

SANCTION: Held under USA/Pacific Swimming Sanction No. **14-140**

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:

| | |
|---|---|
| <i>Meet Referee: Bill Sargis - mechanix@sbcglobal.net</i> | <i>Administrative Official: Albert Yu</i> |
| <i>Head Starter: Alan Augst</i> | <i>Meet Marshal: Derek McClintick</i> |
| <i>Meet Director: Kevin Raab - coachkevin@wcanswim.org</i> | |

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: Friday Session will begin at 5:00pm, warmups at 3:45pm to 4:45pm. Saturday and Sunday sessions will begin at 9:00am each day, with warm ups from 7:30am to 8:45am.

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.
- In order to manage the meet timeline with the large number of anticipated participants, swimmers may compete in up to 3 individual events per day on Saturday and/or Sunday. Swimmers may compete in either the 400 IM or 500 Free on Friday, but not both. Participation in relays does not count against the three-event limit per day.
- Swimmers entering more than one event on Friday, more than 3 individual events per day on either Saturday or Sunday, or more than 6 total individual events on Saturday and Sunday combined will be required to scratch down to the allowable number and will not be eligible for any refunds.
- 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&OV 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 timers and lap counters.
- 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 awarded as 6-under and 7-8.
- Individual Events for 13 & up age groups will be swum together in trials but will be swum & scored as 13-14, and 15-18 during finals.
- All relay swimmers must be entered in an individual event in the meet.

- 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
- 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: • 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.
- 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.
- 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.

ELIGIBILITY: • Swimmers must be current members of USA-Swimming and enter their name and registration number 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 must 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.

- The meet is open to all qualified swimmers of teams in the Redwood Empire Aquatic League (REAL): SRN, SSS, UD, VJO, WA, and WCAN. Unattached swimmers, practicing with a REAL member team, 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.
- Swimmers age 19 and over may enter 13-over events and score points.
- 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.
- 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. Relays are \$9 per relay. Entries will be rejected if payment is not sent at time of request.

Relays- Each team may enter as many relays as possible, but only the two fastest relays from each team will be scored and awarded. Relays will be deck entered each day at a time announced each day.

ENTRIES: Entries will be done by Hy-Tek Team Manager. Entries will be emailed to Kevin Raab at headcoach@wcanswim.org. Entries are due by 10pm, Wed July 30th. The team checks will be made out to WCAN. Checks can be mailed 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: Pacific Swimming scratch rules will be enforced. A copy will be posted at the clerk-of-course. 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 the course before seeding for that event has begun that they wish to scratch. Failure to swim an event will result in being barred from 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. The penalty will not apply if the Head Referee accepts proof that the failure to swim has been caused by illness, injury, or other circumstances out of the swimmer's control. Any swimmer qualifying for a final race in an individual event, who fails to show in said 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 an individual event in the meet, and no other individual event penalty is applicable, the swimmer shall then be fined \$25.00. Swimmers have 30 minutes after the results of an event are announced to scratch or declare their intent to scratch.

AWARDS: Individual: Distinctive pins for 1st – 8th place; Ribbons for 9th – 16th place. Relays: Distinctive pins for 1st – 3rd place. Team: 1st place team receives Perpetual Banner; 2nd and 3rd place teams receive Banners. The Boys and Girls team with the highest point total each receives a banner. Team Spirit Award will also be awarded by a selection committee comprised of a parent and swimmer representative from each team and the Head Referee. Awards not picked up by the end of the meet will be sent to the club representative.

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: 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:

| Club Swimmer Entered in Session | Trained & Carded Officials Requested |
|---------------------------------|--------------------------------------|
| 1-10 | 0 |
| 11-25 | 1 |
| 26-50 | 2 |
| 51-75 | 3 |
| 76-100 | 4 |
| 101+ | 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.

EVENT SUMMARY:

| | 8-UN | 9-10 | 11-12 | 13-UP |
|--------------------|------------|-----------|-------------|-------------|
| Friday, August 6 | | | 500 Free* | 400 IM* |
| | | | | 500 Free* |
| Saturday, August 7 | 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 |
| Sunday, August 8 | | | 200 MR% | 200 MR% |
| | 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% | |

SCHEDULE OF EVENTS:

| Friday, August 6 | | | | Saturday, August 7 | | | | Sunday, August 8 | | | |
|------------------|-----|-------|----------|--------------------|------|-------|---------------|------------------|------|-------|--------------|
| Girls | Boy | Age | Event | Girls | Boy | Age | Event | Girls | Boy | Age | Event |
| 1* | 2* | 13-UP | 400 IM | 101* | 102* | 11-12 | 200 IM | 201 | 202 | 11-12 | 100 IM |
| 3* | 4* | 11-UP | 500 Free | 103* | 104* | 13-UP | 200 Back | 203* | 204* | 13-UP | 200 Free |
| | | | | 105* | 106* | 11-12 | 100 Back | 205* | 206* | 11-12 | 100 Breast |
| | | | | 107* | 108* | 8-UN | 25 Back | 207* | 208* | 8-UN | 100 IM |
| | | | | 109 | 110 | 9-10 | 50 Back | 209 | 210 | 9-10 | 100 IM |
| | | | | 111 | 112 | 13-UP | 200 IM | 211 | 212 | 13-UP | 100 Back |
| | | | | 113 | 114 | 11-12 | 50 Breast | 213 | 214 | 11-12 | 50 Back |
| | | | | 115* | 116* | 8-UN | 25 Breast | 215* | 216* | 13-UP | 200 Breast |
| | | | | 117 | 118 | 9-10 | 50 Breast | 217* | 218* | 8-UN | 25 Fly |
| | | | | 119 | 120 | 13-UP | 100 Breast | 219 | 220 | 9-10 | 50 Fly |
| | | | | 121 | 122 | 11-12 | 50 Fly | 221* | 222* | 11-12 | 100 Fly |
| | | | | 123* | 124* | 13-UP | 200 Fly | 223 | 224 | 13-UP | 100 Fly |
| | | | | 125* | 126* | 8-UN | 50 Free | 225* | 226* | 8-UN | 25 Free |
| | | | | 127 | 128 | 9-10 | 100 Free | 227 | 228 | 9-10 | 50 Free |
| | | | | 129 | 130 | 13-UP | 100 Free | 229 | 230 | 11-12 | 50 Free |
| | | | | 131 | 132 | 11-12 | 100 Free | 231 | 232 | 13-UP | 50 Free |
| | | | | 133+ | 134+ | 8-UN | 100 Med Relay | 233+ | 234+ | 8-UN | 100 Fr Relay |
| | | | | 135+ | 136+ | 9-10 | 200 Med Relay | 235+ | 236+ | 9-10 | 200 Fr Relay |
| | | | | 137% | 138% | 13-UP | 200 Med Relay | 237% | 238% | 11-12 | 200 Fr Relay |
| | | | | 139% | 140% | 11-12 | 200 Med Relay | 239% | 240% | 13-UP | 200 Fr Relay |

Minimum Qualifying Times:

400 IM - 6:29.09 (Girls) / 6:29.69 (Boys)

500 Free - 8:18.99 (Girls) / 8:18.99 (Boys)

* Event swum as Timed Finals

+ Event Swum at the end of Trials

% Event Swum at the beginning of Finals NOTE:

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