

**NAPA VALLEY SWIM TEAM**  
**"LAST CHANCE JO'S SUMMER GRAPE STOMP"**  
**PACIFIC SWIMMING LONG COURSE C/B/A+ MEET**  
**JUNE 25TH-26TH, 2016**



Enter Online: <http://ome.swimconnection.com/pc/NVST20160625>

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **16-080**

*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:**  
**Meet Referee:** Chuck Johnson ([charles.johnson12@att.net](mailto:charles.johnson12@att.net)) **Head Starter:** Sarah Obbagy  
**Meet Marshal:** Creighton Wright **Admin Official:** Albert Yu  
**Meet Director:** Jessica Padgett ([sportsmomof4@comcast.net](mailto:sportsmomof4@comcast.net)) (707) 293-5892

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

**DIRECTIONS:** From north of Napa - take southbound highway 29. Exit at Imola and make a left at the end of the off ramp and proceed east on Imola. Make a right on SR221. College will be on your right. From south of Napa - take northbound highway 29. Exit at Imola and make a right at the end of the off ramp and proceed east on Imola. Make a right on SR221. College will be on your right.

**COURSE:** 50 meter outdoor heated pool, with rim flow gutters and anti-turbulent lane lines. Up to 7 competition lanes, with separate warm up and warm down areas available throughout the meet. Colorado timing system and scoreboard will be used. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 4 ft at the shallow end and 12 ft at the deep end. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** Meet will begin at 9:00 AM each day with warm-ups from 7:30 AM to 8:45 AM 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.
- All events will swim "fast to slow" sequence with the option of reversing the sequence at the discretion of the Meet Referee and the Meet Director.
- Athletes may enter more than four (4) events each day, but may only compete in four (4) events per day.
- All athletes ages 12 and under should complete competition within four (4) hours. 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. Entry forms and payments received after the close of meet will be returned with an explanation.
- Entries will 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 will be made for any mandatory scratches. The format of how the refunds will be distributed will be at the discretion of the Meet Referee and Meet Director.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**
- All Open events (400 IM, 400 Free, 200 Breast, 200 Back, and 200 Butterfly) and 13 and over 800 Free and 1500 Free may alternate girls and boys heats, or may be swum in combined heats of girls and boys at the discretion of the Meet Referee.
- **In order to enter the Open Events, the athlete must have met the listed qualifying time or have coach verification.** If the athlete's coach will be verifying the athlete's ability to achieve the minimum entry, per Pacific Swimming rule 4A(2), please contact the meet director and the meet referee.

• **SHOULD THE MEET REACH CAPACITY AND NEED TO BE CLOSED PRIOR TO THE "CLOSE DATE" LISTED ON THE MEET SHEET, ABSOLUTELY NO ADDITIONAL ENTRIES WILL BE ACCEPTED AFTER THAT DATE (WHICH WILL BE LISTED ON OME SWIMCONNECTION). THIS INCLUDES MAIL-IN ENTRIES. MAIL-IN ENTRIES MUST BE POSTMARKED BY THE CLOSE DATE LISTED ON SWIM CONNECTION IN ORDER TO BE ACCEPTED. IF THEY ARE POSTMARKED AFTER SAID DATE, THEY WILL NOT BE ACCEPTED AND THE ATHLETE WILL NOT BE ENTERED.**

• The 800 Free and 1500 Free will be swum as mixed events (girls and boys swim together). The 1500 Free will be limited to 3 heats (or 21 athletes). The 800 free will be limited to 6 heats (or 42 athletes). These events will be automatically closed when they hit capacity. Athletes in the 800 Free and 1500 Free are required to provide their own timers, as well as lap counters.

**UNACCOMPANIED ATHLETES:** Any USA Swimming 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 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:** Athletes 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 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 or 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 must be properly secured.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- 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 COACHES TENTS WILL BE ALLOWED ON THE POOL DECK. NO TENTS, EZ UPS, CHAIRS (EXCEPT THOSE FOR COACHES) OR ANY FORM OF "SET UP" OR "LOITERING" WILL BE ALLOWED ON POOL DECK. TEAM TENT/SET UP WILL BE ALLOWED IN THE BLEACHERS AND THE AREA ABOVE THE BLEACHERS.**
- During general warm-up, athletes must use 3-point entry into the pool.
- No pets, except for "service assistance animals" are allowed anywhere in the meet venue.
- No food or drink is allowed in the locker rooms.

**ELIGIBILITY:**

- Athletes 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. If this is not done, it may be difficult to match the athlete with the registration database. The meet host will 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 must have met at least USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division must have met at least the listed "B" minimum time standard. All entry times slower than the listed "B" time standard will be in the "C" Division.
- Entries with "**NO TIME**" will be accepted for all entries except the OPEN events (SEE RULES) and will be seeded in the slowest heat(s) of the "C" division. In order to enter the OPEN events, the athlete must have met the listed qualifying time or have coach verification.
- 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 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 athletes must have met standards for the 17-18 age group.

