly	13-14	1:19.39	1:13.79	68	100 Fly	13-14	1:13.99	1:08.69
		15-16	1:17.99	1:12.39			15-16	1:10.59	1:05.59
		17-Over	1:16.99	1:11.49			17-Over	1:08.99	1:04.09
69	200 IM	9-10	3:42.69	3:19.39	70	200 IM	11-12	3:03.49	2:49.69
71	200 IM	13-14	2:56.49	2:43.89	72	200 IM	13-14	2:45.49	2:33.69
		15-16	2:53.09	2:40.69			15-16	2:38.29	2:26.99
		17-Over	2:51.49	2:39.19			17-Over	2:34.59	2:23.59

\*No time standard available for 8 and under

\*\*Indicates the use of "A" times because no BB time standard for 8-under swimmers

SATURDAY, OCTOBER 25, 2008				SUNDAY, OCTOBER 26, 2008			
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	500 Free (Boys)	1000 Free	100 IM	200 IM (Boys)	200 IM (Girls)	500 Free
100 Breast (Girls)	50 Back (Girls)	100 Back (Boys)	200 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)	200 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	200 Fly	50 Breast (Girls)	50 Breast (Boys)	100 Free	200 IM
50 Back (Boys)	100 Breast (Boys)	50 Breast (Girls)	50 Free		200 Free (Girls)	200 Free (Boys)	
	50 Back (Boys)	100 Back (Girls)			50 Breast (Girls)	50 Back (Boys)	
		500 Free (Girls)			200 IM (Girls)	200 IM (Boys)	

