

Napa Valley Swim Team
Short Course PC-C/B/A+ Swim Meet
Napa Valley College Pool, Napa, CA.
November 5th-7th, 2010

Enter online at: <http://ome.swimconnection.com/pc/napa20101105>

SANCTION: Held under USA/Pacific Swimming No.: 10-118

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 Streblov – the Napa Valley College turnoff. Take the first right and follow the road to the North end of the parking lot. **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. The pool is located on the left.

COURSE: 25 yard x 50 meter outdoor heated pool, with rim flow gutters and anti-turbulent lane lines. Up to twelve (12) competition lanes, with separate warm up and warm down areas available throughout meet. Colorado timing system, with touchpads and scoreboard, will be used. The minimum water depth measured in accordance with Article 103.2.3, is 5'11" at the start end and 5'11" at the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

TIME: Friday session will begin at 5:00pm with warm ups from 4:00pm to 4:55pm.
Saturday and Sunday sessions will begin at 9:00am each day, with warm ups from 7:30am to 8:45 am.

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 the Course. All events are timed finals. All swimmers ages 12 and Under should complete competition within four (4) hours. Swimmers may enter more than four (4) events each day on Saturday and Sunday but may only compete in a maximum of four (4) events each day. No refunds will be given except as provided below for mandatory scratch-downs. Entries will be accepted until the number of splashes exceeds the estimated time line per the Four Hour Rule, **based on swimmers' age and gender**. 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 given **ONLY** for any mandatory scratch downs. The 1000 Free and all OPEN events may be seeded fastest to slowest, alternate girls and boys heats, or may be swum in combined heats of girls and boys at the discretion of the Meet Referee. Swimmers in the 1000 free are required to provide their own timers, as well as lap counters.

COACHES: Coaches must sign in at the meet at the Awards/Programs Sales Desk 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.

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, the sale and/or use of alcoholic beverages, glass bottles and containers of any kind are prohibited anywhere in the meet venue described as: on the Napa Valley College campus which 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. No pets, except for "working dogs" are allowed anywhere in the meet venue. No food or drink is allowed in the locker rooms. No tents will be allowed on the east OR west sides of the pool, Other than Coach's Tents. Swimmers and parents are offered ample space in bleachers and surrounding area above the pool deck.

ELIGIBILITY: Swimmers must be current members of USA-S and enter their name and registration number on the meet entry card as 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. Swimmers in the "A+" Division must have met at least 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) of the "C" Division. 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 older may participate in the 13 & Over age group events but will not receive awards. Such swimmers must have met the 17-18 age group time standards.

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 that event.

ENTRIES: TWO OPTIONS FOR MEET ENTRY

Option 1: Online Meet Entries:

1. Using your browser go to: <http://ome.swimconnection.com/pc/napa20101105>

2. Follow entry instructions:

- a. Enter all swimmers in your family at the same time.
- b. Make online credit card payment for meet entries at the secured site.
- c. You will receive confirmation of acceptance into the meet at time of payment. This confirmation should be brought to the meet as proof of entry.
- d. Online entries will close at 11:59pm on Monday October 25, 2010.

Note: Swim Connection charges an internet processing fee of \$1.00 per swimmer + 5% of the total entry fee. Online entry fees are paid to Swim Connection, LLC. Entry via the online system is entirely voluntary, and is not required.

Option 2: Traditional Postal System Mailed Entries:

All entries must be on the attached Consolidated Entry Card. Entry cards must be completely filled out including best time for each event, and the swimmer's address, phone number and family e-mail address. "No Time" entries will be accepted.

In order to ensure that Mailed Entries are received by Monday October 25, 2010, they must be postmarked by Saturday October 23, 2010.

Hand Delivered Entries must be delivered by 5:00pm Monday October 25, 2010 to Kathy Minor, 2500 Pacific Street, Napa, CA 94558

Make Checks payable to "Napa Valley Swim Team"

No refunds will be made, except for mandatory scratches and no late entries will be accepted.

