

Piranha Swimming Presents

Pool Open Water (POW) & Distance Swim Meets

Sponsored by Finis

October 16 & 17, 2010

POW held under USA Swimming Sanction # OW10-011

Distance held under USA Swimming Sanction #10-0115

There will be a separate registration for each day of this meet.

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 separate warm-up/warm down area. On Saturday the minimum water depth measured in accordance with USA Swimming (USA-S) Article 103.2.3, is 3'6" at the start end and 12' at the turn end. On Sunday, there will be up to 8 competition lanes. The minimum water depth measured in accordance with USA-S Article 103.2.3, is 6' at the start end and 6' at the turn end. Neither competition course has been certified in accordance with USA-S 104.2.2C (4).

TIME: Warm-up will be from 7:30 am – 8:30 am each day. The meet will start at 9 am. At the discretion of the Meet Director and Meet Referee, Saturday warm ups may be split by gender, age group, or team.

RESTRICTIONS: Smoking and the use of other tobacco products is prohibited in the meet venue which is defined as: 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 or glass containers of any kind are allowed in the meet venue.

UNSUPERVISED SWIMMERS: Swimmers without coach supervision must contact the Meet Director or Meet Referee to be assigned a coach on deck. 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.

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

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 registrations 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. 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.

SATURDAY CHECK-IN & SEEDING: All individual events will be deck seeded according to USA Swimming Rules. 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 the event. Swimmers who do not check-in will not be allowed to compete in the event. Deck entries will be accepted until 8:30 AM at Clerk of Course or until we reach our swimmer limit of 600. Deck entry swimmers new to the meet must have proof of USA Swimming Registration. Swimmers will receive a packet with their race caps, numbers, meet t-shirt and raffle ticket at the time of check in. In accordance with USA-S 102.1.4, events may be seeded together but scored separately.

SUNDAY CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-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 the event. Swimmers who do not check-in will not be allowed to compete in the event. Deck entries will be accepted at

the Clerk of Course until 60 minutes before the estimated time of start of the first heat of the event or until we reach our swimmer limit of 400. Deck entry swimmers new to meet must have proof of USA Swimming Registration.

ENTRY FEES: Swimmers must register separately each day. The entry fees differ for each day.

SATURDAY: There is a single individual entry fee of \$20 each, plus a \$5 participation fee to help cover meet expenses. Swimmers participating in the POW portion of the meet will receive a meet t-shirt, cap and a ticket into a raffle for an MP3 player. There is a \$9 per relay fee. Relay entries are due by 11am.

SATURDAY DECK ENTRIES: Will be accepted until we have met our 600 swimmer limit and will close at 8:30 AM. Deck entry swimmers will be seeded at NT. Deck entrants should sign up at the Clerk of Course. DECK ENTRY COST IS \$40.00 for individuals. Deck entry swimmers new to the meet must have proof of USA Swimming Registration and pay a \$5.00 participation fee. There is no guarantee of a meet t-shirt for deck entries - they will be given out as supplies last.

SUNDAY: \$2.75 per event plus \$5.00 participation fee per swimmer to help cover meet expenses. Deck entries will be accepted until we meet our 400 swimmer limit. See SUNDAY CHECK-IN for more detail. The cost will remain the same.

**Make check payable and mail with entry to: Piranha Swimming, C/O Sheri Lang
3 Fall Court, Rohnert Park, CA 94928**

ENTRY LIMITATIONS: Swimmers may compete in 1 individual event for Saturday's open water portion of the meet. Swimmers may compete in no more than 4 events for Sunday's distance portion of the meet.

AWARDS: Awards for the POW portion of the meet will be different from the Distance portion. See below.

SATURDAY: Prizes will be given to the winner of each individual event.
Under 8 yrs: Mesh Bag and goggles
Under 10 yrs: Mesh Bag and goggles
11-12 yrs: Backpack and goggles
13-14 yrs: Backpack and goggles
15+ yrs: Backpack and goggles

Trophies will be given to the team winner of each relay event.

All participants in the open water portion of the meet will receive a meet t-shirt and cap. Unless you contact the meet director with a request for a different shirt size, the following sizes will be provided:

8 and under: Youth Large
9-10: Youth X-Large
11-12: Adult Small
13-14: Adult Medium
15 and older: Adult Large

All Swimmers will receive a ticket to enter a drawing for an MP3 player which will be raffled off at the end of the day. Swimmer must be present in order to win. Additional raffle tickets may be purchased on the day of the meet.

SUNDAY: Ribbons will be provided as awards for 1st -8th place for each event. **Awards will be given to the coaches at the end of the day or meet. Awards will not be mailed except by prior arrangement.**

ADMISSION: Free.

HOSPITALITY/SNACKBAR: Meals will be provided for working Carded Deck Officials and Coaches. Snacks and refreshments will be provided to our timers, with a light meal for timers working during lunch time. Meals, snacks, and refreshments will be available for purchase at the snack bar.

