

**UKIAH DOLPHINS
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
JULY 19-21, 2019**

Enter Online: <http://ome.swimconnection.com/pc/UD20190719>



SANCTION: Held under USA/Pacific Swimming Sanction No. **19-098**

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 the Meet Referee grants prior permission. 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> DON BAUTISTA | <i>Head Starter:</i> IRENE ALAMEIDA |
| <i>Meet Marshal:</i> BRAD HOLSTEIN | <i>Admin Official:</i> BARBARIE GONZALEZ |
| <i>Meet Director:</i> COACH MIKE HOPPE, BESTPACE@LIVE.COM | |

LOCATION: Ukiah High School 1000 Low Gap Road Ukiah, CA 95482

DIRECTIONS: From US 101 Northbound: take US 101 North to Ukiah; take North State Street exit, and turn left on North State Street. Continue to 3rd stoplight and turn right on Low Gap Road. High School is on the right. Pool is located next to the football field.

BACK PARKING AREA RESERVED FOR COACHES AND OFFICIALS ONLY

COURSE: 25 yard outdoor pool with up to 8 lanes available for competition. An additional 2 lanes shall be available for warm-up/cool down throughout the meet. 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. 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 will begin at 5:00PM Friday with warm-up from 4:00 to 4:45pm. Meet will begin at 9:00am on Saturday and Sunday with warm-ups from 7:30am to 8:45am each day.

RULES:

- Current USA and Pacific Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), 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.
- Athletes may enter as many events as they wish, but shall not compete in more than in 4 events per day and are not refunded for excess entry fees.
- 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, subject to the provisions of Pacific Swimming Rules and Regulations.
- 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.
- **All coaches and deck officials shall display their current USA Swimming membership cards in a visible manner. Deck Pass may be used to prove registration status.**
- All Open events (25 Free on Friday night only, 1650 Free, 400 IM, 500 Free, 200 Breast, 200 Back, and 200 Butterfly) may alternate girls and boys heats, or may be swum in combined heats of girls and boys at the discretion of the Meet Referee. Athletes must provide their own counters for the 500 Free and 1650 Free.
- No time entries will be accepted for all events except for OPEN events. In order to enter the Open events (Friday 25 Free, 1650 Freestyle, 400 IM, 500 Freestyle, 200 Breaststroke, 200 Backstroke and 200 Butterfly), 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 time, per Pacific Swimming Rule 4A(2), please contact the meet director AND the meet referee.

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.
- Deck Changes are prohibited.
- No pets allowed on deck, other than service assistance animals. Proof of same required upon request of Meet Management.
- 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 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 shall be added to the regular registration fee). Duplicate registrations shall 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**" shall be accepted for all events **except** the open events (see rules) and will be seeded in the slowest heat(s) of the "C" division.
- 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 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/UD20190719> 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 July 10th, 2019.

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, July 8th, 2019 or hand delivered by 6:30 p.m., July 10th, 2019. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Ukiah Dolphins
Mail entries to: Heath Dolan, PO Box 635, Ukiah, CA 95482
Hand delivered entries to: Carol Larson (Cuppa Joe to Go) , 1900-4 North State Street, Ukiah, CA 95482

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:** Distinctive pins will be awarded to 1st-3rd place in the "A," "B" and "C" divisions and ribbons will be awarded to the 4th – 8th 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 11 & Over individual events will be swum in combined heats, with awards given for each separate age group (11-12, 13-14, 15-16, 17-18). Athletes 19 years of age and older will not receive awards.
- **Open events:** Will be swum in combined heats, with awards being given by each separate age group (8&U, 9-10, and 11-12, 13-14, 15-16, 17-18.)
- "A" medals will be awarded to athletes achieving new "USAS-A" times swum during this meet only.
- **Relays:** Ribbons will be awarded to 1st-6th place relay finishers.
- **AWARDS MUST BE PICKED UP ON SUNDAY, THE LAST DAY OF THE MEET, BY A CLUB'S COACH OR CLUB REPRESENTATIVE. AWARDS WILL NOT BE MAILED.**
- **ALL 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**

ADMISSION: Free. A program will be available for \$5.

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 shall 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 shall 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 shall 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.

EVENT SUMMARY

| Friday | | | |
|---|--------------|--------------|----------------|
| 8&U | 9-10 | 11-12 | 13-Over |
| 200IM | 200IM | 200IM | 25 FREE OPEN |
| 25 FREE | 25 FREE | 25 FREE | 1650 FR OPEN |
| 1650 FR OPEN | 1650 FR OPEN | 1650 FR OPEN | |
| | | | |
| Qualifying times: 25 FREE OPEN: Girls - 00:17.60/Boys - 00:17.25 1650 FREE OPEN: Girls- 24:53.99/ Boys-24:21.89 | | | |

