

**REAL CHAMPIONSHIPS
PACIFIC SWIMMING SHORT COURSE MEET
August 7-9, 2015**



SANCTION: Held under USA/Pacific Swimming Sanction No. **15-114**

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> Debbi Tucker – dtucker@pacswim.org	<i>Head Starter:</i> Albert Yu
<i>Meet Marshal:</i> Daniel Man	<i>Admin Official:</i> Susi Jackson
<i>Meet Director:</i> Ricky Cueva – meetdirector@vallejoaquatics.com	

LOCATION: John F. Cunningham Aquatic Complex. 801 Heartwood Ave., Vallejo, CA.

DIRECTIONS: From I-80 East onto Georgia Street: **from I-80 West**, Right up over freeway onto Georgia Street. Go east on Georgia Street, past (3) stoplights. Turn LEFT on Heartwood to pool. **From Contra Costa**, take I-680 NORTH to I-780 NORTH. Exit from I-780 at Columbus Parkway. Turn LEFT on Georgia Street. Turn RIGHT on Heartwood. Pool is on the left side. For Google Maps directions, use <http://g.co/maps/2k8bh>. Pool parking lot is only for officials who are working the meet. Those parking in improper areas will be ticketed by V.P.D. and may be towed.

COURSE: 25 yard outdoor heated pool. Up to nine (9) competition lanes, with separate warm up and warm down areas available throughout meet. Colorado timing system, with touchpads and scoreboard, may be used. The minimum water depth measured in accordance with Article 103.2.3, is 5' at the start end and 5' at the turn end. In accordance with 104.2.2C (4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

TIME: Friday Session will begin at 5:00pm, warmups at 3:45pm to 4:45pm. Saturday and Sunday sessions will begin at 9:00am each day, with warm ups from 7:30am to 8:45am.

- 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 8 & under events will be swum together as Timed Finals during the Preliminaries. 8-UN events will be awarded and scored as 6-UN and 7-8.
 - **All relays will be swum as Timed Finals.**
 - ♦ All 8-UN and 9-10 relays will be swum at the end of Preliminaries.
 - ♦ All 11-12 and 13-OV relays will be swum at the beginning of Finals.
 - ♦ All relay swimmers must be entered in an individual event in the meet.
 - **The following events will be swum as Timed Finals during the Preliminaries:**
 - ♦ 11-12 100 Back, 100 Breast, and 100 Fly
 - ♦ 13-OV 200 Back, 200 Fly, 200 Free, and 200 Breast
 - **400 IM and 500 Free events:**
 - ♦ There will be a minimum qualifying time standard that must have been met in order to enter the event. (13 & Over Girls 400 IM – 6:20.09; 13 & Over Boys 400 IM – 6:29.69; 11 & Over Girls 500 Free – 8:18.99; 11 & Over Boys 500 Free – 8:19.99).
 - ♦ Events will be swum as Timed Finals, fastest to slowest, alternating women and men. Genders may be combined at the discretion of the Meet Referee and the Meet Director.
 - ♦ 500 Free swimmers shall provide their own timers and lap counters. 400 IM swimmers shall also provide their own timers.
 - **All remaining events will 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 will be swum together in Preliminaries, but will be swum and scored as 13-14 and 15-OV during Finals.
- If local conditions warrant, 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.
- Swimmers may compete in 1 event on Friday and up to 3 events per day on Saturday and Sunday, not including relays. Swimmers exceeding these limits will be required to scratch down to the allowable limit and will not be eligible for any refunds.
- **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.
- Pop-ups and tents will not be allowed on deck, except at the west end of the pool. For Fire and Safety purposes, the coaches' area is for coaches only. Swimmers/team members may check in with their coaches but cannot stay there.
- **NO** pets allowed on the deck, other than service assistance animals.
- 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 open to all qualified swimmers of teams in the Redwood Empire Aquatic League (REAL): SRN, SSS, UD, VJO, WA, and WCAN. Unattached swimmers, practicing with a REAL member team, 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 swimmers competing in timed finals will be treated as exhibition athletes for the purpose of scoring.
- Entries with **"NO TIME" will be ACCEPTED (Exception – 400 IM and 500 Free Events, see Rules).**
- Disabled swimmers 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.
- Swimmers 19 years of age and over may compete in 13 & over events and score points.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY FEES: \$5.50 per event plus an \$8.00 participation fee per swimmer. Relays are \$16.00 per relay. Entries will be rejected if payment is not sent at time of request. Teams may enter as many relays as possible, but only the two fastest relays from each team will be scored and awarded. Relays will be deck entered at a time announced each day.

TEAM ENTRIES: Entries will be done by Hy-Tek Team Manager. Entries will be emailed to Vicky Yee at yee_victoria@yahoo.com. Entries are due by 10:00 PM, Monday, July 27th.

Make check payable to: VJO

Mail entry checks to: VJO

RE: REAL Championships Meet Entries

P.O. Box 5846

Vallejo, CA 94591-5846

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: • Pacific Swimming scratch rules will be enforced. A copy will be posted at the clerk-of-course.

