

**NAPA VALLEY SWIM TEAM "SPRING SPLASH"**  
**PACIFIC SWIMMING LONG COURSE C/B/A+ MEET**  
**MAY 2-3, 2020**

Enter Online: <http://ome.swimconnection.com/pc/NVST20200502>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **20-039**

*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> IRENE ALAMEIDA	<i>Head Starter:</i> KIAN TAVAKOLI
<i>Meet Marshal:</i> TIM MCNAMARA	<i>Admin Official:</i> MIKE ABEGG
<i>Meet Director:</i> PAUL ROBERTS - <a href="mailto:napavalleyswim@yahoo.com">napavalleyswim@yahoo.com</a>	

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

**COURSE:** Outdoor 50 meter outdoor heated pool, with rim flow gutters and anti-turbulent lane lines. Up to seven (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 measured in accordance with Article 103.2.3, is 4 feet at the shallow end and 12 feet at the deep 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 will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course
- All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- All events are timed finals.
- Athletes may enter more than four (4) events each day, but **may only compete in MAXIMUM 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.
- 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.
- 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.
- Athletes in the 800 Freestyle shall provide their own lap counters and timers.
- In order to enter the Open Events (400IM, 400 Freestyle, 200 Breaststroke, 200 Backstroke, 200 Butterfly, and 800 Freestyle), the athlete shall have met the listed qualifying time or have coach verification. 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 the Meet Referee.
- At the discretion of the Meet Referee, events and heats may be combined.
- No time entries will be accepted for all events **EXCEPT** the Open events.
- **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.**

**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.
- Deck Changes are prohibited.
- All animals, except service animals, are prohibited from all areas of the competition venue.
- 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.
- No food or drink is allowed in locker rooms.
- **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 DURING WARMUPS AND WHILE MEET IS IN SESSION.**

**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.
- **EXCEPT the events requiring a min. entry time, "NO TIME" entries shall be accepted and placed in the slowest heats.**
- 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.
- All athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.
- 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 a \$14.00 participation fee per athlete. Entries shall be rejected if payment is not sent at time request. No refunds shall be made except mandatory scratch downs.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/NVST20200502> 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 close at 11:59 p.m. on **WEDNESDAY, APRIL 22, 2020.**

**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, APRIL 20, 2020** or hand delivered by 5:00 PM, **WEDNESDAY, APRIL 22, 2020**. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**SHOULD THE MEET REACH CAPACITY AND NEED TO BE CLOSED PRIOR TO THE ONLINE ENTRY "CLOSE DATE" LISTED ABOVE (WEDNESDAY, APRIL 22, 2020) ABSOLUTELY NO ADDITIONAL ENTRIES WILL BE ACCEPTED AFTER THAT DATE. THE DATE THAT THE MEET CLOSED WILL BE LISTED ON OME SWIMCONNECTION. THIS INCLUDES MAIL-IN ENTRIES. MAIL-IN ENTRIES MUST BE POSTMARKED BY THE CLOSE DATE LISTED ON OME SWIM CONNECTION IN ORDER TO BE ACCEPTED. IF THEY ARE POSTMARKED AFTER THAT DATE, THEY WILL NOT BE ACCEPTED AND THE ATHLETE WILL NOT BE ENTERED.**

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

**Mail or hand delivered entries to:** Meet Director, 1942 Shurtleff Avenue Napa, CA 94559

**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 remaining 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). The 13 & Over individual events shall 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 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 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. Clubs and athletes must coordinate with the awards desk pick up and/or delivery of awards and for those awards not picked up. If awards will not 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 two-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 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 un-carded 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 May 2, 2020		
GIRLS EVENT #	EVENT	BOYS EVENT #
101	OPEN 400 Free <i>Girl Qual Time: 6:23.89</i> <i>Boy Qual Time: 6:15.49</i>	102
103	10 & Under 100 Free	104
105	13 & Over 200 Free	106
107	11-12 100 Fly	108
109	13 & Over 100 Fly	110
111	11-12 50 Back	112
113	10 & Under 200 Free	114
115	OPEN 200 Back <i>Girl Qual Time: 3:24.79</i> <i>Boy Qual Time: 3:20.79</i>	116
117	11-12 50 Breast	118
119	10 & Under 50 Breast	120
121	13 & Over 50 Free	122
123	11-12 200 Free	124
125	10 & Under 100 Back	126
127	13 & Over 100 Breast	128
129	11-12 50 Free	130
131	10 & Under 100 Fly	132
133	Open 200 Fly <i>Girl Qual Time: 3:24.89</i> <i>Boy Qual Time: 3:22.09</i>	134

Sunday May 3, 2020		
GIRLS EVENT #	EVENT	BOYS EVENT #
201	OPEN 400 IM <i>Girl Qual Time: 7:19.69</i> <i>Boy Qual Time: 7:10.19</i>	202
203	10 & Under 100 Breast	204
205	11-12 100 Breast	206
207	13 & Over 100 Back	208
209	11-12 50 Fly	210
211	10 & Under 50 Fly	212
213	Open 200 Breast <i>Girl Qual Time: 3:52.69</i> <i>Boy Qual Time: 3:44.69</i>	214
215	11-12 100 Back	216
217	10 & Under 50 Back	218
219	13 & Over 200 IM	220
221	11-12 200 IM	222
223	10 & Under 200 IM	224
225	13 & Over 100 Free	226
227	11-12 100 Free	228
229	10 & Under 50 Free	230
231	OPEN 800 Free <i>Girl Qual Time: 13:26.79</i> <i>Boy Qual Time: 13:11.69</i>	232

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

Pacific Swimming - Hosted by NVST LONG COURSE C/B/A+ MEET MAY 2-3, 2020 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	\$ 14.00	
	Total	\$	
Coach Name: _____			
Email Address: _____			
Cell Phone #: _____			
Athlete's Address			
Home Phone		Cell Phone	
Email			