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

AWARDS: **Individual events:** Ribbons will be awarded to the 1st – 6th place finishers in the "A," "B" and "C" divisions, for each event and age group (8&U, 9-10, and 11-12, 13-14, 15-16, 17-18.) Swimmers 19 years of age and older will not receive awards. 10 & U individual events will be swum in combined heats, with awards given for each separate age group (8&U and 9-10). Open events will be swum in combined heats, with awards given to the top 6 finishers in each age group (8 & U, 9-10, 11-12, 13-14, 15-16, 17-18) regardless of division. Swimmers 19 years of age and older will not receive awards. "A" medals will be awarded to swimmers achieving new "PC-A" times swum during this meet only.
Awards will be available for pickup by the coaches, or a team representative, at the end of the meet. Awards will NOT be mailed

OFFICIALS: Head Referee: Chuck Johnson
Head Starter: Karen Bland
Meet Director: Kathy Minor 1swim-mom@sbcglobal.net
707-252-3320 (please no calls after 7:00pm)
Head Meet Marshal: Jean Amundson

ADMISSION: FREE

PROGRAM: A program will be available for a nominal fee.

SNACK BAR: A snack bar will be available on Saturday and Sunday.

HOSPITALITY: Lunches and refreshments will be provided for officials and coaches. Refreshments will be provided to timers.

Each team is asked to provide at least the number of officials shown in the table below, based on the number of swimmers entered:

Number of swimmers per team entered	# of trained and carded officials required
0-24	0
25-50	1
51-75	2
76-100	3
101 and up	4

MEET SUMMARY

(No Time Entries will be accepted and swimmers will be seeded in the slowest heats of the "C" division)

FRIDAY 11-5-2010					
	10 & U	11-12	13-14	15-16	17-18
	200 IM	400 IM	400 IM	400 IM	400 IM
SATURDAY 11-6-2010					
8 & U	9-10	11-12	13-14	15-16	17-18
Open 200 Breast	Open 200 Breast	Open 200 Breast	Open 200 Breast	Open 200 Breast	Open 200 Breast
50 Back	50 Back	100 Back	100 Back	100 Back	100 Back
100 IM	100 IM	200 IM	200 IM	200 IM	200 IM
25 Fly	50 Fly	50 Free	100 Fly	100 Fly	100 Fly
25 Breast	100 Breast	50 Fly	50 Free	50 Free	50 Free
		50 Breast			
Open 1000 Free	Open 1000 Free	Open 1000 Free	Open 1000 Free	Open 1000 Free	Open 1000 Free
SUNDAY 11-7-2010					
8 & U	9-10	11-12	13-14	15-16	17-18
Open 200 Back	Open 200 Back	Open 200 Back	Open 200 Back	Open 200 Back	Open 200 Back
50 Breast	50 Breast	100 Breast	100 Breast	100 Breast	100 Breast
25 Back	100 Free	50 Back	200 Free	200 Free	200 Free
Open 200 Fly	Open 200 Fly	100 Free	Open 200 Fly	Open 200 Fly	Open 200 Fly
50 Free	100 Fly	Open 200 Fly	100 Free	100 Free	100 Free
25 Free	50 Free	100 IM			
		100 Fly			

Swimmers may compete in up to four (4) events on Saturday and up to four (4) events on Sunday.

The 1000 Free and all OPEN events may be seeded fastest to slowest, alternate girls and boys heats, or may be swum in combined heats of girls and boys at the discretion of the Meet Referee.

Swimmers in the 1000 free are required to provide their own timers, as well as lap counters.

Entries for Friday night's session will be limited to the first 150 swimmers.

The 13 & Over individual events will be swum in combined heats.

+ Open events will be swum in combined heats, with awards given to the top 6 finishers in age groups (8-U, 9-10, 11-12, 13-14, 15-16, 17-18), regardless of division

NAPA VALLEY SWIM TEAM SHORT COURSE						
PC- C/B/A+ SWIM MEET						
FRIDAY, NOVEMBER 5, 2010						
SCHEDULE OF EVENTS						
Girls			Age Group and Event Description	Boys		
Event #	PC-A Time	PC-B Time		PC-A Time	PC-B Time	Event #
1	3:22.09	3:42.59	10 & U 200 IM	3:23.59	3:44.39	2
3			11 & Over 400 IM			4
	6:22.19	7:01.09	11-12	6:22.19	7:01.09	
	6:00.79	6:37.49	13-14	5:47.29	6:22.59	
	5:58.19	6:34.59	15-16	5:37.59	6:11.89	
	6:18.69	6:57.19	17-18	5:43.69	6:18.59	