- The athlete's age will be the age of the athlete on the first day of the meet.

**ENTRY PRIORITY:** Entries from members of Zone 3 clubs (including unattached athletes training with those teams) postmarked or entered online by June 6, 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 a \$10.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/NVST20160625> 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 will be accepted through Monday, June 13<sup>th</sup> at 5:00 pm.

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athlete's best time. Entries must be postmarked by midnight, Saturday, June 11<sup>th</sup> or hand delivered by 5:00 p.m. Monday, June 13<sup>th</sup>. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Napa Valley Swim Team**

**Mail entries to: Jessica Padgett**  
120 W Macarthur St.  
Sonoma, CA 95476

**Hand deliver entries to: Jessica Padgett**  
120 W Macarthur St.  
Sonoma, CA 95476

**CHECK-IN:** The meet will be deck seeded. Athletes must 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 will not be seeded and will 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 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, and 11-12, 13-14, 15-16, 17-18.) 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). The 10 & Under individual events will be swum in combined heats, with awards given for each separate age group (8 & U, 9-10). Athletes 19 years of age and older will not receive awards.
- **Open events:** Will be swum in combined heats, with no awards being given.
- "A" medals will be awarded to athletes achieving new "USAS-A" times swum during this meet only. ☐
- **AWARDS MUST BE PICKED UP ON SUNDAY, THE LAST DAY OF THE MEET, BY A TEAM'S COACH OR TEAM REPRESENTATIVE. AWARDS WILL NOT BE MAILED.**
- **NON ZONE 3 CLUBS AND UNATTACHED ATHLETES:** CLUBS AND ATHLETES MUST COORDINATE WITH THE AWARDS DESK PICK UP &/OR DELIVERY OF AWARDS AND FOR THOSE AWARDS NOT PICKED UP. IF AWARDS WILL NOT BE ABLE TO BE PICKED UP ON THE LAST DAY OF THE MEET, A PRE-PAID ENVELOPE MUST BE PROVIDED.
- **AWARDS WILL NOT BE INDIVIDUALLY DISTRIBUTED THROUGHOUT THE MEET.**

**ADMISSION:** Free. A 2 day program will be available for a nominal fee.

**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 trials 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, June 25, 2016		
EVENT #	EVENT	EVENT #
1	OPEN 400 IM Girls Min Time: 7:23.79 Boy Min Time: 7:13.49	2
3	10 & Under 100 Free	4
5	13 & Over 200 Free	6
7	11-12 100 Fly	8
9	13 & Over 100 Fly	10
11	11-12 50 back	12
13	10 & Under 200 Free	14
15	OPEN 200 Back Girls Min Time: 3:27.69 Boy Min Time: 3:22.79	16
17	11-12 50 Breast	18
19	10 & Under 50 Breast	20
21	13 & Over 50 Free	22
23	11-12 200 Free	24
25	10 & Under 100 Back	26
27	13 & Over 100 Breast	28
29	11-12 50 Free	30
31	10 & Under 100 Fly	32
33	13 & Over 1500 Free	

SUNDAY, June 26, 2016		
EVENT #	EVENT	EVENT #
35	OPEN 400 FREE Girls Min Time : 6:23.89 Boy Min Time : 6:15.49	36
37	10 & Under 100 Breast	38
39	11-12 100 Breast	40
41	13 & Over 100 Back	42
43	11-12 50 Fly	44
45	10 & Under 50 Fly	46
47	OPEN 200 Breast Girl Min Time : 3:54.59 Boy Min Time : 3:49.99	48
49	11-12 100 Back	50
51	10 & Under 50 Back	52
53	13 & Over 200 IM	54
55	11-12 200 IM	56
57	10 & Under 200 IM	58
59	13 & Over 100 Free	60
61	11-12 100 Free	62
63	10 & Under 50 Free	64
65	OPEN 200 Fly Girl Min Time : 3:29.09 Boy Min Time: 3:22.49	66
67	13 & Over 800 Free	

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

Pacific Swimming – Hosted NVST  
 LAST CHANCE JO'S SUMMER GRAPE STOMP C/B/A+ SWIM MEET  
 JUNE 25-26, 2016  
 Consolidated Entry Form

Name: Last,                      First                      Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M    F	LSC – (PC, SN)
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USA-#														
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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
		: .	SCY / LCM

# of entries \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_  
 Participation Fee        \$ 10.00  
 Total                        \$ \_\_\_\_\_

Coach

Athlete's  
Address

Home Phone	Cell Phone
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Email