

# Napa Valley Swim Team

## *PACIFIC SWIMMING Zone 3 Short Course C/B/A+ Meet*

Nov 14-16, 2008

- SANCTION:** Held under USA/Pacific Swimming Sanction No.: **1148**
- LOCATION:** **Napa Valley College. 2277 Napa-Vallejo Hwy., Napa, CA.**  
**From the South Bay:** Take Hwy. 80 to Vallejo. Go North on Hwy.37, then exit on Hwy. 29 North. Pass Hwy. 12 junction, stay in the right lanes and follow the signs to Napa/Lake Berryessa (*not* Sonoma/Calistoga). Pass Kaiser Rd and take the next left at Streblow – the Napa Valley College turnoff. **From the North Bay:** Take Hwy 121 East to Hwy 29. Go north on Hwy 29 towards Napa. Exit on Imola Ave. and continue east on Imola to Soscol Ave. (Napa-Vallejo Hwy). Turn south onto Soscol (Napa-Vallejo Hwy). Take the first right into Napa Valley College parking lot.
- COURSE** 25 yard outdoor heated pool, with rim flow gutters and anti-turbulent lane lines. Up to 8 competition lanes, with separate warm up and warm down areas available throughout meet. Electronic timing system will be used.
- TIME:** Friday session will begin at 5:00 PM with general warm ups from 4:00 to 4:55. Saturday and Sunday sessions begin at 9:00 AM each day, with general warm ups from 7:30 to 8:40 AM. Extended warm up period for 8-UN swimmers from 8:40 to 8:55 AM.
- RULES:** Current USA Swimming/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 the Course. All events are timed finals. All swimmers ages 12 and under should complete competition within four (4) hours. **Swimmers may compete in up to FOUR (4) events per day.** All coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner. If conditions warrant, the Meet Referee with concurrence of the Meet Director, may require a mandatory scratch down to three (3) events. Immediate refunds will be made for any mandatory scratches. **The 200 Back, 200 Fly, 200 Breast, and 400 IM are designated as “Open” events. All swimmers are eligible to compete in Open events. 500 Free and 400 IM heats will be swum in a fastest to slowest sequence, alternating women’s and men’s heats. Swimmers in the 400 IM and 500 Free must provide their own timers, as well as counters for the 500 Free.**
- RESTRICTIONS:** **Smoking and the use of other tobacco products is prohibited anywhere on Napa Valley College campus.** This includes on the pool deck, in the locker rooms, in spectator seating or standing areas, in the parking lot, and in all areas used by swimmers during the meet. **The sale and/or use of alcoholic beverages are prohibited in all areas of the meet venue.** Glass bottles and containers of any kind are not permitted in the pool area. No food or drink is allowed in the locker rooms. **No tents will be allowed on the east/west side of the pool. Swimmers and parents are allowed ample space in only the bleachers and surrounding area above the pool deck.**
- ELIGIBILITY:** All swimmers must be current members of USA-Swimming (USA-S) and enter their name and registration number on the meet entry card, as it is shown on 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 qualified swimmers. **Entry times submitted 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 the 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 and over may participate in 13-18 and Open events, but will not be eligible for 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 the Course. Close of check in for all events shall be no more than 30 minutes before the estimated time of the start of first heat of the event. Swimmers who do not check in will not be allowed to compete in that event.

**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 they are 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 failure to swim was caused by illness, injury, or other circumstances beyond the control of the swimmer.

**MAIL ENTRIES:**

Entries may be online or by mail as described below. The meet will be limited to the first 400 swimmers or until the number of splashes exceeds the estimated timeline, per the four-hour rule based on age group and gender. Only entries from Zone 3 teams (CCSC, FOG, HSC, JCSC, KYSC, LCCC, LVA, MCSL, MP, NAPA, NBA, OPSR, PCM, QUIK, RAYS, RSC, SFSC, SHSC, SRN, SSS, SST, TVA, UD, VJO, WA, WCAN, WILL, YPAC), plus unattached swimmers registered to Zone 3 teams, will be accepted before October 9, 2008. All entries will close on **October 30, 2008**. No Time entries will be accepted for all events. No refunds will be made except for mandatory scratch downs. To enter meet by mail, fill out Consolidated Entry card on Page 6 below. Entries must be postmarked by **October 27, 2008**, or hand delivered to Cymantha Erickson (address below) no later than 9:00 PM on *October 30, 2008*.

