

**ST. HELENA SWIM CLUB
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
SEPTEMBER 7 & 8, 2013**

Enter Online: <http://ome.swimconnection.com/pc/SHSC20130907>



**PACIFIC
SWIMMING**

SANCTION: Held under USA/Pacific Swimming Sanction No. **13- 144**

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 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** *Head Starter:* **DEBBI TUCKER**
 Administrative Referee: **MARY RUDELLE** *Meet Marshal:* **PATRICK BRAWDY**
 Meet Director: **JON HOLLISTER** Hollisterjon@aol.com phone (707) 225-2264

LOCATION: **VINTAGE HIGH SCHOOL POOL 1375 TROWER AVENUE NAPA, CA 94558.** From Highway 29 exit east onto Trower Ave. Travel east approximately 0.5 mile, turn right at stoplight onto Jefferson Street. Travel approximately 0.2 miles – pool entrance on left with signage ‘Vintage High School Crusher Gym Tennis Courts’.

COURSE: 25 yard outdoor heated pool with 8 lanes for competition. Additional lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, 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 will begin at **9:00AM** each day with warm-ups from **7:30-8:45AM** 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 individual events per day.
 - 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.**
 - All 13-18 athletes will swim together but will be awarded separately per age groups: 13-14, 15-16, 17-18.

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.
- No pets are allowed on deck at anytime
- 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 listed "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 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 \$8.00 participation fee per swimmer. Relay team fees are \$9.00 per team. Entries will be rejected if payment is not sent at time of request. Make checks payable to SHSC. Relay fees can be paid the day of the meet.

RELAYS: The Relays will be a 'Summer Themed' relays. Relay teams can be Mixed Gender. All Relays will be deck seeded and entries must be received by the Clerk of Course at a time determined each day by the Referee.

ONLINE ENTRIES: To enter on-line go to: <http://ome.swimconnection.com/pc/SHSC20130907> 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, August 29, 2013 at 11:59pm.

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, August 26, 2013 or hand delivered by 6:30 p.m. Thursday, August 29, 2013 to 588 East Zinfandel St. Helena, CA. 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: ST. HELENA SWIM CLUB (SHSC)

**Mail entries to: SHSC c/o CATHERINE DURRAND
P.O. BOX 373
ST. HELENA, CA 94574**

**Hand deliver entries to: KEVIN TWOHEY
588 EAST ZINFANDEL
ST. HELENA, CA 94574**

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: Any swimmer not reporting for or competing in an individual event will not be penalized.

AWARDS: Ribbons will be awarded to the 1st-8th place finishers in the 'A', 'B', 'C' divisions for each event and age group 6 & Under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18. Swimmers 19 years of age and older will not receive awards. 'A' medals will be awarded to swimmers with an entry time slower than 'A' achieving a PC'A' time standard for the first time. **Ribbons will be available to be picked up by swimmers, coaches or a representative the day of the meet. Ribbons not picked up will be mailed to the swimmers team. To facilitate mailing, prior arrangement by participating teams should be arranged, especially for swimmers entered unattached.**

ADMISSION: Free. A meet program will be available for \$4.00

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.

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 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

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.

*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			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
200 IM	200 IM	200 IM	200 IM	100 IM	100 IM	400 IM	400 IM
25 Fly	100 Fly	100 Fly	100 Back	25 Free	50 Free	100 Free	100 Free
25 Back	50 Back	50 Back	500 Free	500 Free	500 Free	50 Breast	200 Breast
50 Breast	100 Breast	500 Free	100 Breast	25 Breast	50 Breast	100 Back	200 Back
50 Free	100 Free	100 Breast	200 Free	50 Back	100 Back	50 Fly	50 Free
		50 Free	100 Fly	50 Fly	50 Fly		
100 Free Relay	200 Free Relay	200 Free Relay	200 Free Relay	100 Medley Relay	200 Medley Relay	200 Medley Relay	200 Medley Relay

EVENTS

SATURDAY, SEPTEMBER 7, 2013		
EVENT #	EVENT	EVENT #
1	13-18 200 IM	2
3	11-12 200 IM	4
5	10 & Un 200 IM	6
7	11-12 100 Fly	8
9	9-10 100 Fly	10
11	8-UN 25 Fly	12
13	13-18 100 Back	14
15	11-12 50 Back	16
17	9-10 50 Back	18
19	8 & Un 25 Back	20
21	13-18 500 Free	22
23	11-12 500 Free	24
25	13-18 100 Breast	26
27	11-12 100 Breast	28
29	9-10 100 Breast	30
31	8 & Un 50 Breast	32
33	13-18 200 Free	34
35	11-12 50 Free	36
37	9-10 100 Free	38
39	8 & Un 50 Free	40
41	13-18 100 Fly	42
43	8 & Un 100 Free Relay	
44	9-10 200 Free Relay	
45	11-12 200 Free Relay	
46	13-18 200 Free Relay	

SUNDAY, SEPTEMBER 8, 2013		
EVENT #	EVENT	EVENT #
47	13-18 400 IM	48
49	11-12 400 IM	50
51	9-10 100 IM	52
53	8 & Un 100 IM	54
55	13-18 100 Free	56
57	11-12 100 Free	58
59	9-10 50 Free	60
61	8 & Un 25 Free	62
63	13-18 200 Breast	64
65	11-12 50 Breast	66
67	10 & Un 500 Free	68
69	9-10 50 Breast	70
71	8 & Un 25 Breast	72
73	13-18 200 Back	74
75	11-12 100 Back	76
77	9-10 100 Back	78
79	8 & Un 50 Back	80
81	11-12 50 Fly	82
83	9-10 50 Fly	84
85	8 & Un 50 Fly	86
87	13-18 50 Free	88
89	8 & Un 100 Medley Relay	
90	9-10 200 Medley Relay	
91	11-12 200 Medley Relay	
92	13-18 200 Medley Relay	

All 500 swimmers must provide their own lap counter.

13-18 500 Free will be swum together and awarded separately as 13-14, 15-16, 17-18.

10 & Under 500 Free will be swum together awarded separately as 9-10 and 8 & Under

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

Pacific Swimming – Hosted by ST. HELENA SWIM CLUB C/B/A+ SHORT COURSE MEET SEPTEMBER 7 & 8, 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						