

Sebastopol Sea Serpents "Pumpkin Plunge"
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET

October 26 & 27 2013

Enter Online: <http://ome.swimconnection.com/pc/SSS20131026>



SANCTION: Held under USA/Pacific Swimming Sanction No. **13-176**

In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

NOTICE: By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results.

USE OF AUDIO AND VISUAL: Photography and video recording from behind the blocks or starting area is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording electronic devices, including but not limited to film and digital cameras, cell phones and tablets is not permitted in the changing areas, rest rooms, or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

OFFICIALS:
Meet Referee: Chuck Johnson **Head Starter:** Albert Yu
Meet Marshal: G. Boisseau **Admin Referee:** Sheri Lang
Meet Director: Mike Roan - (707) 843-7228 before 8pm

LOCATION: Ives Pool 7400 Willow Street Sebastopol

Directions: **From Highway 12 west**, turn left at High Street, right on Willow. **From Highway 116 west**, turn left on Bodega Hwy (12) left on High Street, right on Willow.

PARKING IS NOT AVAILABLE AT THE VETERAN'S BUILDING/SEBASTOPOL CENTER FOR THE ARTS

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

TIME: Meet will begin at **10:00 AM** each day with warm-ups from **8:30 AM** to **9:45** each day.

RULES:

- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- All events are timed finals.
- Swimmers may compete in 4 events per day.
- This meet will be limited to the first 300 swimmers or 1000 splashes each day or when the meet's estimated timeline exceeds the 4 hour per age group or gender rule.
- All swimmers ages 12 and under should complete competition within four (4) hours.
- Entries will be accepted until the number of splashes exceeds the estimated time line, per the "Four-Hour Rule," based on the swimmers age and gender.
- 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 made for any mandatory scratches.
- All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

UNACCOMPANIED SWIMMERS: Any USA-S athlete-member competing at the meet must be accompanied by a USA Swimming member-coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a coach-member of the athlete's USA-S Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USA-S Club Member-Coach.

RACING STARTS: Swimmers must be certified by a USA-S member-coach as being proficient in performing a racing start, or must start the race in the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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 glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

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 will 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.
- Swimmers in the "A" Division must have met at least the "PC-A" time standard. Swimmers in the "B" Division must have met at least the "PC-B" time standard. All entry times slower than the "PC-B" time standard will be in the "C" Division.
- Entries with "NO TIME" will be accepted.
- 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 and special accommodations on entry times and seeding per Pacific Swimming policy.
- Swimmers 19 years of age and over may compete in the meet for time only, no awards. Such swimmers must have met standards for the 17-18 age groups.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

CHECK-IN: The meet will be deck seeded. Swimmers must check in at the clerk of the course. Check in will close for all events no more than 60 minutes before the estimated time of the start of the first heat of the event. No event shall be closed more than 30 minutes before the estimated time of the start of the meet. Swimmers who do not check in will not be allowed to compete in that event.

SCRATCHES: Any swimmer not reporting for or competing in an individual timed final event shall not be penalized. Swimmers who must withdraw from an event after it is seeded are requested to inform the referee immediately.

ONLINE ENTRIES: To enter on-line go to <http://ome.swimconnection.com/pc/SSS20131026> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% of the total 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. Entering online is a convenience, is completely voluntary, and is in no way required or expected of a swimmer by Pacific Swimming. Online entries will be accepted through Wednesday, **October 16, 2013**. This meet will be limited to the first 300 swimmers or 1000 splashes each day or when the meet's estimated timeline exceeds the 4 hour per age group or gender rule.

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be postmarked by midnight, Monday, **October 14, 2013** or hand delivered by 6:30 p.m. Wednesday, **October 16, 2013**. No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Sebastopol Sea Serpents

Mail entries and hand deliver entries to:

G.Roan
480 Piezzi Lane
Santa Rosa, Ca 95401

ENTRY FEES: \$2.75 per event plus an \$ 8.00 participation fee per swimmer. Relay fees are \$9.00 per relay team.

Relays: **49er Mixed Relay: (Not a nationally recognized event.) Each relay team may consist of any combination of four (4) girls and/or four (4) boys whose age's total 49 or less. Relay Entries will be deck seeded and due at a time determined by the Meet Referee each day of the meet.

AWARDS: Ribbons will be awarded 1st – 8th place in the "C" division. Ribbons will be awarded 1st-6th place for the "B" & "A" divisions." PC-A medals will be awarded to any swimmer attaining new "PC-A" times regardless of the place achieved in the event. Ribbons will be awarded for the 49er Mixed Relays. Awards will be awarded to the following age groups: 8-under, 9-10, 11-12, 13-14, 15-18. **** 13 -Over events will be swum together and awarded separately. ***** 10 and under events will be swum together but, awarded separately as 9-10 and 8 and under (except in events for which there is no 8-under time standard)

ADMISSION: Free. A 2 day event program will be available for a nominal fee.

REFRESHMENTS: A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

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Minimum Number of Officials Rule: One half-hour before the scheduled start of each session, the Meet Referee shall conduct an inventory of Officials, and shall compare the numbers of swimmers present against the number of Officials present representing each team. No more than 3 days after close of entries, Meet management (ref or director) shall contact a representative from each team participating, and provide a preliminary inventory.