OFFICIALS: Referee: Sibyl Baldwin
Starter: Bruce Baldwin
Meet Director: Sheri Lang
Phone: (707) 584-7176 E-mail: quiltmama@sbcglobal.net
Head Meet Marshal: Phil Spratt

Pool Open Water – Saturday October 16, 2010

RULES: Current USA 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. Coaches must maintain contact with their swimmers during warm-up. All entry into the pool for warm-up is feet first. There is no diving during warm-up. The warm-up shall be conducted as follows:

- All swimmers must go counter clockwise around the course.
- All swimmers must have a number on their cap, back, and arms during warm-ups and their event.
- Swimmers may be removed from warm-up for violating safety rules.

All swimmers ages 12 and under should complete competition within four (4) hours. All events are timed finals. Swimmers may compete in one event per day and one relay. **All coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner.**

All events will be swum fastest to slowest, may alternate heats of girls and boys, or may be swum in combined heats of girls and boys. All starts will be in-water starts, in accordance with USA-S 701.2.3A(1) and all races will be “unescorted” swims (USA-S 701.2.2). The

Entries will be accepted until the number of entries reaches 600 or when the estimated timeline exceeds 4 hours for a given age group.

RELAYS: The starting relay team member will be given a band, which can be held, put around the arm, or kept somehow on the swimmer’s body during the race and then exchanged with the next swimmer on the team who will keep the band on their person to continue the exchange. The final relay member will touch the wall at the conclusion of the race.

ENTRIES: Entry Cards must be completely filled out including the following times: There are no qualifying times for this meet. Swimmers will be seeded using the following meter times: 8 & under 200 Free, 10 & Under 400 Free, 11-12 800 Free, 13-14 1500 Free, 15 & Over 1500 Free. If no entry time, swimmer will be seeded at NT and placed in the slowest heat.

ENTRY LIMITATIONS: Swimmers may enter 1 individual event for the open water portion of the meet.

