

2013 NBAL SHORT COURSE CHAMPIONSHIPS
FRIDAY, SATURDAY & SUNDAY, August 2 - 4, 2013
Hosted by Monticello Aquatic Club Seals
Enter at <http://ome.swimconnection.com/pc/mac20130802>



PACIFIC
SWIMMING

SANCTION: Held under USA/Pacific Swimming Sanction Number: No. **13-139**

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, of 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 & 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 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: Chuck Johnson Head Starter: Cynthia Wood Head Marshal: David Margolati
Meet Director: Matt Mills (matt@sealsaquatics.com)

LOCATION: VINTAGE HIGH SCHOOL POOL, 1375 Trower Avenue, Napa, CA 94558

DIRECTIONS: From CA-29 – Exit highway turning east onto Trower Avenue. After approximately 0.5 miles, turn right at stoplight onto Jefferson Street. Entrance into pool parking lot will be on the left after approximately 0.2 miles with signage indicating “Vintage High School Crusher Gym Tennis Courts.”

COURSE: 25 yard, outdoor heated pool with up to eight lanes for competition. Fully Automatic Electronic timing equipment will be used. Separate warm-up, warm-down area is open during the competition. The minimum water depth, measured in accordance with Article 103.2.3, is 4' 6" at the start end and 4' 6" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Meet begins at **5:00pm Friday, 9:00am Saturday and Sunday.** Warm-ups are from 3:30pm to 4:45pm on Friday and 7:30am to 8:45am Saturday and Sunday. Finals will begin no earlier than 1 hour after the end of trials, and finals start time will be announced near the end of each trials session.

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 Course.
- Swimmers may compete in up to **3 individual events per day on Saturday and/or Sunday**, but no more than a maximum of 6 total individual events on those two days. Each swimmer may swim **either the 400 IM or 500 Free on Friday**, but not both. **Swimmers entering more than one event on Friday, more than 3 individual events per day on either Saturday or Sunday, will be required to scratch down to the allowable number and will not be eligible for any refunds.**
- If local conditions warrant, 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.
- Some events will be swum as Trials and Finals; the remainder of the events will be swum as Timed Finals.
- All 8 & Under events will be swum as Timed Finals during the Trials.
- All 8 & Under and 9-10 relays will be swum as Timed Finals at the end of Trials.
- All 11-12 and 13-18 relays will be swum as Timed Finals at the beginning of the Finals session.
- Except for the 13-18 200 IM (events 111/112), all individual events of 200 yards or longer will be swum as Timed Finals during the Trials.
- The 11-12 100 Back, 100 Breast, and 100 Fly events will be swum as Timed Finals during the Trials.
- There will be a minimum qualifying time standard that **must** have been met in order to enter the 400 IM or 500 Free events.
- The 400 IM and 500 Free events will be swum as timed finals, fastest to slowest, alternating women and men.
- Swimmers in the 500 Free must provide their own lap counters and timers.
- For events that have Trials and Finals, the 8 fastest times from the Trials will qualify for the Finals and the next 8 fastest times from the Trials will qualify for Consolation Finals.
- Events for 8 & Under age groups will be swum together but will be scored and awarded as 6 & Under and 7-8.
- Individual Events for 13-18 age groups may be swum together in trials but will be swum & scored as 13-14, 15-16, and 17-18 during Finals.
- Swimmers 19 years & older may swim for time only in individual preliminary and timed-final events for which they are age-eligible. They are not eligible for relays or finals, and shall not score points or receive awards.
- All relay swimmers must be entered in an individual event in the meet.
- Each team may enter as many relays as possible, but only the two fastest relays from each team will be scored and awarded.
- All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. Coaches and deck official packets will only be given to those displaying their cards. Coaches with expired certifications will not be allowed on deck. Officials who have not passed their background check will not be allowed on deck.

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: All swimmers must either 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: •Glass containers of all kinds, sale and use of alcoholic beverages and tobacco products are prohibited in all areas of the meet venue which includes the pool deck, locker rooms, spectator seating, standing areas, the area immediately adjacent to the deck where the Clerk of the Course and computer will be located and in all areas used by swimmers, during the meet and during warm-up periods.