**ONLINE ENTRIES:**

Swimmers may enter online at <http://swimconnection.com/pc/meet/napa> and will receive immediate confirmation of their entry. The "billing information" email should be saved and brought to the meet as proof of entry. This method of entry requires payment by credit card over a secure site. Swim Connection LLC charges a processing fee of \$1 per swimmer, plus 5% of the total of Entry Fees. Please note that this processing fee is separate from the Entry Fees for the meet. If you do not wish to pay the processing fee, you may enter using a mail entry. The deadline for entering online is midnight **October 30, 2008**. **Online entry is a convenience, and is in no way required or expected to enter the meet.**

**ENTRY FEES:**

\$2.25 per event, plus \$5.00 participation fee per swimmer. Make checks payable to Napa Valley Swim Team, and mail entries to **Napa Valley Swim Team c/o: Cymantha Erickson, 3690 Columbia Dr, Napa, CA 94558.**

**AWARDS:**

Ribbons will be awarded for 1<sup>st</sup> – 8<sup>th</sup> place finishers in A, B and C divisions for each event and age group; 8&Un, 9-10, 11-12, 13-14, 15-16, 17-18. Swimmers aged 19 and over will not receive awards. The 13&Over events will be swum in combined heats, with awards given for each separate age group. The 11&Over 800 Free event ribbons will be awarded to 1<sup>st</sup> through 8<sup>th</sup> place finishers with no divisions for A, B, and C or age group. "A" medals will be awarded to "B" or "C" swimmers achieving new "A" times, of swimmer's place in the event. All awards must be picked up by swimmers or coaches during the meet. They will not be mailed.

**HOSPITALITY:**

Lunches and refreshments will be provided for officials, coaches, and timers. External vendor (Phat Salads) will provide snack and meal services onsite at the meet venue.

**ADMISSION:**

Admission is free. Meet programs will be available for purchase for \$5.00.

**OFFICIALS:**

Head Referee: Rick Beebe      Head Starter: Chuck Johnson  
Head Marshal: Jean Amundson      Meet Director: Kevin Roberts – (707) 363-0261  
[rober9252001@yahoo.com](mailto:rober9252001@yahoo.com)

<b>MEET SUMMARY</b>				
<b>Friday 11/14/2008</b>				
<b>8 &amp; Un</b>	<b>9-10</b>	<b>11-12**</b>	<b>11&amp;Over**</b>	
200 IM	200 IM	200 IM	500 Free	
<b>Saturday 11/15/2008</b>				
<b>8 &amp; Un</b>	<b>9-10</b>	<b>11-12</b>	<b>13-18+</b>	<b>OPEN</b>
100 IM	100 IM	100 Fly	200 IM	200 Back
25 Back	100 Back	50 Back	100 Fly	400 IM
50 Fly	50 Fly	100 IM	100 Free	
50 Breast	50 Breast	50 Breast		
25 Free	100 Free	100 Free		
<b>Sunday 11/16/2008</b>				
<b>8 &amp; Un</b>	<b>9-10</b>	<b>11-12</b>	<b>13-18+</b>	<b>OPEN</b>
25 Fly	200 Free	50 Fly	100 Breast	200 Breast
100 Free	100 Fly	100 Breast	100 Back	200 Fly
25 Breast	100 Breast	100 Back	50 Free	
50 Back	50 Back	200 Free	200 Free	
50 Free	50 Free	50 Free		