| Saturday | | | | Sunday | | | |
|--|-------------|--------------|----------------|--|--------------|--------------|----------------|
| 8&U | 9-10 | 11-12 | 13-Over | 8&U | 9-10 | 11-12 | 13-Over |
| 400IM OPEN | 400IM OPEN | 400IM OPEN | 400IM OPEN | 500 FR OPEN | 500 FR OPEN | 500 FR OPEN | 500 FR OPEN |
| 25 FLY | 50 FLY | 100 FLY | 100 BACK | 25 BACK | 200 FREE | 100IM | 200 BK OPEN |
| 50 BACK | 50 BREAST | 50 BREAST | 200 FREE | 200 BK OPEN | 50 BACK | 50 BACK | 200 IM |
| 100 IM | 100 BACK | 200 FREE | 100 FLY | 50 FREE | 200 BK OPEN | 200 BK OPEN | 100 BREAST |
| 25 FREE | 100 FREE | 50 FREE | 100 FREE | 50 BREAST | 50 FREE | 100 BREAST | 50 FREE |
| 200 BR OPEN | 200 BR OPEN | 100 BACK | 200 BR OPEN | 50 FLY | 100 BREAST | 50 FLY | 200 FLY OPEN |
| 100 M RELAY | 200 M RELAY | 200 BR OPEN | 200 M RELAY | 25 BREAST | 100 FLY | 100 FREE | 200 FR RELAY |
| | | 200 M RELAY | | 200 FLY OPEN | 100IM | 200 FLY OPEN | |
| | | | | 100 FR RELAY | 200 FLY OPEN | 200 FR RELAY | |
| | | | | | 200 FR RELAY | | |
| Qualifying Times: | | | | Qualifying Times: | | | |
| 400IM OPEN: Girls – 6:24.19/ Boys – 6:13.09 | | | | 500 FREE OPEN: Girls – 6:13.09/ Boys – 6:57.29 | | | |
| 200 BREAST OPEN: Girls – 3:23.09/ Boys – 3:14.89 | | | | 200 BACK OPEN: Girls – 2:56.59/ Boys – 2:52.69 | | | |
| | | | | 200 FLY OPEN: Girls – 3:00.89/ Boys – 2:56.59 | | | |

EVENTS

| Friday, July 19, 2019 | | |
|------------------------------|-----------------------------------|----------------|
| EVENT # | EVENT | EVENT # |
| 1 | 11-12 200 IM | 2 |
| 3 | 10-Under 200 IM | 4 |
| 5 17.60 | Open 25 FREE Qualifying Time | 6 17.25 |
| 7 24:53.99 | OPEN 1650 FREE Qualifying Time | 8 24:21.89 |

| Saturday, July 20, 2019 | | |
|--------------------------------|------------------------------------|----------------|
| EVENT # | EVENT | EVENT # |
| 101 6:24.19 | OPEN 400 IM Qualifying Time | 102 6:13.09 |
| 103 | 11-12 100 Fly | 104 |
| 105 | 8 & U 25 Fly | 106 |
| 107 | 9-10 50 Fly | 108 |
| 109 | 13 & O 100 Back | 110 |
| 111 | 11-12 50 Breast | 112 |
| 113 | 8 & U 50 Back | 114 |
| 115 | 9-10 50 Breast | 116 |
| 117 | 11 & O 200 Free | 118 |
| 119 | 8 & U 100 IM | 120 |
| 121 | 9-10 100 Back | 122 |
| 123 | 11-12 50 Free | 124 |
| 125 | 13 & O 100 Fly | 126 |
| 127 | 9-10 100 Free | 128 |
| 129 | 8 & U 25 Free | 130 |
| 131 | 13 & O 100 Free | 132 |
| 133 | 11-12 100 Back | 134 |
| 135 3:23.09 | OPEN 200 Breast Qualifying Time | 136 3:14.89 |
| 137 | 8-U 100 Medley Relay | 138 |
| 139 | 9-10 200 Medley Relay | 140 |
| 141 | 11-12 200 Medley Relay | 142 |
| 143 | 13-O 200 Medley Relay | 144 |

| Sunday, July 21, 2019 | | |
|------------------------------|----------------------------------|----------------|
| EVENT # | EVENT | EVENT # |
| 201 7:09.09 | OPEN 500 FREE Qualifying Time | 202 6:57.29 |
| 203 | 11-12 100 IM | 204 |
| 205 | 9-10 200 Free | 206 |
| 207 | 8 & U 25 Back | 208 |
| 209 | 11-12 50 Back | 210 |
| 211 | 9-10 50 Back | 212 |
| 213 2:56.59 | OPEN 200 BACK Qualifying Time | 214 2:52.69 |
| 215 | 8 & U 50 Free | 216 |
| 217 | 9-10 50 Free | 218 |
| 219 | 13 & O 200 IM | 220 |
| 221 | 8 & U 50 Breast | 222 |
| 223 | 9-10 100 Breast | 224 |
| 225 | 11 & O 100 Breast | 226 |
| 227 | 8 & U 50 Fly | 228 |
| 229 | 9-10 100 Fly | 230 |
| 231 | 11-12 50 Fly | 232 |
| 233 | 13 & O 50 Free | 234 |
| 235 | 8 & U 25 Breast | 236 |
| 237 | 9-10 100 IM | 238 |
| 239 | 11-12 100 Free | 240 |
| 241 3:00.89 | OPEN 200 FLY Qualifying Time | 242 2:56.59 |
| 243 | 8-Under 100 FREE Relay | 244 |
| 245 | 9-10 200 FREE Relay | 246 |
| 247 | 11-12 200 FREE Relay | 248 |
| 249 | 13-O 200 FREE RELAY | 250 |

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

| Pacific Swimming – Hosted by Ukiah Dolphahins Short Course C/B/A+ July 19-21, 2019 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's Name: _____ Coach's Cell Phone #: _____ Coach's Email Address: _____ | | | | | | | | | | | | | |
| Athlete's Address | | | | | | | | | | | | | |
| Home Phone | | | | | | | Cell Phone | | | | | | |
| Email | | | | | | | | | | | | | |