MINIMUM OFFICIALS RULE: Each team shall, by the start of the meet, provide to the Meet Director or designee a list of Officials who have agreed to represent that team during the meet, in accordance with the table below:

| Number of swimmers competing in meet per team | *Number of trained and carded officials required |
|---|--|
| 1-10 | 0 |
| 11-25 | 1 |
| 26-50 | 2 |
| 51-75 | 3 |
| 76-100 | 4 |
| 101 or more | 5 |

*Zone 3 Pacific Swimming will include Colorado, Intermediary/ Chief Timing Judge, and Hytek-Computer into the count of Officials for a session: these positions are not carded. Zone 3 Pacific Swimming will accept Trainees into the count of Officials for a session, so long as they are carded.

EVENT SUMMARY

| SATURDAY | | | SUNDAY | | |
|------------|---------------------------|------------|-----------|---------------------------|------------|
| 10-Under | 11-12 | 13-Over | 10-Under | 11-12 | 13-Over |
| 100 Fly | 500 Free | 100 Back | 500 Free | 50 Fly | 100 Fly |
| 50 Back | 100 Back | 50 Fly* | 100 IM | 100 IM | 100 Breast |
| 100 Breast | 50 Breast | 50 Breast* | 50 Breast | 100 Breast | 50 Back* |
| 50 Fly | 100 Fly | 100 Free | 100 Back | 50 Back | 50 Free |
| 100 Free | 50 Free | 200 IM | 50 Free | 100 Free | |
| ** | 49er Mixed 200 Free Relay | | ** | 49er Mixed 200 Free Relay | |

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.

**49er Mixed Relay: (Not a nationally recognized event.) Each relay team can consist of any combination of four (4) girls and/or four (4) boys whose age's total 49 or less. Relay Entries will be deck seeded and due at a time determined by the Meet Referee each day of the meet.

EVENTS

| Saturday October 26 | | |
|---------------------|-----------------------------|---------|
| EVENT # | EVENT | EVENT # |
| 1 | 13-/Over 100 Back | 2 |
| 3 | 10/Under 100 Fly | 4 |
| 5 | 11-12 500 Free | 6 |
| 7 | 10/Under 50 Back | 8 |
| 9 | 11-12 100 Back | 10 |
| 11 | 13-/Over 50 Fly | 12 |
| 13 | 10/-Under 100 Breast | 14 |
| 15 | 11-12 50 Breast | 16 |
| 17 | 13/Over 50 Breast | 18 |
| 19 | 10/Under 50 Fly | 20 |
| 21 | 11-12 100 Fly | 22 |
| 23 | 13/Over 100 Free | 24 |
| 25 | 10/Under 100 Free | 26 |
| 27 | 11-12 50 Free | 28 |
| 29 | 13/Over 200 IM | 30 |
| 101 | 49er Mixed 200 Medley Relay | |

| Sunday October 27 | | |
|-------------------|---------------------------|---------|
| EVENT # | EVENT | EVENT # |
| 31 | 10/Under 500 Free | 32 |
| 33 | 11-12 50 Fly | 34 |
| 35 | 13/Over 100 Fly | 36 |
| 37 | 11-12 100 IM | 38 |
| 39 | 10/Under 100 IM | 40 |
| 41 | 13/Over 100 Breast | 42 |
| 43 | 11-12 100 Breast | 44 |
| 45 | 10/Under 50 Breast | 46 |
| 47 | 13/Over 50 Back | 48 |
| 49 | 11-12 50 Back | 50 |
| 51 | 10/Under 100 Back | 52 |
| 53 | 11-12 100 Free | 54 |
| 55 | 10/Under 50 Free | 56 |
| 57 | 13/Over 50 Free | 58 |
| | | |
| 202 | 49er Mixed 200 Free Relay | |

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>.

| Pacific Swimming – Hosted by Sebastopol Sea Serpents C/B/A+ Meet October 26 & 27 2013 Consolidated Entry Form | | | | | | | | | | | | | |
|--|-------------------|--|-----------------|--|--|------------|--------------|--|----------------|--|--|--|--|
| Name: Last, | | | First | | | | Middle | | | | | | |
| Club Abbr. | | | UNATT TEAM ABBR | | | | Club Name | | | | | | |
| Age | | | Date of Birth | | | | Sex M F | | LSC – (PC, SN) | | | | |
| USA-# | | | | | | | | | | | | | |
| Event # | Distance / Stroke | | | | | Entry Time | | | Circle one | | | | |
| | | | | | | : . | | | SCY / LCM | | | | |
| | | | | | | : . | | | SCY / LCM | | | | |
| | | | | | | : . | | | SCY / LCM | | | | |
| | | | | | | : . | | | SCY / LCM | | | | |
| | | | | | | : . | | | SCY / LCM | | | | |
| | | | | | | : . | | | SCY / LCM | | | | |
| | | | | | | : . | | | SCY / LCM | | | | |
| | | | | | | : . | | | SCY / LCM | | | | |
| | | | | | | : . | | | SCY / LCM | | | | |
| # of entries _____ x \$2.75 = \$ _____ Participation Fee \$ 8.00 Total \$ _____ | | | | | | | | | | | | | |
| Coach | | | | | | | | | | | | | |
| Swimmer's Address | | | | | | | | | | | | | |
| Home Phone | | | | | | | Cell Phone | | | | | | |
| Email | | | | | | | | | | | | | |