**\*\* Swimmers in 11-12 Age Group will only be allowed to swim in 1 event on the Friday (11/14) session.**

**+ 13-18 Age Group will swim in combined heats. Each Age Group will be awarded separately.**

**Friday session starts at 5:00 PM (warm ups 4:00).**

**Saturday and Sunday sessions start at 9:00 AM (warm ups 7:30)**

### **Suggested Local Accommodations:**

Hawthorne Inn & Suites (closest), (707) 226-1878

The Meritage Hotel, (866) 370-6272

Napa Valley Marriot, (707) 253-7433

Embassy Suites, (707) 253-9540

Travelodge, (707) 226-1871

Best Western Inn, (707) 257-1930

Wine Valley Lodge, (707) 225-7911

Girls		FRIDAY		Boys	
Event #	Times		Times	Event #	
1	N/A	8-Un 200 IM	N/A	2	
1	3:42.69(B) / 2:55.99(A)	9-10 200 IM	3:40.89(B) / 2:55.29(A)	2	
3	3:04.99(B) / 2:38.59(A)	11-12 200 IM	3:03.49(B) / 2:35.89(A)	4	
5	No minimum time required to enter event	11&Over 500 Free	No minimum time required to enter event	6	

Girls		SATURDAY		Boys	
Event #	Times		Times	Event #	
7	No minimum time required to enter event	Open 200 Back	No minimum time required to enter event	8	
9	2:09.99(B) / 1:49.29(A)	8-Un 100 IM	2:09.99(B) / 1:45.09(A)	10	
11	1:45.69(B) / 1:23.19(A)	9-10 100 IM	1:41.59(A) / 1:21.29(A)	12	
13	1:27.59(B) / 1:13.59(A)	11-12 100 Fly	1:26.39(B) / 1:12.19(A)	14	
15	27.99(B) / 23.19(A)	8-Un 25 Back	27.99(B) / 22.69(A)	16	
17	1:45.69(B) / 1:22.19(A)	9-10 100 Back	1:43.29(B) / 1:21.69(A)	18	
19	39.99(B) / 34.29(A)	11-12 50 Back	39.79(B) / 33.69(A)	20	
21	2:56.49(B) / 2:31.29(A)	13-14 200 IM	2:45.49(B) / 2:21.89(A)	22	
21	2:53.09(B) / 2:28.39(A)	15-16 200 IM	2:38.29(B) / 2:15.69(A)	22	
21	2:51.49(B) / 2:26.99(A)	17-18 200 IM	2:34.59(B) / 2:12.49(A)	22	
23	1:26.49(B) / 1:14.09(A)	11-12 100 IM	1:24.39(B) / 1:12.19(A)	24	
25	59.99(B) / 52.59(A)	8-Un 50 Fly	59.99(B) / 52.09(A)	26	
27	48.79(B) / 37.29(A)	9-10 50 Fly	47.29(B) / 36.69(A)	28	
29	1:19.39(B) / 1:08.09(A)	13-14 100 Fly	1:13.99(B) / 1:03.39(A)	30	
29	1:17.99(B) / 1:06.89(A)	15-16 100 Fly	1:10.59(B) / 1:00.49(A)	30	
29	1:16.99(B) / 1:05.99(A)	17-18 100 Fly	1:08.99(B) / 59.09(A)	30	
31	1:04.99(B) / 55.29(A)	8-Un 50 Breast	1:04.99(B) / 54.79(A)	32	
33	53.59(B) / 41.99(A)	9-10 50 Breast	53.89(B) / 42.49(A)	34	
35	44.29(B) / 37.99(A)	11-12 50 Breast	44.59(B) / 37.59(A)	36	
37	23.49(B) / 19.49(A)	8-Un 25 Free	23.49(B) / 18.39(A)	38	
39	1:31.89(B) / 1:12.29(A)	9-10 100 Free	1:29.19(B) / 1:10.79(A)	40	
41	1:13.59(B) / 1:03.09(A)	11-12 100 Free	1:13.29(B) / 1:02.89(A)	42	
43	1:12.59(B) / 1:02.19(A)	13-14 100 Free	1:07.69(B) / 57.99(A)	44	
43	1:11.29(B) / 1:01.09(A)	15-16 100 Free	1:04.59(B) / 55.39(A)	44	
43	1:10.89(B) / 1:00.79(A)	17-18 100 Free	1:03.39(B) / 54.29(A)	44	
45	No minimum time required to enter event	Open 400 IM	No minimum time required to enter event	46	