NAPA VALLEY SWIM TEAM PC – C/B/A+ SWIM MEET

SATURDAY NOVEMBER 6, 2010

SCHEDULE OF EVENTS

GIRLS			Age Group and Event Description	BOYS		
EVENT #	PC-A TIME	PC-B TIME		EVENT #	PC-A TIME	PC-B TIME
5			Open 200 Breast <i>No Minimum Time Required</i>	6		
7			13 & Over 100 Back	8		
	1:18.59	1:26.69	13-14		1:14.99	1:22.69
	1:19.79	1:27.99	15-16		1:12.59	1:19.99
	1:23.59	1:32.09	17-18		1:13.09	1:20.49
9	1:23.49	1:31.99	11-12 100 Back	10	1:23.49	1:31.99
11	51.59	59.99	8 & Under 50 Back	12	50.49	59.99
13	43.49	47.99	9-10 50 Back	14	43.49	47.99
15			13 & Over 200 IM	16		
	2:48.29	3:05.39	13-14		2:39.69	2:55.99
	2:46.99	3:03.99	15-16		2:33.19	2:48.79
	2:53.59	3:11.29	17-18		2:33.69	2:49.29
17	2:59.09	3:17.29	11-12 200 IM	18	2:59.09	3:17.29
19	1:49.29	2:09.99	8 & Under 100 IM	20	1:45.09	2:09.99
21	1:33.19	1:42.59	9-10 100 IM	22	1:33.19	1:42.59
23	32.89	36.29	11-12 50 Free	24	32.69	35.99
25			13 & Over 100 Fly	26		
	1:17.79	1:25.69	13-14		1:13.19	1:20.69
	1:15.89	1:23.59	15-16		1:08.19	1:15.19
	1:17.39	1:25.29	17-18		1:08.89	1:15.99
27	21.59	26.99	8 & Under 25 Fly	28	20.49	26.99
29	41.69	45.99	9-10 50 Fly	30	41.19	45.49
31	36.69	40.39	11-12 50 Fly	32	36.29	39.99
33			13 & Over 50 Free	34		
	31.79	35.09	13-14		29.79	32.79
	31.39	34.69	15-16		28.09	30.99
	32.29	35.59	17-18		28.09	30.99
35	1:46.49	1:57.29	9-10 100 Breast	36	1:47.69	1:58.59
37	43.59	47.99	11-12 50 Breast	38	42.29	46.69
39	24.79	29.99	8 & Under 25 Breast	40	24.29	29.99
41			OPEN 1000 FREE <i>No Minimum Time Required</i>	42		

NAPA VALLEY SWIM TEAM PC – C/B/A+ SWIM MEET

SUNDAY NOVEMBER 7, 2010

SCHEDULE OF EVENTS

GIRLS			Age Group and Event Description	BOYS		
EVENT #	PC-A TIME	PC-B TIME		EVENT #	PC-A TIME	PC-B TIME
43			Open 200 Back <i>No Minimum Time Required</i>	44		
45			13 & Over 100 Breast	46		
	1:28.19	1:37.19	13-14		1:23.49	1:31.99
	1:29.49	1:38.69	15-16		1:19.79	1:27.99
	1:34.39	1:43.99	17-18		1:21.09	1:29.29
47	1:33.89	1:43.39	11-12 100 Breast	48	1:33.19	1:42.59
49	55.29	1:04.99	8 & Under 50 Breast	50	54.79	1:04.99
51	49.09	54.09	9-10 50 Breast	52	49.09	54.09
53			13 & Over 200 Free	54		
	2:27.59	2:42.59	13-14		2:20.39	2:34.59
	2:27.59	2:42.59	15-16		2:14.29	2:27.99
	2:32.09	2:47.59	17-18		2:14.29	2:27.99
55	38.69	42.69	11-12 50 Back	56	38.69	42.69
57	23.19	27.99	8 & Under 25 back	58	22.69	27.99
59	1:21.09	1:29.29	9-10 100 Free	60	1:21.09	1:29.29
61	1:11.59	1:18.89	11-12 100 Free	62	1:10.79	1:17.99
63			Open 200 Fly <i>No Minimum Time Required</i>	64		
65	42.99	51.99	8 & Under 50 Free	66	40.89	51.99
67	1:35.59	1:45.29	9-10 100 Fly	68	1:37.99	1:47.99
69	1:22.89	1:31.29	11-12 100 IM	70	1:21.19	1:29.49
71	19.49	23.49	8 & Under 25 Free	72	18.39	23.49
73	36.49	40.29	9-10 50 Free	74	36.59	40.39
75	1:22.69	1:31.19	11-12 100 Fly	76	1:22.89	1:31.29
77			13 & Over 100 Free	78		
	1:08.79	1:15.89	13-14		1:04.29	1:10.79
	1:08.39	1:15.29	15-16		1:01.59	1:07.89
	1:09.19	1:16.29	17-18		1:00.79	1:07.09