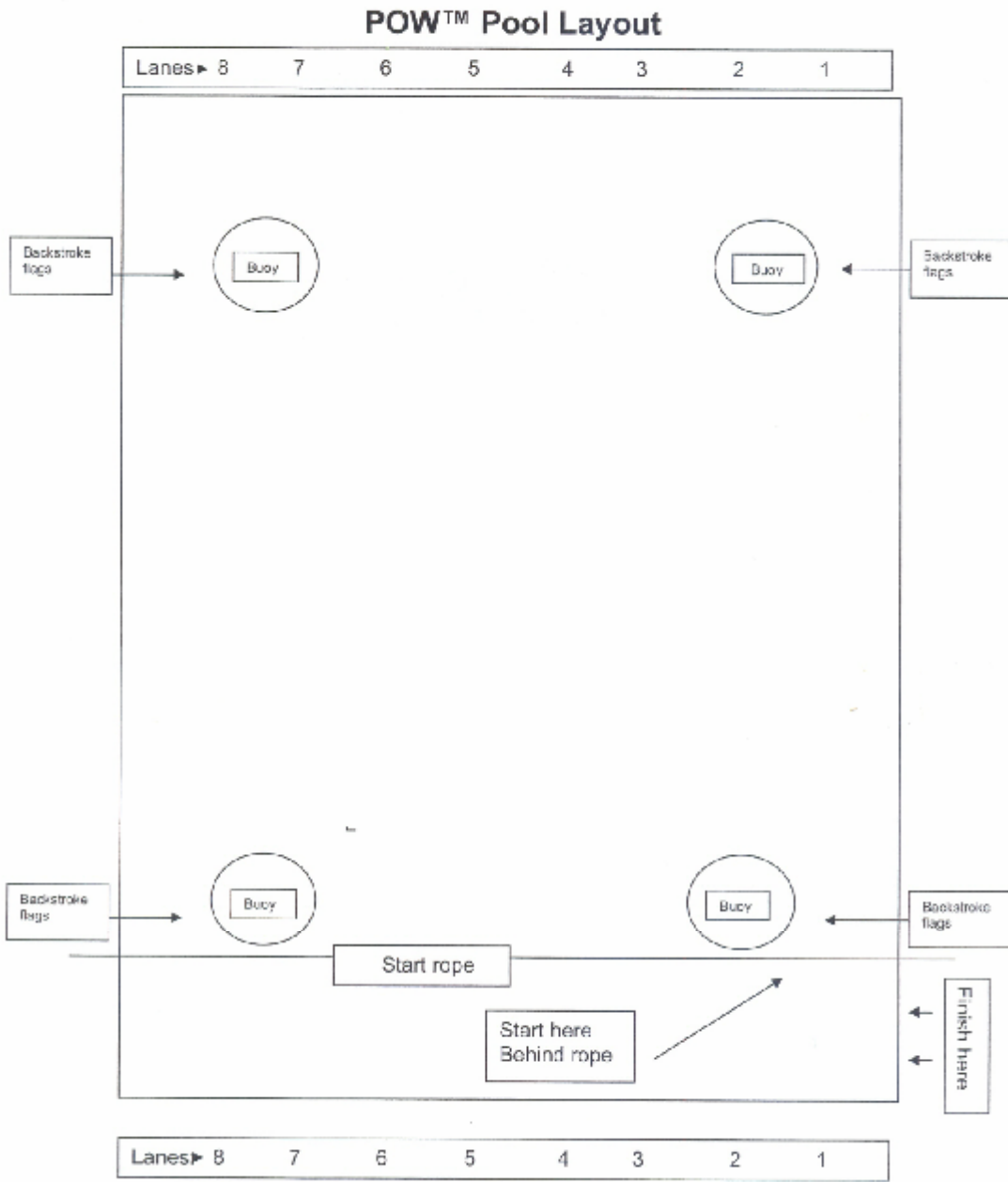
Saturday, October 16, 2010

7:30 AM Warm-Up

9:00 AM Meet Start

Girls	Distances are approximate	Boys	Swimmers will be seeded using the following entry times: 8 & Under – Enter 200 Meter Free Time 10 & Under – Enter 400 Meter Free Time 11 – 12 – Enter 800 Meter Free Time 13 – 14 – Enter 1500 Meter Free Time 15 & Over – Enter 1500 Meter Free Time If no entry time, swimmer will be seeded at NT and placed in the slowest heat of each age group.
Event 1	15 & Over 1500 FREE, 10 LOOPS	Event 2	
Event 3	13 & 14 1200 FREE, 8 LOOPS	Event 4	
Event 5	11 and 12 900 FREE, 6 LOOPS	Event 6	
Event 7	10 & Under 600 FREE, 4 LOOPS	Event 8	
Event 9	8 & Under 300 FREE, 2 LOOPS	Event 10	
BREAK			
Event 11	11 & Over Relay 600 FREE, 4 LOOPS	Event 12	
Event 13	10 & Under Relay 600 FREE, 4 LOOPS	Event 14	
AWARDS CEREMONY			

POW Pool Layout



Distance Meet – Sunday October 17, 2010

RULES: Current USA 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. Coaches must maintain contact with their swimmers during warm-up. All entry into the pool for warm-up is feet first from the starting block end of the pool. There is no diving during warm-up.

Swimmers are responsible for providing their own lap counters for the 500, 1000 and 1650 events.

All swimmers ages 12 and under should complete competition within four (4) hours. All events are timed finals. **Swimmers may compete in four events per day.** All coaches and deck officials must wear their USA-S membership cards in a visible manner. *Entries will be accepted until the number of entries exceeds 4 hours for a given age group or until the meet cap of 400 is reached.* If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director may require a mandatory scratch down. *Immediate cash refunds will be given ONLY for any mandatory scratches.*

Any event may be swum fastest to slowest, may alternate heats of girls and boys, or may be swum in combined heats of girls and boys.

NT entries for the 1000 and the 1650 may be subject to estimated time verification by the swimmer's coach for the purposes of seeding the event. (See p 94, 2010 Pacific Swimming Guide).

Sunday, October 17, 2010

7:30 AM Warm-Up

9:00 AM Meet Start

Girl's Event #	Event Description	Boy's Event #
1	Open 1000 Yard Free	2
3	Open 200 Yard IM	4
5	Open 400 Yard IM	6
7	Open 200 Yard Free	8
9	Open 200 Yard Breast	10
11	Open 500 Yard Free	12
13	Open 200 Yard Fly	14
15	Open 200 Yard Back	16
17	Open 1650 Yard Free	18

Entry Card

Last Name	First Name	Middle Initial
Club Abbreviation	Club Name	
Age on 1 st day of meet	Date of Birth	
Sex (Circle one)	USA-S Registration Number	
Male / Female		
Saturday Open Water Meet (1 individual event limit)		
Participation fee (\$5.00)		\$.00
Event fee (\$20.00)		\$.00
Circle Event	Entry Time:	Circle Shirt Size:
Event 1 15 & Over 1500 FREE Event 2 15 & Over 1500 FREE Event 3 13 & 14 1200 FREE Event 4 13 & 14 1200 FREE Event 5 11 & 12 900 FREE Event 6 11 & 12 900 FREE Event 7 10 & Under 600 FREE Event 8 10 & Under 600 FREE Event 9 8 & Under 300 FREE Event 10 8 & Under 300 FREE		Youth Large Youth X-Large Adult Small Adult Medium Adult Large Adult X-Large
Sunday Distance Meet (4 individual event limit)		
Participation fee (\$5.00)		\$.00
Event fees (\$2.75 per event) _____ events x 2.75		\$.
Event #	Event stroke/distance	Entry Time
Meet Payment Summary (Add Participation fee and Event fees for both Saturday and Sunday)		
\$.		
Swimmer Address	Swimmer Phone Number	Swimmer Coach Signature