

WCAN Penguin Plunge
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
February 22nd-23rd 2014
Enter Online: <http://ome.swimconnection.com/pc/wcan20140222>



ATTENTION HIGH SCHOOL SWIMMERS: If you are a high school swimmer in season it is your responsibility to be unattached from this meet. You can unattach at the Clerk of the Course, at the meet, if necessary.

SANCTION: Held under USA/Pacific Swimming Sanction No. 14-016

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 VIDEO: Photography and video recording from behind the blocks or starting areas 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 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: Peggy Ramirez - peggyr2016@gmail.com
Head Starter: Mary Ruddell
Meet Director: Kevin Raab - coachkevin@wcanswim.org
Administrative Referee: Susi Jackson
Meet Marshal: Derek McClintick

LOCATION: Vintage High School Pool, 1375 Trower Avenue, Napa, CA. Pool Entrance is off Jefferson Street. There will be plenty of parking in the adjacent lot.

COURSE: 25 yard outdoor heated pool. Up to ten (10) competition lanes, with separate warm up and warm down areas available throughout meet. Colorado timing system, with touchpads and scoreboard, may be used. The minimum water depth measured in accordance with Article 103.2.3, is 5' at the start end and 5' at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: 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. If conditions warrant, the Meet Referee with concurrence of the Meet Director, may require a mandatory scratch down to three (3) events. **Refunds will be given ONLY for any mandatory scratch downs.**
- **All events will be seeded fastest to slowest.**
- The 500 Free and 400 IM may 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 500 free are required to provide their own lap counters.
- All coaches and deck officials must wear their USA Swimming membership cards in a visible manner and must check in with the Administrative Referee prior to warm ups the first day of the meet.
- There will be a minimum entry time that must have been met for Open events. Times that can not be proven using the Pacific Swimming database may be verified by a complete set of meet results or verified by the swimmer's coach. (See Pacific Swimming Rule 4 A 2.)

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: • During general warm-up swimmers must use 3-point entry into the pool.

- 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.
- All shelters must be properly secured.
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- No pets, except for "working dogs" are allowed anywhere in the meet venue.
- No food or drink is allowed in the locker rooms.
- **ONLY COACH'S TENTS WILL BE ALLOWED ON THE POOL DECK.**
- 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 and seeded in the "C" Division.**
- **"NO TIME" entries will not be accepted for Open Events.**
- 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 any 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 group.
- **The swimmer's age will be the age of the swimmer on the first day of the meet.**

ENTRY FEES: \$2.75 per event plus an \$8 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/wcan20140222> 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 Thursday, February 13, 2014.

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, February 10th 2014 or hand delivered by 6:30 p.m. Thursday, February 13th 2014. 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: WCAN

Mail entries to: WCAN Meet
PO Box 5582
Napa, CA 94581

Hand deliver entries to: Kevin Raab
4131 Freeda ct
Livermore, CA 94550

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Close of check-in for all individual events shall be 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 scheduled start of the session. Swimmers who do not check in will not be seeded and will not be allowed to compete in that event.

SCRATCHES: Swimmers entered in an individual event that have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun. Any swimmer not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized.

AWARDS: Ribbons will be awarded to the 1st -8th place finishers in the "A," "B" and "C" divisions, for each event and age group (8&U, 9-10, and 11-12,). No awards will be given for 13 and ups and for Open Events. "A" medals will be awarded to swimmers achieving new "PC-A" times swum during this meet only. **Awards must be picked up by the swimmer throughout the meet. We will not mail out awards.**

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.

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 following table:

*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.

*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 three days after the close of entries, meet management (referee or meet director) shall contact the representative from each team participating, and provide a preliminary inventory.

Club swimmers entered in session	Trained and carded officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5

Saturday February 22nd 2014		
EVENT #	EVENT	EVENT #
1	Girls Open 200 IM Min Time 3:30.29	
	Boys Open 200 IM Min Time 3:30.59	2
3	9-10 100 Back	4
5	8-UN 25 Bk	6
7	13-18 100 Free	8
9	9-10 50 Fly	10
11	8-UN 25 fly	12
13	11-12 100 Breast	14
15	13-18 100 Breast	16
17	9-10 100 Breast	18
19	8-UN 50 Breast	20
21	11-12 50 Fly	22
23	13-18 200 Back	24
25	9-10 50 Free	26
27	8-UN 50 Free	28
29	11-12 100 Back	30
31	13-18 100 Fly	32
33	11-12 50 Free	34
35	Girls Open 400 IM Min Time 6:29.09	
	Boys Open 400 IM Min Time 6:29.69	36

Sunday February 23rd 2014		
EVENT #	EVENT	EVENT #
37	Girls Open 200 Fr Min Time 3:07.59	
	Boys Open 200 Fr Min Time 3:08.89	38
39	9-10 100 free	40
41	8-UN 100 IM	42
43	13-18 100 Back	44
45	9-10 50 Breast	46
47	8-UN 25 Breast	48
49	11-12 100 Free	50
51	13-18 200 Breast	52
53	9-10 50 Back	54
55	8-UN 50 Back	56
57	11-12 50 Breast	58
59	13-18 50 Free	60
61	9-10 100 Fly	62
63	8-UN 25 Free	64
65	11-12 100 Fly	66
67	13-18 200 Fly	68
69	9-10 100 IM	70
71	11-12 50 Back	72
73	Girls Open 500 Fr Min time 8:38.94	
	Boys Open 500 Fr Min Time 8:18.99	74

**Pacific Swimming – Hosted by Wine Country Aquatics
Penguin Plunge C/B/A+ Meet
February 22-23 2014
Consolidated Entry Form**

Name: Last, First Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M F	LSC – (PC, SN)
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USA-#															
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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
		: .	SCY / LCM

of entries _____ x \$2.75 = \$ _____
 Participation Fee \$ 8.00
 Total \$ _____

Coach

Swimmer's
Address

Home Phone	Cell Phone
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Email