

**UKIAH DOLPHINS**  
**PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET**  
**AUGUST 1-3, 2014**  
Enter Online: <http://ome.swimconnection.com/pc/UD20140801>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **14-130**

*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.

**OFFICIALS:**  
**Meet Referee:** DARRYL WOO      **Head Starter:** PHIL SPRATT  
**Meet Marshal:** GREG CAVALIN      **Admin Official:** ALBERT YU  
**Meet Director:** SHELLY BARRETT - 707-972-3843

**LOCATION:** Ukiah High School 1000 Low Gap Rd. Ukiah Ca. 95482

From US 101 Northbound; take US 101 North to Ukiah, Take North State St Exit; Turn left on North State St.. Continue to 3<sup>rd</sup> Stop light and turn right on Low Gap Rd. High School is on the right. The pool is next to the football field.

**COURSE:** INDOOR 25 YARD pool with up to 8 lanes available for competition. An additional 2 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 [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 9 AM each day with warm-ups from 7:30 to 8:45 AM each day. Except Friday warm ups will be 3:00-3:45. Meet will begin at 4PM Friday.

**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.
- Swimmers may compete in 5 events per day.
- All swimmers ages 12 and under should complete competition within four (4) hours.
- Entries will be accepted until the number of splashes exceeds the estimated time line, per the "Four-Hour Rule," based on the swimmers 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.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

**UNACCOMPANIED SWIMMERS:** 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 swimmer or the swimmer's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the swimmer 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:** Swimmers 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 swimmer or the swimmer'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 swimmers, 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.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

**ELIGIBILITY:** • Swimmers must be current members of USA-S 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 swimmer with the registration and times database. The meet host will check all swimmer 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.

- Swimmers in the "A" Division must have met at least the "PC-A" time standard. Swimmers in the "B" Division must have met at least the "PC-B" time standard. All entry times slower than the listed "PC-B" time standard will be in the "C" Division.
- **Entries with "NO TIME" will be ACCEPTED except in the 1650 Free, 500 Free, and the 400 IM.**
- 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 swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding and special accommodations on entry times and seeding per Pacific Swimming policy.
- Swimmers 19 years of age and over may compete in the meet for time only, no awards. Such swimmers must have met standards for the 17-18 age group.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRY FEES:** \$2.75 per event plus an \$8.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request. \$9.00 per relay. No limit on number of relays per club.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/UD20140801> 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 swimmer 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 a swimmer by Pacific Swimming.** Online entries will be accepted through **Wednesday, July 23, 2014.**

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be postmarked by **midnight, Monday, July 21, 2014** or hand delivered by **6:30 p.m. Wednesday, July 23, 2014.** No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Ukiah Dolphins**

**Mail entries to: Shelly Barrett  
PO Box 635  
Ukiah, CA 95482**

**Hand deliver entries to: Shelly Barrett  
1000 Low Gap Rd  
Ukiah, CA 95482**

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

**SCRATCHES:** Any swimmers not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized.

**AWARDS:** Individual Events will be awarded distinctive pins 1<sup>st</sup> through 6<sup>th</sup> and ribbons 7<sup>th</sup> through 12<sup>th</sup>. Relay Events will be awarded distinctive pins 1<sup>st</sup> through 3<sup>rd</sup> and ribbons 4<sup>th</sup> through 6<sup>th</sup>. Swimmers 19 years of age & older will not receive awards.

**ADMISSION:** Free. A program will be available for \$3.00

**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:** Camping will be available at the Ukiah High school. Camping will be at the baseball field not on the track as it was last year.

**MINIMUM OFFICIALS:** One half-hour before the scheduled start of each session, the Meet Referee shall conduct an inventory of Officials, and shall compare the number of swimmers present against the number of Officials present representing each team. No more than 3 days after close of entries, Meet management (ref or director) shall contact the representative from each team participating, and provide a preliminary inventory.

**MINIMUM OFFICIALS RULE:** Each team shall, by the start of the meet, provide to the Meet Director or designee a list of Officials who have agreed to represent that team during the meet, in accordance with the following table:

Number of swimmers competing in meet per team:	*Number of trained and carded officials required:
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5

\*Zone 3 Pacific Swimming will include Colorado, Intermediary/ Chief Timing Judge, and Hytek-Computer into the count of Officials for a session: these positions are not carded. Zone 3 Pacific Swimming will accept Trainees into the count of Officials for a session, so long as they are carded.

**EVENT**

**\*MINIMUM QUALIFYING TIMES FOR OPEN EVENTS:**

1650 Freestyle: Girls: 26:08.09 Boys: 25:20.59

500 Freestyle: Girls: 7:01.69 Boys: 6:59.39

400 IM: Girls: 6:29.09 Boys: 6:29.69

Girls will be odd numbered events and Boys will be even numbered events							
FRIDAY, JULY 26							
Event #		Age	Event				
1	2	11-12	200 Free				
3	4	10-un	200 Free				
5	6	OPEN	1650 Free*				
SATURDAY, JULY 27				SUNDAY, JULY 28			
Event #		Age	Event	Event #		Age	Event
7	8	13-up	200 IM	59	60	OPEN	400 IM*
9	10	11-12	100 Fly	61	62	9-10	100 IM
11	12	9-10	50 Fly	63	64	11-12	100 IM
13	14	8-un	25 Breast	65	66	8-un	100 IM
15	16	13-up	100 Back	67	68	13-up	100 Breast
17	18	11-12	200 IM	69	70	10-un	100 Breast
19	20	10-un	200 IM	71	72	11-12	50 Breast
21	22	8-un	50 Back	73	74	8-un	50 Fly
23	24	13-up	200 Breast	75	76	13-up	100 Fly
25	26	11-12	100 Breast	77	78	10-un	100 Fly
27	28	10-un	100 Back	79	80	11-12	100 Free
29	30	8-un	50 Free	81	82	8-un	50 Breast
31	32	13-up	100 Free	83	84	13-up	200 Free
33	34	11-12	50 Fly	85	86	9-10	50 Back
35	36	9-10	50 Breast	87	88	11-12	50 Back
37	38	8-un	100 Free	89	90	8-un	25 Back
39	40	13-up	200 Fly	91	92	13-up	200 Back
41	42	11-12	100 Back	93	94	9-10	50 Free
43	44	9-10	100 Free	95	96	11-12	50 Free
45	46	8-un	25 Fly	97	98	8-un	25 Free
47	48	OPEN	25 Free	99	100	13-up	50 Free
49	50	8-un	100 Med Relay	101	102	11-12	200 Free Relay
51	52	10-un	200 Med Relay	103	104	10-un	200 Free Relay
53	54	11-12	200 Med Relay	105	106	8-un	100 Free Relay
55	56	13-up	200 Med Relay	107	108	13-up	200 Free Relay
57	58	OPEN	500 Free*				

**\*SWIMMERS MUST PROVIDE THEIR OWN LAP COUNTERS AND TIMERS FOR THE 1650 FREE ON FRIDAY AND THE 500 FREE ON SATURDAY. SEE ENTRY RESTRICTIONS FOR OPEN EVENTS ABOVE.**

<b>Pacific Swimming – Hosted by Ukiah Dolphins</b> <b>C/B/A+</b> <b>August 1-3, 2014</b> <b>Consolidated Entry Form</b>													
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				
						: .			SCY / LCM				
# of entries _____ x \$2.75 = \$ _____ Participation Fee      \$ 8.00 Total                              \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													