- No pets are allowed on deck at any time.
- 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-Swimming and enter their name and registration number on the meet entry card as they are shown on their Registration Card. All swimmer registrations are 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. Duplicate registrations will be refunded by mail.

- The meet is open to all qualified swimmers of the following teams **EBAT, SAIL, PST, HILL, AAA, SD, ONDA, LCCC, MACS, and SHSC.** **Unattached swimmers**, practicing with one of these teams, are eligible to swim in prelims and timed finals, but are **not eligible** to score points, receive awards, participate in relays, or to qualify for finals in a trials and final event. •Unattached swimmers competing in timed finals will be treated as exhibition athletes for purposes of scoring.

CHECK-IN: The meet will be deck seeded. Swimmers must check in each day at the Clerk of the 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 allowed to compete in the event.

SCRATCHES: Swimmers entered in an individual event in a Trials and Finals meet that is seeded on the deck that have checked in for that event must swim in the event unless they notify the clerk of course before seeding for that event has begun that they wish to scratch. Failure to swim an event will result in being barred from the rest of his/her events that day including relays. If the swimmer qualified for a final before missing an event they may swim that final.

Any swimmer qualifying for a consolation final or final race in an individual event who fails to show up in said consolation final or final race prior to calling the alternate shall be barred from further competition for the remainder of the meet. If the no-show occurs on the last day that the swimmer is entered in the meet, and no other individual penalty is applicable, the swimmer shall be fined \$25.00. The fine will be increased to \$100.00 if after 30 days of receiving the letter of notification the party has not made the payment.

No penalty shall apply for failure to withdraw or compete in an individual event if the referee determines that the no-show was caused by illness, injury, or circumstances beyond the control of the swimmer.

- RELAYS:**
- Relays are timed finals, and will be deck entered.
 - Entries are due by 10:00 am for morning (10-under) relays, and by 12:00 noon for afternoon (11-18) relays.
 - Order of swim (and any changes) and any alternates must be declared on each entry, and shall not be changed after the start of the heat.
 - Only two scoring relays will be allowed per team per event, designated as A and B. Each team may enter as many additional non-scoring relay teams as they would like.
 - 10 & under relays will be swum at the end of Trials.
 - 11 & over relays will be swum at the beginning of Finals.

ENTRIES: Option 1: Online Meet Entries:

1. Using your browser go to: <http://ome.swimconnection.com/pc/macs20130802>
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 Wednesday, July 24, 2013.**

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.

Mailed Entries **must be postmarked by Monday, July 22, 2013** to MACS Aquatics, 64 Crawford Way American Canyon, CA 94503

Hand Delivered Entries must be delivered by 5:00pm Wednesday, July 24, 2013 to MACS Aquatics, 64 Crawford Way American Canyon, CA 94503

Make checks payable to "MACS Aquatics"

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

ENTRY FEES: Fees will be \$2.75 per individual event; \$9.00 per relay entry and an \$8.00 per swimmer participation fee to help cover meet expenses. Please make all checks payable to **MACS Aquatics.**

AWARDS:
 Individual: Ribbons for 1st – 8th place
 Relays: Ribbons for 1st – 3rd place
 Team: 1st and 2nd place teams receive a trophy

SCORING:
 Individual Events: 20 – 17 – 16 – 15 – 14 – 13 – 12 – 11 – 9 – 7 – 6 – 5 – 4 – 3 – 2 – 1
 Relay Events: 40 – 34 – 32 – 30 – 28 – 26 – 24 – 22

ADMISSION: Admission is free. A program will be available for a nominal fee.

HOSPITALITY/SNACKBAR: A snack bar will be in operation during the meet. Lunches and snacks will be served to working deck officials and coaches. Snacks will be served to all timers during the meet.

MINIMUM NUMBER OF OFFICIALS: One half-hour before the scheduled start of each session, the Meet Referee shall conduct an inventory of Officials, and shall compare the number 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.

