

**ST. HELENA SWIM CLUB  
PACIFIC SWIMMING SHORT COURSE C/B/A+ INVITATIONAL MEET  
APRIL 25-26, 2015**

Enter Online: <http://ome.swimconnection.com/pc/shsc20150425>

**TEAMS: HSC, LCCC, PCM, SD, FBA, MCSD, UD, WILL, SON, WCAN, YPAC, MM, WA, FOG, KYSC, SFSL, QUIK, SSS, BSST**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-038**

*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: PEGGY RAMIREZ    Head Starter: SUSI JACKSON*  
                                 *Meet Marshal: PATRICK BRAWDY    Admin Official: BILL SARGIS*  
                                 *Meet Director: JON HOLLISTER    [hollisterjon@aol.com](mailto:hollisterjon@aol.com) (707) 225-2264*

**LOCATION:** ST. HELENA HIGH SCHOOL AQUATIC CENTER 1401 Grayson Ave. St. Helena, CA 94574

**DIRECTIONS:** From Highway 29 North turn right (west) at Grayson Ave. Pool on left just past School Office and gym. From Highway 29 South turn left (west) at Grayson Ave. Pool on left just past School Office and gym.

**TEAMS:** The meet is restricted to the following teams or swimmers unattached to or training with the following teams: HSC, LCCC, PCM, SD, FBA, MCSD, UD, WILL, SON, WCAN, YPAC, MM, WA, FOG, KYSC, SFSL, QUIK, SSS, BSST

**COURSE:** Outdoor 25 yard heated pool with up to 10 lanes available for competition. An additional 5 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 6' 6" at the start end and 6' 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 as of 10/2/2014.

**TIME:** Meet will begin at 9:30 AM each day with warm-ups from 8:00 to 9:15AM 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.
- Swimmers may compete in 4 events per day not including relays.
- 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.**
- All 13-18 athletes will swim together. Awards will be given to 13-14 age group - no awards will be given swimmers in the 15-18 age range

**ATTENTION HIGH SCHOOL SWIMMERS (February through May):** If you are a high school swimmer in season, you need to be Unattached from this meet. It is the swimmers responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**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 or on school grounds.
- No glass containers are allowed in the meet venue. **No pets are allowed on deck at anytime**
- 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.

**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.

- The meet is restricted to the following teams or swimmers unattached to or training with the following teams: HSC, LCCC, PCM, SD, FBA, MCSD, UD, WILL, SON, WCAN, YPAC, MM, WA, FOG, KYSC, SFSL, QUIK, SSS, BSST.
- **Entries with "NO TIME" will be accepted.**
- 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.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRY PRIORITY:** The meet is restricted to the following teams or swimmers unattached to or training with the following teams: HSC, LCCC, PCM, SD, FBA, MCSD, UD, WILL, SON, WCAN, YPAC, MM, WA, FOG, KYSC, SFSL, QUIK, SSS, BSST.

**ENTRY FEES:** \$4.00 per event plus an \$8.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request. Relays are \$9.00 per event on deck the day of the meet.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/shsc20150425> 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, **April 15, 2015.**

**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, **April 13, 2015** or hand delivered by 6:30 p.m. Wednesday, **April 15, 2015.** 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: ST. HELENA SWIM CLUB**

**Mail entries to: Catherine Durand  
P.O. Box 373  
St. Helena, CA 94574**

**Hand deliver entries to: Kevin Twohey  
588 Zinfandel  
St. Helena, CA 94574**

**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:** Ribbons will be awarded to the 1<sup>st</sup> -8<sup>th</sup> place finishers in the C/B/A divisions for the following age groups: 6 & Under, 7-8, 9-10, 11-12 and 13-14. Swimmers 15 and older will not receive awards for individual events. Ribbons will be awarded for the 1<sup>st</sup>-3<sup>rd</sup> place finishers in each Relay age group. Awards will be given to the teams coach at the end of the meet or mailed to the team. Teams must provide a mailing address when coaches check in the first day of the meet.

