

**NAPA VALLEY SWIM TEAM – 1ST ANNUAL CAROLE C. DOWNING CLASSIC
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
FEBRUARY 25-26, 2017**

Enter Online: <http://ome.swimconnection.com/pc/NVST20170225>



SANCTION: Held under USA/Pacific Swimming Sanction No. **17-026**

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 devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass 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.

MEET PERSONNEL:

<i>Meet Referee:</i> ALBERT YU	<i>Head Starter:</i> DON BAUTISTA
<i>Meet Marshal:</i> CREIGHTON WRIGHT	<i>Admin Official:</i> ANDY DOWNS
<i>Meet Director:</i> JESSICA PADGETT 707-293-5892	

SPORTSMOMOF4@COMCAST.NET – EMAIL PREFERRED

LOCATION: NAPA VALLEY COLLEGE at 2277 Napa Vallejo Hwy, Napa, CA 94558.

DIRECTIONS : Directions from the East Bay: Interstate 80 east towards Sacramento: take the Napa exit at Highway 37: 2 miles to junction of Highway 37 and Highway 29, turn north (right) on Highway 29; 7 miles to junction of Highway 29 and Napa/Lake Berryessa turnoff (Highway 221), stay in the right hand lanes toward Napa; 1 1/2 miles to Streblow Drive and Napa Valley College exit (third stop light, left turn), turn right off Streblow onto Diemer Drive, proceed to the second parking lot facing the highway.

Directions from the Sacramento Area

Interstate 80 east towards Sacramento: take the Napa exit at Highway 12 (Jameson Canyon): Follow Highway 12 for approx. 6.3 miles until it intersects at a light with Highway 29; turn north (right) on Highway 29; 0.2 miles to junction of Highway 29 and Napa/Lake Berryessa turnoff (Highway 221), stay in the right hand lanes toward Napa; 1 1/2 miles to Streblow Drive and Napa Valley College exit (third stop light, left turn), turn right off Streblow onto Diemer Drive, proceed to the second parking lot facing the highway.

Directions from the Golden Gate Bridge and Marin County

Highway 101 north to Highway 37 (east) exit at Novato (watch for sign that says Napa); turn north (left) on Highway 121 at Sears Point; follow 121/12 to junction of Highway 29 and 121 in Napa (stop light), turn north (left) on 29, go to the first exit (Imola Avenue), stay on Imola until it intersects to the right at Soscol/221, (the sign says Vallejo) and then the next exit into the college parking lot.

COURSE: Outdoor heated pool; 25 yard pool, with up to 14 lanes available for competition. Additional lanes will be available for warm-up/warm down down throughout the meet. The minimum water depth for the shallow end course, 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: Meet shall begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day.

RULES:

- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall be posted at the Clerk-of-Course.
- All events are timed finals.
- All events will be swum in event order and in a "FAST to SLOW" sequence with the options of reversing the sequence at the discretion of the Meet Referee and Meet Director.
- At the discretion of the Meet Referee, events and heats may be combined.
- When the number of splashes either meets or exceeds the estimated timeline, all entries will be closed and notification posted on the swim connection website and Pacific swimming websites. Entry forms and payment received after the close of the meet will be returned with an explanation.

- Athletes may enter more than four (4) events per day, but may only compete in a maximum of four (4) events per day.
- All athletes ages 12 and under should complete competition within four (4) hours.
- Entries shall be accepted until the number of splashes exceeds the estimated time line, per the “Four-Hour Rule,” based on the athlete’s 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 shall be made for any mandatory scratches.
- EXCEPT OPEN events, no-time entries shall be accepted and placed in the slowest heats.
- All OPEN events may be swum in alternate girls’ and boys’ heats, or in combined heats of girls and boys at the discretion of the Meet Referee and/or Meet Director.
- In order to enter the OPEN events, the athlete shall have met the listed qualifying time or have coach verification with the exception of the 200 IM. If the athlete’s coach is to verify the athlete’s ability to achieve the minimum entry time per Pacific Swimming Rule 4A2, please contact the Meet Director and Meet Referee.
- Athletes in the 500 and 1000 freestyle events shall provide their own lap counters and timers.
- Athletes entering the 400 I.M. shall have met the minimum time standards.
- **All coaches and deck officials shall display their current USA Swimming membership cards in a visible manner.**

