

REDWOOD EMPIRE AQUATICS LEAGUE CHAMPIONSHIPS  
PACIFIC SWIMMING SHORT COURSE T/F MEET  
AUGUST 2-4, 2018  
CLUBS: LCC, NVST, SASO, SON, SRN, SSS, UD, VJO, WA



Club Entries only via CL2 or HY3 electronic file

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **19-103**

*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. **The results of this meet may be posted in real time on the Internet on Meet Mobile.**

**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> Phil Grant	<i>Head Starter:</i> Kian Tavakoli
<i>Meet Marshal:</i> Nolan Stimple	<i>Admin Official:</i> Mike Abegg
<i>Meet Director:</i> Ashley Britton <a href="mailto:srnashleybritton@gmail.com">srnashleybritton@gmail.com</a>	

**LOCATION:** Quinn Swim Center, Santa Rosa Junior College, 1501 Mendocino Avenue, Santa Rosa, CA.

**DIRECTIONS:** *From the north:* Travel south on Hwy 101. Exit at College Avenue turnoff. At stoplight, make a left turn onto College Avenue. Proceed eastbound on College Avenue to Mendocino Ave. Turn left on Mendocino Ave. At Pacific Avenue, turn left into the SRJC parking lot. *From the south:* Travel north on Hwy 101. Exit at College Avenue turnoff. At stoplight, make a right turn onto College Ave. Proceed eastbound on College Avenue to Mendocino Ave. Turn left on Mendocino Ave. At Pacific Avenue, turn left turn into the SRJC parking lot. Pass the football stadium to your right. Swim center and parking is to the right past the football stadium. The gymnasium will be available for athletes and families. **Setting up around the pool deck is prohibited.**  
**SRJC charges \$4 per day for all-day parking pass, including weekends and holidays.**

**COURSE:** INDOOR 25 YARD pool with up to 8 lanes available for competition. An additional 6 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 5' at the start end and 3'6" at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

**TIME:** Meet shall begin at 5:00 PM on Friday with warm up from 4:00-4:45 PM. Meet shall begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM Saturday and Sunday. Finals may not begin less than one hour after the completion of the last preliminary heat that 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 shall swim fast to slow.
- Athletes may compete in 1 event on Friday and up to 3 events per day on Saturday and Sunday, not including relays. Athletes exceeding these limits shall be required to scratch down to the allowable limit and will not be eligible for any refunds.
- 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.
- All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. Deck Pass may be used to prove registration status.
- All 8 & under events shall be swum together as Timed Finals during the Preliminaries. 8-UN will be scored as 6UN and 7-8.
- The following events shall be swum as Timed Finals during the Preliminaries: 10 & U 200 Free; 11-12 200 IM; 11-12 200 Free; 13-OV 400 IM, 200 Back, 200 Fly, and 200 Breast, 11-OV 500 Free.

- The 400 IM and 500 Free shall be swum as Timed Finals, fastest to slowest, alternating women's and men's heats. Genders may be combined at the discretion of the Meet Referee and Meet Director.
- Friday Events: 500 Free athletes shall provide their own timers and lap counters. 400 IM, 200 Free, 200 IM athletes shall also provide their own timers.
- All remaining events shall be swum as Preliminaries and Finals.
- The 8 fastest times from the Preliminaries will qualify for the Championship Finals and the next 8 fastest times from the Preliminaries will qualify for Consolation Finals.
- Individual Events for 13-OV age groups shall be swum together in Preliminaries, but shall be swum as 13-14 and 15OV during Finals.

**UNACCOMPANIED ATHLETES:** 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 athlete or the athlete's legal guardian to arrange for supervision by a USA-S 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-S Club Member-Coach.

**RACING STARTS:** Athletes 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 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 must be properly secured.
- Deck Changes are 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.
- 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.

**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 and times 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.
- The meet is open to all qualified athletes of clubs in the Redwood Empire Aquatic League (REAL): LCCC, NVST, SASO, SON, SRN, SSS, UD, VJO, WA. Unattached athletes, practicing with a REAL member club 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 preliminary and final event. Unattached athletes competing in timed finals will be treated as exhibition athletes for purposes of scoring.
- Entries with "**NO TIME**" will be **ACCEPTED**.
- 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 athletes must have met standards for the 17-18 age group.
- Relays shall be pre-entered with club entries or deck entered but charged at the conclusion of the meet based on results.
- The athlete's age will be the age of the athlete on the first day of the meet.

**ENTRY FEES:** \$5.50 per event plus an \$8.00 participation fee per athlete. Relays are \$16.00 per relay. No refunds will be made, except mandatory scratch downs. Full payment of individual entries (single team check) shall be turned in no later than 10 AM on

Saturday. Relay entries submitted by hand must have payment at the time of entry. Relay entries submitted via Hy-Tek shall be turned in no later than 10:00 AM on Sunday.

**Make check payable to: Neptune Swimming**  
**Email entries to: [srnashleybritton@gmail.com](mailto:srnashleybritton@gmail.com)**

**ENTRIES: CLUB ENTRIES ONLY.** All entries shall be submitted only by the club entry representatives. Club Manager entry file is REQUIRED. All entries shall be submitted using a Club Manager CL2 or HY3 electronic file. Entries must include: Full legal name, age, USA Swimming Registration Number, home club code, and LSC code. **Entries must be emailed by Wednesday, July 24, 2019. No late entries shall be accepted.**

**RELAY ENTRIES:** 8&UN and 9-10 Relays shall be swum in the end of Preliminaries. Relay cards for 8&UN and 9-10 are due NO LATER than 10:00 AM Saturday and Sunday. 11-12 and 13&OV relays shall be swum at the start of Finals. Relay cards for 11-12 and 13&OV are due NO LATER than 12:00 AM Saturday and Sunday. Relays may be entered electronically via Hy-Tek file.