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 competing in meet per team:	# of trained & 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:

Friday, August 2, 2013	8&U	9-10	11-12	13-18
		200 Free*	500 Free*	400 IM* 500 Free*
Saturday, August 3, 2013	8&U	9-10	11-12	13-18
	25 Back* 50 Back	200 IM*	200 Back*	
	25 Breast*	50 Breast 100 Back*	200 IM	
	50 Free*	100 Free	50 Breast 100 Breast	
	100 MR ⁺	200 MR ⁺	50 Fly	200 Fly*
			100 Free	100 Free
			200 MR [%]	200 MR [%]
Sunday, August 4, 2013	8&U	9-10	11-12	13-18
	100 IM*	100 IM	100 IM	200 Free*
	25 Fly*	50 Fly	100 Breast*	100 Back
	25 Free*	50 Free	50 Back	200 Breast*
	100 FR ⁺	200 FR ⁺	100 Fly*	100 Fly
			50 Free	50 Free
			200 FR [%]	200 FR [%]

ORDER OF EVENTS:**Friday, August 2**

Girls	Boys	Age	Event
1*	2*	9-10	200 Free
3*	4*	13-18	400 IM
5*	6*	11-18	500 Free

- * Event swum as Timed Finals
- + Event swum at the end of Trials
- % Event swum at beginning of Finals

Saturday, August 3

Girls	Boys	Age	Event
101*	102*	11-12	200 IM
103*	104*	13-18	200 Back
105*	106*	11-12	100 Back
107*	108*	8&U	25 Back
109	110	9-10	50 Back
111	112	13-18	200 IM
113	114	11-12	50 Breast
115*	116*	8&U	25 Breast
117	118	9-10	50 Breast
119	120	13-18	100 Breast
121	122	11-12	50 Fly
123*	124*	13-18	200 Fly
125*	126*	8&U	50 Free
127	128	9-10	100 Free
129	130	13-18	100 Free
131	132	11-12	100 Free
133+	134+	8&U	100 Med Rly
135+	136+	9-10	200 Med Rly
137%	138%	13-18	200 Med Rly
139%	140%	11-12	200 Med Rly

Sunday, August 4

Girls	Boys	Age	Event
201	202	11-12	100 IM
203*	204*	13-18	200 Free
205*	206*	11-12	100 Breast
207*	208*	8&U	100 IM
209	210	9-10	100 IM
211	212	13-18	100 Back
213	214	11-12	50 Back
215*	216*	13-18	200 Breast
217*	218*	8&U	25 Fly
219	220	9-10	50 Fly
221*	222*	11-12	100 Fly
223	224	13-18	100 Fly
225*	226*	8&U	25 Free
227	228	9-10	50 Free
229	230	11-12	50 Free
231	232	13-18	50 Free
233+	234+	8&U	100 Fr Rly
235+	236+	9-10	200 Fr Rly
237%	238%	11-12	200 Fr Rly
239%	240%	13-18	200 Fr Rly

Minimum Qualifying Times

Event	Girls	Boys
9-10 200 Free	3:11.09	3:11.09
400IM	6:36.29	6:36.89
500 Free	7:09.59	7:07.19

NOTE: 13-18 events will swim together in trials, but will be swum and scored as 13-14, 15-16 and 17-18 in finals. 11-18 and 13-18 timed finals will swim together, but will be scored separately (11-12, 13-14, 15-16 and 17-18)

MONTICELLO AQUATIC CLUB SEALS					
NORTH BAY INVITATIONAL					
August 2nd - 4th, 2013					
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					+ \$8.00
Total					\$ _____
Coaches Name	Address				
Swimmers	City				
	State				
	Zip				
	Swimmer Phone				
Family Email					

MONTICELLO AQUATIC CLUB SEALS					
NORTH BAY INVITATIONAL					
August 2nd - 4th, 2013					
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					+ \$8.00
Total					\$ _____
Coaches Name	Address				
Swimmers	City				
	State				
	Zip				
	Swimmer Phone				
Family Email					