

Napa Valley Swim Team
"Operation: With Love from Home"
Long Course PC-C/B/A+ Swim Meet
Napa Valley College Pool, Napa, CA.
June 7th – 8th, 2014



Please bring a bottle of sunscreen to donate to our overseas military, as we will be collecting sunscreen to send to our troops as part of Operation: With Love from Home – The collection box will be at the Clerk of The Course

SANCTION: Held under USA/Pacific Swimming No: **14-068**

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, psych sheets and live meet results. By entering the meet, the athlete or his/her guardian consents to this publication.

USE OF AUDIO & VISUAL: 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 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:

- Head Referee:** Peggy Ramirez Pramirez@pacswim.org
- Head Starter:** Susi Jackson
- Admin Referee:** Debbi Tucker
- Meet Director:** Kathy Minor 1swim-mom@sbcglobal.net 707-252-3320 (email preferred; no calls after 7:00pm)
- Meet Marshal:** Angela D'Angelo

LOCATION: Napa Valley College. 2277 Napa-Vallejo Hwy., Napa, CA

COURSE: 50 meter outdoor heated pool, with rim flow gutters and anti-turbulent lane lines. Up to seven (7) 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 4 feet at the shallow end and 12 feet at the deep end. The competition course has not been certified in accordance with 104.2.2C (4).

TIME: 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 as many events as they want 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 scratchdowns.**
- All events, including the Open 400 IM, Open 400 Free, Open 200 Back, Open 200 Breast, Open 200 Fly and 13& Over 800 Free 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 800 free are required to provide their own timers, as well as lap counters.**
- In order to enter the Open events (400 IM, 400 Free, 200 Back, 200 Breast, 200 Fly), the swimmer must have met the listed qualifying time or have coach verification. If the swimmer's coach will be verifying the swimmer's ability to achieve the minimum entry time, per Pacific Swimming Rule 4A(2), please contact the meet director and meet referee.
- All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

UNACCOMPANIED SWIMMERS: Any USAS 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 USAS 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 Swimming 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 USAS Club Member-Coach. The swimmer must be certified by a USA Swimming 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.
- 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.
- **No tents, chairs or any form of "set-up" or "hanging out" will be allowed on the pool deck, other than Coach's Tents.** Swimmers and parents are offered ample space in bleachers and surrounding area above 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 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 "PC-A" time standard. Swimmers in the "B" Division must have met at least the "PC-B" time standard and not have met the "PC-A" time standard. All entry times slower than the "PC-B" time standard will be in the "C" Division. See the Pacific Swimming website for PC-A and PC-B time standards.**
- **No time entries will be accepted for all events except the OPEN events** 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 as well as the Open events, but will not receive awards. Such swimmers must have met the 17-18 age group time standards.*

ENTRY FEES: \$2.75 per individual event plus a onetime \$10.00 participation fee per swimmer. Make **Checks payable to "Napa Valley Swim Team"**

ENTRIES: TWO OPTIONS FOR MEET ENTRY

Option 1: Online Meet Entries:

1. Using your browser go to: <http://ome.swimconnection.com/pc/nvst20140607>

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 5:00pm on Thursday May 29, 2014**

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. In order to ensure that Mailed Entries are received by Thursday, May 29, 2014, they **must be postmarked by Tuesday, May 27, 2014.**

Hand Delivered Entries must be delivered by 5:00pm Thursday May 29, 2014 to Kathy Minor, 2500 Pacific Street, Napa, CA 94558. No refunds will be made, except for mandatory scratches and **no late entries will be accepted.**

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 estimated time of the start of the meet. Swimmers who do not check in will not be seeded and will not be allowed to compete in that event.

SCRATCHES: Any swimmers not reporting for or competing in an individual timed final event shall not be penalized.

AWARDS: Individual events: Ribbons will be awarded to the 1st – 7th place finishers in the "A," "B," and "C" divisions for each event and age group: 8 & U, 9-10, 11-12, 13-14, 15-16, 17-18. Swimmers aged 19 years and over will not receive awards. 10 & U individual events will be swum in combined heats, with awards given for each separate age group (8&U, 9-10). The 13 & Over individual events will be swum in combined heats, with awards given for each separate age group (13-14, 15-16, 17-18).

Open events: No ribbons will be given.

"A" medals will be awarded to swimmers achieving new "PC-A" times swum during this meet only. Swimmers 19 years of age and older will not receive awards.