ATTENTION HIGH SCHOOL ATHLETES: If you are a high school athlete in season, you need to be Unattached from this meet. It is the athlete’s responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

UNACCOMPANIED ATHLETES: Any USA Swimming athlete-member competing at the meet shall 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 Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the athlete or the athlete’s legal guardian to arrange for supervision by a USA Swimming member-coach. The meet director or meet referee may assist the athlete 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 Swimming Club Member-Coach.

RACING STARTS: Any athlete entered in the meet shall be certified by a USA Swimming member-coach as being proficient in performing a racing start, or shall start each race from within the water. When unaccompanied by a USA Swimming member coach, it is the responsibility of the athlete or the athlete’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 on standing areas and in all areas used by athletes, 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 shall be properly secured.
 - Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
 - No pets allowed on deck, other than service assistance animals.
 - Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
 - **ONLY HOSTING CLUB, VENDOR AND COACHES’ TENTS ARE ALLOWED ON THE POOL DECK.**
 - **ONLY COACHES, ATHLETES, TIMERS AND MEET STAFF ARE ALLOWED BEHIND THE STARTING BLOCKS WHEN MEET IS IN SESSION.**
 - Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
 - No food, drink, cameras or any type of recording device are prohibited in the locker rooms.

ELIGIBILITY: • Athletes shall be current members of USA Swimming and enter their name and registration number on the meet entry card exactly as they are shown on their Registration Card. If this is not done, it may be difficult to match the athlete with the registration database. The meet host shall check all athlete 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.

- Athletes in the "A" Division shall have met at least the listed USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division shall have met at least the listed "B" minimum time standard. All entry times slower than the "B" time standard shall be in the "C" Division.
- Entries with **"NO TIME" will be ACCEPTED, EXCEPT IN OPEN EVENTS (OTHER THAN THE 200 IM). See Rules.**
- Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Disabled athletes 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.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such athlete shall meet standards for the 17-18 age group.
- Age on the first day of the meet shall determine the athlete's age for the entire meet.

ENTRY PRIORITY: Entries from members of Zone 3 clubs (including unattached athletes training with those clubs) postmarked or entered on line by **January 23, 2017**, shall be given first priority for acceptance to the meet. All entries from other zones in Pacific Swimming or from other LSC's, postmarked or entered on line by the entry deadline shall be considered in the order they are received.

ENTRY FEES: \$4.00 per event plus an \$8.00 participation fee per athlete. Entries shall be rejected if payment is not sent at time of request. No refunds shall be made except mandatory scratch downs.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/NVST20170225> 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 athlete 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 an athlete by Pacific Swimming.** Online entries shall be accepted through **Monday, February 13, 2017.**

MAILED OR HAND DELIVERED ENTRIES: Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with athlete's best time. Entries shall be postmarked by midnight, **Monday, February 13, 2017** or hand delivered by 6:30 pm, Monday, February 13, 2017. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: "Napa Valley Swim Team" or "NVST"

Mail entries to: Jessica Padgett

**120 W Macarthur Street
Sonoma, CA 95476**

Hand deliver entries to: Jessica Padgett

**120 W Macarthur Street
Sonoma, CA 95476**

CHECK-IN: The meet shall be deck seeded. Athletes shall check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. 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. Athletes who do not check in shall not be seeded and shall not be allowed to compete in that event.

SCRATCHES: Any athletes not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

AWARDS: • Individual events: Ribbons shall 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, 11-12, 13-14, 15-16, 17-18).