**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:** • Athletes will not be penalized for missing preliminary events.

- Any athlete qualifying for any level of finals in an individual event who may not wish to swim in finals must either scratch or declare intent to scratch from that final within 30 minutes after the announcement of qualifiers. An athlete who declares intent to scratch must declare their final intention within 30 minutes after their last individual preliminary event.
- Any athlete 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 their next final event for that day. Should the Athlete have no additional final events for that day they will be barred from their next preliminary event.

**RELAY SCRATCHES:** Any relay club entered in a relay event that fails to compete in or report for that event shall not be penalized

**AWARDS: Individual:** Distinctive pins for 1st – 8th place; Ribbons for 9th – 16th place. Relays: Distinctive pins for 1st – 3rd place. **Club:** 1st place club receives Perpetual Banner; 2nd and 3rd place Clubs receive Banners. 8-UN will be awarded and scored as 6UN and 7-8. Individual Events for 13-OV age groups will be scored as 13-14 and 15OV. A selection committee comprised of a parent and athlete representative from each club and the Meet Referee shall vote for Club Spirit Award. 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.

**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. **Cost for parking is \$4.00 per day. Please park in the parking garage located on Mendocino Avenue.**

**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 shall be fined \$100 per missing official per session of the meet.

Club athlete 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

#### EVENT SUMMARY

Friday		
10 & UN	11-12	13 & OV
200 FR *	200 IM*	400 IM*
	500 FR*	500 FR*

Saturday				Sunday			
8 & UN	9-10	11-12	13-OV	8 & UN	9-10	11-12	13 & OV
25 BACK*	50 BACK	200 FREE*	200 FLY *	25 FREE*	100 IM	100 IM	200 FREE
25 BREAST*	50 BREAST	100 BACK	100 BREAST	25 FLY*	50 FLY	100 BREAST	100 BACK
50 FREE*	100 FREE	50 BREAST	200 IM	100 IM*	50 FREE	50 BACK	50 FREE
100 M.R. +	200 M.R. +	50 FLY	100 FREE	100 FR- R+	200 FR-R+	100 FLY	100 FLY
		100 FREE	200 BACK*			50 FREE	200 BREAST*
		200 M.R.%	200 M.R.%			200 FR-R%	200 FR-R%

**EVENTS**

Friday, August 2, 2019		
Event #	Event	Event #
1*	11-12 200 I.M.	2*
3*	13 & Over 40 I.M.	4*
5*	10 & Under 200 FREE	6*
7*	11 & Over 500 FREE	8*

Saturday, August 3, 2019		
EVENT #	EVENT	EVENT #
105*	11-12 200 Free	106*
107*	13 & Over 200 Fly	108*
109*	8 & Under 25 Back	110*
111	11-12 100 Back	112
113	13 & Over 100 Breast	114
115	9-10 50 Back	116
117	11-12 50 Breast	118
119*	8 & Under 25 Breast	120*
121	13 & Over 200 IM	122
123	9-10 50 Breast	124
125	11-12 50 Fly	126
127*	8 & Under 50 Free	128*
129	13 & Over 100 Free	130
131	9-10 100 Free	132
133	11-12 100 Free	134
135*	13 & Over 200 Back	136*
137+	8 & Under 100 MED Relay	138+
139+	9-10 200 MED Relay	140+
101%	11-12 200 MED Relay	102%
103%	13 & Over MED Relay	104%

Sunday, August 4, 2019		
EVENT #	EVENT	EVENT #
205	11-12 100 IM	206
207	13 & Over 200 Free	208
209	11 -12 100 Breast	210
211*	8 & Under 25 Free	212*
213	13 & Over 100 Back	214
215	9-10 100 IM	216
217	11-12 50 Back	218
219*	8 & Unver 25 Fly	220*
221	13 & Over 50 Free	222
223	9-10 50 Fly	224
225	11-12 100 Fly	226
227*	8 & Under 100 IM	228*
229*	13 & Over 100 Fly	230*
231	9-10 50 Free	232
233	11-12 50 Free	234
235*	13 & Over 200 Breast	236*
237+	8 & Under 100 Free Relay	237+
239+	9-10 200 Free Relay	240+
201%	11-12 200 Free Relay	202%
203%	13 & Over 200 Free Relay	204%

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

**\* Event Swum as Timed Final.**

**+ Even Swum at the End of Trials**

**% Event Swum at the Beginning of Finals**

**NOTE: 13 & OV events will be swum together in Preliminaries, but will be swum and scored as 13-14, 15 & OV in Finals. 11 & Ov and 13 & OV timed finals will be swum together, but will be scored separately as 11-12, 13-14 and 15 & OV.**

Pacific Swimming – Hosted by SRN  
 REALS  
 August 2, 2019 - August 4, 2019  
 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 \$5:50 = \$ _____ Participation Fee        \$ 10.00 Total                                \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													