AWARDS MUST BE PICKED UP ON SUNDAY BY A TEAM'S COACH OR TEAM REPRESENTATIVE. AWARDS WILL NOT BE MAILED. AWARDS THAT ARE NOT PICKED UP AT THE MEET (ONLY FOR ZONE 3 TEAMS) WILL BE AVAILABLE AT THE NEXT ZONE 3 BOARD MEETING. NON ZONE 3 TEAMS AND UNATTACHED SWIMMERS MUST COORDINATE WITH THE AWARDS DESK PICK UP &/OR DELIVERY OF AWARDS AND FOR THOSE AWARDS NOT PICKED UP, PRE-PAID ENVELOPES MUST BE PROVIDED. AWARDS WILL NOT BE INDIVIDUALLY DISTRIBUTED THROUGHOUT THE MEET

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:

# of swimmers per team entered	# of trained and carded officials required*
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101-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.

*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.

SATURDAY June 7, 2014		
SCHEDULE OF EVENTS		
GIRLS	Age Group & Event Description	BOYS
1	OPEN 400 IM <i>Girl Min Time: 7:13.59</i> <i>Boy Min Time: 7:20.69</i>	2
3	10 & Under 100 Fly	4
5	11-12 100 Fly	6
7	13 & Over 100 Fly	8
9	11-12 50 Back	10
11	10 & Under 200 Free	12
13	OPEN 200 Back <i>Girl Min Time: 3:29.09</i> <i>Boy Min Time: 3:29.09</i>	14
15	11-12 50 Breast	16
17	10 & Under 50 Breast	18
19	13 & Over 50 Free	20
21	11-12 200 Free	22
23	10 & Under 100 Back	24
25	13 & Over 100 Breast	26
27	11-12 50 Free	28
29	10 & Under 50 Free	30
31	13 & Over 800 Free	32

SUNDAY June 8, 2014		
SCHEDULE OF EVENTS		
GIRLS	Age Group & Event Description	BOYS
33	OPEN 400 Free <i>Girl Min Time: 6:22.49</i> <i>Boy Min Time: 6:20.99</i>	34
35	10 & Under 100 Breast	36
37	11-12 100 Breast	38
39	13 & Over 100 Back	40
41	11-12 50 Fly	42
43	10 & Under 50 Fly	44
45	OPEN 200 Breast <i>Girl Min Time: 3:55.19</i> <i>Boy Min Time: 3:58.89</i>	46
47	11-12 100 Back	48
49	10 & Under 50 Back	50
51	13 & Over 200 IM	52
53	11-12 200 IM	54
55	10 & Under 200 IM	56
57	13 & Over 100 Free	58
59	11-12 100 Free	60
61	10 & Under 100 Free	62
63	OPEN 200 Fly <i>Girl Min Time: 3:39.79</i> <i>Boy Min Time: 3:45.69</i>	64

<i>"Operation: With Love From Home"-- PC-C/B/A+ Swim Meet</i>					
June 7 th -8 th , 2014					
Consolidated Entry Card					
NAME	LAST	FIRST	INITIAL		
Club Abbr	Unattached Yes No	Club Name			
Age	Date of Birth	Amt Paid			
USAS Registration					
Sex Boy Girl	Age Group 8&U 9-10 11-12 13&O				
Event #	Distance	Stroke	Entry Time		
			: .		
			: .		
			: .		
			: .		
			: .		
			: .		
			: .		
			: .		
			: .		
			: .		
# of entries ____ x \$2.75			\$ _____		
Participation fee			+ \$10.00		
Total			\$ _____		
Coaches Name					
Swimmers	Address				
	City				
	State				
Zip					
Swimmer Phone					
Family Email					

<i>"Operation: With Love From Home"-- PC-C/B/A+ Swim Meet</i>					
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Consolidated Entry Card					
NAME	LAST	FIRST	INITIAL		
Club Abbr	Unattached Yes No	Club Name			
Age	Date of Birth	Amt Paid			
USAS Registration					
Sex Boy Girl	Age Group 8&U 9-10 11-12 13&O				
Event #	Distance	Stroke	Entry Time		
			: .		
			: .		
			: .		
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			: .		
			: .		
			: .		
# of entries ____ x \$2.75			\$ _____		
Participation fee			+ \$10.00		
Total			\$ _____		
Coaches Name					
Swimmers	Address				
	City				
	State				
Zip					
Swimmer Phone					
Family Email					

OFFICE USE ONLY	
CASH	AMT: _____
CHECK # _____	AMT: _____
DATE ENTERED: _____	BY: _____

OFFICE USE ONLY	
CASH	AMT: _____
CHECK # _____	AMT: _____
DATE ENTERED: _____	BY: _____