Girls		SUNDAY		Boys	
Event #	Times		Times	Event #	
47	<i>No minimum time required to enter event</i>	<b>Open 200 Breast</b>	<i>No minimum time required to enter event</i>	48	
49	3:20.19(B) / 2:36.39(A)	<b>9-10 200 Free</b>	3:09.89(B) / 2:31.89(A)	50	
51	26.99(B) / 21.59(A)	<b>8-UN 25 Fly</b>	26.99(B) / 20.49(A)	52	
53	1:57.49(B) / 1:26.69(A)	<b>9-10 100 Fly</b>	1:55.39(B) / 1:25.69(A)	54	
55	38.09(B) / 32.69(A)	<b>11-12 50 Fly</b>	38.59(B) / 32.39(A)	56	
57	1:54.59(B) / 1:35.29(A)	<b>8- Un 100 Free</b>	1:51.59(B) / 1:28.99(A)	58	
59	1:30.99(B) / 1:17.99(A)	<b>13-14 100 Breast</b>	1:24.39(B) / 1:12.29(A)	60	
59	1:29.09(B) / 1:16.39(A)	<b>15-16 100 Breast</b>	1:20.69(B) / 1:09.19(A)	60	
59	1:29.09(B) / 1:16.39(A)	<b>17-18 100 Breast</b>	1:18.79(B) / 1:07.59(A)	60	
61	1:59.99(B) / 1:33.39(A)	<b>9-10 100 Breast</b>	1:56.79(B) / 1:32.69(A)	62	
63	1:36.39(B) / 1:22.19(A)	<b>11-12 100 Breast</b>	1:35.69(B) / 1:21.09(A)	64	
65	29.99(B) / 24.79(A)	<b>8-UN 25 Breast</b>	29.99(B) / 24.29(A)	66	
67	48.89(B) / 38.19(A)	<b>9-10 50 Back</b>	49.29(B) / 38.39(A)	68	
69	1:28.89(B) / 1:14.89(A)	<b>11-12 100 Back</b>	1:25.79(B) / 1:12.29(A)	70	
71	1:20.19(B) / 1:08.69(A)	<b>13-14 100 Back</b>	1:15.69(B) / 1:04.89(A)	72	
71	1:18.99(B) / 1:07.69(A)	<b>15-16 100 Back</b>	1:11.49(B) / 1:01.29(A)	72	
71	1:18.19(B) / 1:06.99(A)	<b>17-18 100 Back</b>	1:09.99(B) / 59.99(A)	72	
73	59.99(B) / 51.59(A)	<b>8-UN 50 Back</b>	59.99(B) / 50.49(A)	74	
75	40.09(B) / 32.39(A)	<b>9-10 50 Free</b>	39.19(B) / 31.89(A)	76	
77	2:43.49(B) / 2:20.19(A)	<b>11-12 200 Free</b>	2:39.39(B) / 2:16.59(A)	78	
79	51.99(B) / 42.99(A)	<b>8-UN 50 Free</b>	51.99(B) / 40.89(A)	80	
81	33.39(B) / 28.69(A)	<b>13-14 50 Free</b>	31.09(B) / 26.59(A)	82	
81	32.89(B) / 28.19(A)	<b>15-16 50 Free</b>	29.59(B) / 25.39(A)	82	
81	32.79(B) / 28.19(A)	<b>17-18 50 Free</b>	28.99(B) / 24.89(A)	82	
83	34.59(B) / 29.79(A)	<b>11-12 50 Free</b>	33.39(B) / 28.59(A)	84	
85	2:36.59(B) / 2:14.19(A)	<b>13-14 200 Free</b>	2:26.79(B) / 2:05.79(A)	86	
85	2:33.39(B) / 2:11.49(A)	<b>15-16 200 Free</b>	2:20.89(B) / 2:00.79(A)	86	
85	2:32.29(B) / 2:10.59(A)	<b>17-18 200 Free</b>	2:17.99(B) / 1:58.29(A)	86	
87	<i>No minimum time required to enter event</i>	<b>Open 200 Fly</b>	<i>No minimum time required to enter event</i>	88	