- Swimmers entered in a preliminary individual event in a Trials and Finals meet that is seeded on the deck that have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim in an event will result in being barred from their next preliminary individual event in which the swimmer is entered on that day or the next meet day, whichever is first.
- Any swimmer qualifying for any level of finals in an individual event who does not wish to compete must scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that may not intend to compete in consolation finals or finals. In this case, they must declare their final intention within 30 minutes after the announcement of qualifiers following their individual preliminary event.
- Any swimmer 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 the remainder of any final events for that day. Should the swimmer have no additional final events for that day they will be barred from their next preliminary event on the next day of the meet they are entered.
- If the No-Show occurs on the last day that the swimmer is entered in an individual event in the meet, and no other individual event penalty is applicable, the swimmer shall then be fined \$100.00. The fine will be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment

RELAY SCRATCH RULE: Any relay team 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. Team: 1st place team receives Perpetual Banner; 2nd and 3rd place teams receive Banners. The Boys and Girls team with the highest point total each receives a banner. Team Spirit Award will also be awarded by a selection committee comprised of a parent and swimmer representative from each team and the Meet Referee. 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. A program will be available on Saturday and Sunday.

SNACK BAR & HOSPITALITY: A snack bar will be available on Saturday and Sunday. Lunches and refreshments will be provided for officials and coaches. Refreshments will be provided to timers.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

MINIMUM OFFICIALS: At least 7 days prior to the first day of the meet, 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 number of officials represent 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 Preliminaries and Finals meet, the team will be fined \$100 per missing official per session of the meet.

Number of Swimmers Competing in Meet	Trained and Carded Officials Requested
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 Computer Operators into the count of Officials for a session although these positions are not carded. Zone 3 will accept uncarded Trainees into the count of Officials for up to two sessions per person. 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

Friday, August 7		Saturday, August 8			
<u>11-12</u>	<u>13-OV</u>	<u>8-UN</u>	<u>9-10</u>	<u>11-12</u>	<u>13-OV</u>
500 Free*	400 IM*	25 Back*	50 Back	200 IM*	200 Back*
	500 Free*	25 Breast*	50 Breast	100 Back*	200 IM
		50 Free*	100 Free	50 Breast	100 Breast
		100 MR+	200 MR+	50 Fly	200 Fly*
				100 Free	100 Free
				200 MR%	200 MR%

Sunday, August 9			
<u>8-UN</u>	<u>9-10</u>	<u>11-12</u>	<u>13-OV</u>
100 IM*	100 IM	100 IM	200 Free*
25 Fly*	50 Fly	100 Breast*	100 Back
25 Free*	50 Free	50 Back	200 Breast*
100 FR+	200 FR+	100 Fly*	100 Fly
		50 Free	50 Free
		200 FR%	200 FR%

SCHEDULE OF EVENTS

FRIDAY AUGUST 7		
Girls	Event Description and Age Group	Boys
1*	13-OV 400 I.M.	2*
3*	11-OV 500 Free	4*

SATURDAY AUGUST 8		
Girls	Event Description and Age Group	Boys
101*	11-12 200 I.M.	102*
103*	13 & O 200 BACK	104*
105*	11-12 100 BACK	106*
107*	8 & U 25 BACK	108*
109	9-10 50 BACK	110
111	13 & O 200 I.M.	112
113	11-12 50 BREAST	114
115*	8 & U 25 BREAST	116*
117	9-10 50 BREAST	118
119	13 & O 100 BREAST	120
121	11-12 50 FLY	122
123*	13 & O 200 FLY	124*
125*	8 & U 50 FREE	126*
127	9-10 100 FREE	128
129	13 & O 100 FREE	130
131	11-12 100 FREE	132
133+	8 & U 100 MED RLY	134+
135+	9-10 200 MED RLY	136+
137%	13 & O 200 MED RLY	138%
139%	11-12 200 MED RLY	140%

SUNDAY AUGUST 9		
Girls	Event Description and Age Group	Boys
201	11-12 100 I.M.	202
203*	13 & O 200 FREE	204*
205*	11-12 100 BREAST	206*
207*	8 & U 100 I.M.	208*
209	9-10 100 I.M.	210
211	13 & O 100 BACK	212
213	11-12 50 BACK	214
215*	13 & O 200 BREAST	216*
217*	8 & U 25 FLY	218*
219	9-10 50 FLY	220
221*	11-12 100 FLY	222*
223	13 & O 100 FLY	224
225*	8 & U 25 FREE	226*
227	9-10 50 FREE	228
229	11-12 50 FREE	230
231	13 & O 50 FREE	232
233+	8 & U 100 FR RLY	234+
235+	9-10 200 FR RLY	236+
237%	11-12 200 FR RLY	238%
239%	13 & O 200 FR RLY	240%

Minimum Qualifying times

Event	Girls	Boys
400IM	6:29.09	6:29.69
500 Free	8:18.99	8:18.99

- * Event swum as Timed Finals
- + Event Swum at the end of Preliminaries
- % Event Swum at the beginning of Finals

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

2015 REAL CHAMPIONSHIPS

“Theme: Under the Sea“

August 7-9, 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				
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					: .			SCY / LCM				
					: .			SCY / LCM				
					: .			SCY / LCM				
					: .			SCY / LCM				
<p>CIRCLE BONUS # of entries _____ x \$5.50 = \$ _____</p> <p>EVENT Participation Fee \$ 8.00</p> <p style="text-align: right;">Total \$ _____</p>												
Coach												
Swimmer's Address												
Phone Number:						Email Address:						