- OPEN events shall be swum in combined heats, with no awards being given.

- "A" medals shall be awarded to athletes achieving new "PC-A" times swam during this meet only.

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

ADMISSION: Free. A 2-day program will be available for \$5.00

SNACK BAR & HOSPITALITY: 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: At least seven days prior to the start of the meet, meet management (Meet Director and/or Meet Referee) shall contact a representative from each club participating in the meet, and provide a preliminary inventory of the officials that club is required to provide for each session. Each club shall, by the start of the meet, provide to the Meet Director or designee a list of Officials who have agreed to represent that club during each session of the meet.

At the meet, meet management shall conduct an inventory of officials, and shall compare the number of athletes entered in each session by each club with the number of officials present representing each club. If meet management certifies that a club has not provided sufficient officials for any session of the meet in accordance with the table below, excluding finals in a prelims and finals meet, the club will be fined \$100 per missing official per session of the meet.

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

*Zone 3 will include assigned and working Colorado, Intermediary/ Chief Timing Judge, and Computer operator in the count of officials for a session although these positions are not carded. Zone 3 will accept uncarded Trainees in the count of officials for up to two sessions. Clubs may use officials “borrowed” from other clubs, or unattached officials at the meet who agree, to fulfill their obligation under the rule.

EVENTS

SATURDAY, FEBRUARY 25, 2017		
GIRLS EVENT #	EVENT	BOYS EVENT #
1	OPEN 400 IM MINIMUM SEED TIME GIRLS : 6:24.19 BOYS : 6:13.09	2
3	13 & O 200 FLY	4
5	11-12 100 FLY	6
7	9-10 100 FLY	8
9	8 & U 50 FLY	10
11	13 & O 200 BACK	12
13	11-12 50 BACK	14
15	9-10 50 BACK	16
17	8 & U 25 BACK	18
19	13 & O 100 BREAST	20
21	11-12 200 BREAST	22
23	9-10 100 BREAST	24
25	8 & U 25 BREAST	26
27	13 & O 100 FREE	28
29	11-12 200 FREE	30
31	9-10 100 FREE	32
33	8 & U 50 FREE	34
35	13 & O 50 FREE	36
37	11-12 50 FREE	38
39	9-10 100 IM	40
41	8 & U 100 IM	42
43	OPEN 500 FREE MINIMUM SEED TIME GIRLS : 7:35.49 BOYS : 7:26.99	44

SUNDAY, FEBRUARY 26, 2017		
EVENT #	EVENT	EVENT #
45	OPEN 200 IM	46
47	13 & O 200 BREAST	48
49	11-12 100 BREAST	50
51	9-10 50 BREAST	52
53	8 & U 50 BREAST	54
55	13 & O 100 BACK	56
57	11-12 100 BACK	58
59	9-10 100 BACK	60
61	8 & U 50 BACK	62
63	13 & O 100 FLY	64
65	11-12 200 FLY	66
67	9-10 50 FLY	68
69	8 & U 25 FLY	70
71	13 & O 200 FREE	72
73	11-12 100 FREE	74
75	9-10 200 FREE	76
77	8 & U 25 FREE	78
79	11-12 100 IM	80
81	9-10 50 FREE	82
83	8 & U 100 FREE	84
85	OPEN 1000 FREE MINIMUM SEED TIME GIRLS : 14:48.09 BOYS : 14:32.59	86

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

Pacific Swimming – Hosted by NVST
 CAROLE C DOWNING CLASSIC C/B/A+ MEET
 FEBRUARY 25-26, 2017
 Consolidated Entry Form

Name: Last, First Middle

Club Abbr.	UNATT CLUB 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
		: .	SCY / LCM

of entries _____ x \$4.00 = \$ _____
 Participation Fee \$ 8.00
 Total \$ _____

Coach

Athlete's
Address

Home Phone	Cell Phone
------------	------------

Email