**ADMISSION:** Free. A 2 day meet program will be available for \$4.00.

**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:** No more than 3 days after close of entries, meet management (Meet Director and/or Meet Referee) shall contact a representative from each team participating in the meet, and provide a preliminary inventory of the officials that team is required to provide for each session. 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 each session of the meet.

At the meet, meet management shall conduct an inventory of officials, and shall compare the number of swimmers entered in each session by each team with the number of officials present representing each team. If meet management certifies that a team 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 team will be fined \$100 per missing official per session of the meet.

Club swimmers 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

***\*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 Trainees in the count of officials for a session, as long as they are carded. Teams may use officials "borrowed" from other teams, or unattached officials at the meet who agree, to fulfill their obligation under the rule.***

**EVENT SUMMARY**

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-Over	8 & UN	9-10	11-12	13-Over
25 BK	100 BK	100 BK	200 BK	100 IM	100 FR	100 FR	200 FR
25 FL	50 FL	50 FL	100 FR	25 BR	50 BR	50 BR	100 BK
50 BR	100 BR	100 IM	100 BR	50 BK	50 BK	500 FR	200 BR
500 FR (10-UN)	100 IM	100 BR	200 IM	25 FR	100 FL	100 FL	500 FR (13-14)
50 FR	500 FR	50FR	100 FL		200 IM	50 BK	50 FR
	50 FR						
100 Medley RELAY	200 Medley RELAY	200 Medley RELAY	200 MED RELAY	100 Free Relay	200 Free Relay	200 Free Relay	200 Free Relay

**EVENTS**

SATURDAY APRIL 25		
EVENT #	EVENT	EVENT #
1	13-18 200 Back	2
3	9-10 100 Back	4
5	8-UN 25 Back	6
7	13-18 100 Free	8
9	9-10 50 Fly	10
11	8-UN 25 Fly	12
13	11-12 100 Back	14
15	13-18 100 Breast	16
17	9-10 100 Breast	18
19	8-UN 50 Breast	20
21	11-12 50 Fly	22
23	9-10 100 IM	24
25	10-UN 500 Free	26
27	11-12 100 IM	28
29	13-18 200IM	30
31	11-12 100 Breast	32
33	8-Un 50 Free	34
35	11-12 50 Free	36
37	9-10 50 Free	38
39	13-18 100 Fly	40
41	8-UN 100 Medley Relay	42
43	9-10 200 Medley Relay	44
45	11-12 200 Medley Relay	46
47	13-18 200 Medley Relay	48

SUNDAY APRIL 26		
EVENT #	EVENT	EVENT #
49	13-18 200 Free	50
51	9-10 100 Free	52
53	8-UN 100 IM	54
55	13-18 100 Back	56
57	9-10 50 Breast	58
59	8-UN 25 Breast	60
61	11-12 100 Free	62
63	13-18 200 Breast	64
65	9-10 50 Back	66
67	8-UN 50 Back	68
69	11-12 50 Breast	70
71	9-10 100 Fly	72
73	11-14 500 Free	74
75	8-UN 25 Free	76
77	11-12 100 Fly	78
79	9-10 200 IM	80
81	11-12 50 Back	82
83	13-18 50 Free	84
85	8-UN 100 Free Relay	86
87	9-10 200 Free Relay	88
89	11-12 200 Free Relay	90
91	13-18 200 Free Relay	92

**Lap counting devices will be provided for the 500's.**

**10-Under 500 Free will be swum together and awarded separately 8-UN, 9-10.**

**11-14 500 Free will be swum together and awarded separately as 11-12, 13-14.**

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

Pacific Swimming – Hosted by ST HELENA SWIM CLUB (SHSC) SPRING C/B/A+ INVITATIONAL April 25-26, 2015 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			
							:	.		SCY / LCM			
# of entries _____ x \$4.00 = \$ _____ Participation Fee      \$ <b>8.00</b> Total                       \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													