

**REAL CHAMPIONSHIPS  
PACIFIC SWIMMING SHORT COURSE MEET  
AUGUST 12 – 14, 2016**

Enter Online <http://ome.swimconnection.com/pc/REAL20160812>

**ELIGIBLE TEAMS: SRN, SSS, UD, VJO, WA, WCAN, MCSO, LCCC, SHSC, WILL**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **16-111**

*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:**

<b>Meet Referee:</b> Peggy Ramirez <a href="mailto:peggyr2016@gmail.com">peggyr2016@gmail.com</a>	<b>Head Starter:</b> Philip Grant
<b>Meet Marshal:</b> John Flammang	<b>Admin Official:</b> Barbarie Gonzales
<b>Meet Director:</b> Heath Dolan <a href="mailto:pws@sonic.net">pws@sonic.net</a> 707-799-2852	

**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 3<sup>rd</sup> 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 eight (8) lanes available for competition. An additional two (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 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 and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- Athletes may compete in 1 event on Friday and up to 3 events per day on Saturday and Sunday, not including relays. Athletes exceeding these limits will be required to scratch down to the allowable limit and will not be eligible for any refunds.
- 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.
- **The following events will be swum as Timed Finals during the Preliminaries:** 11-12 100 Back, 100 Breast, and 100 Fly 13-OV 400 IM, 200 Back, 200 Fly, 200 Free, and 200 Breast, 11-OV 500 Free
- Athletes entering the 400 IM and/or 500 Free must have met the listed minimum time standard. (13-OV Girls 400 IM – 6:29.69; 13-OV Boys 400 IM – 6:29.69; 11-OV Girls 500 Free – 8:18.99; 11-OV Boys 500 Free – 8:18.99).
- The 400 IM and 500 Free will be swum as Timed Finals, fastest to slowest, alternating women's and men's heats. Genders may be combined at the discretion of the Meet Referee and the Meet Director.
- 500 Free athletes shall provide their own timers and lap counters. 400 IM athletes 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.
- **All coaches and deck officials must wear their USA-Swimming membership cards in a visible manner.**

#### RELAYS:

- **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 athletes athlete must be entered in an individual event in the meet.

**UNACCOMPANIED ATHLETES:** Any USA Swimming 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 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:** Athletes must be certified by a USA Swimming member-coach as being proficient in performing a racing start, or must start the race in the water. 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 must be properly secured.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- No pets allowed on deck, other than service assistance animals.
- 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:

- Athletes must be current members of USA Swimming 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 athlete with the registration and times database. The meet host will 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 will be added to the regular registration fee). Duplicate registrations will be refunded by mail.
- The meet is open to all qualified athletes of teams in the Redwood Aquatic League (REAL): SRN, SSS, UD, VJO, WA, WCAN. In addition it is open to qualified athletes from MCSD, LCCC, SHSC, WILL for the 2016 event. Unattached athletes, practicing with a REAL member team (or MCSD, LCCC, SHSC, or WILL) 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 athletes competing in timed finals will be treated as exhibition athletes for the purpose of scoring.
- Entries with "**NO TIME**" will be accepted (exception - 400IM and 500 Free Events, see rules)
- 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 13 & over events and score points.
- The athlete's age will be the age of the athlete on the first day of the meet.

**ENTRY FEES:** \$5.50 per event plus an \$8.00 participation fee per athlete. Relays are \$16.00 per relay. Entries will be rejected if payment is not sent at time of request. No refunds will be made except mandatory scratch downs.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/REAL20160812> 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 be accepted through Monday, August 1, 2016.

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athlete's best time. Entries must be postmarked by midnight, Saturday, July 29, 2016 or hand delivered by Monday, August 1, 2016. No late entries will 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 deliver entries to:** Carol Larson (Cuppa Joe to Go)  
1900-4 North State Street  
Ukiah, CA 95482

**CHECK-IN:** The meet will be deck seeded. Athletes must 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 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.
- Athletes 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.
- Any athlete 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 athlete 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 athlete have no additional final events for that day they will be barred from their next preliminary event.
- If the No-Show occurs on the last day that the athlete is entered in an individual event in the meet, and no other individual event penalty is applicable, the athlete 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 SCRATCHES:** 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 athlete 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 3-day meet 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.

**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 trials and finals meet, the club will 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 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 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, August 12		Saturday, August 13			
<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 14			
<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%

**EVENTS**

<b>Friday, August 12, 2016</b>		
<b>EVENT #</b>	<b>EVENT</b>	<b>EVENT #</b>
1*	13-OV 400 IM	2*
3*	11-OV 500 Free	4*

<b>Saturday, August 13, 2016</b>		
<b>EVENT #</b>	<b>EVENT</b>	<b>EVENT #</b>
101*	11-12 200 IM	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 IM	112
113	11-12 50 Breast	114
115*	8 & 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 Relay	134+
135+	9-10 200 Med Relay	136+
137%	13 & O 200 Med Relay	138%
139%	11-12 200 Med Relay	140%

<b>Sunday, August 14, 2016</b>		
<b>EVENT #</b>	<b>EVENT</b>	<b>EVENT #</b>
201	11-12 100 IM	202
203*	13 & O 200 Free	204*
205*	11-12 100 Breast	206*
207*	8 & U 100 IM	208*
209	9-10 100 IM	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 Relay	234+
235+	9-10 200 FR Relay	236+
237%	11-12 200 FR Relay	238%
239%	13 & O FR Relay	240%

**Minimum Qualifying times**

<b>Event</b>	<b>Girls</b>	<b>Boys</b>
<b>400IM</b>	<b>6:29.69</b>	<b>6:29.69</b>
<b>500 Free</b>	<b>8:18.99</b>	<b>8:18.99</b>

- \* 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)**

2016 REAL CHAMPIONSHIP  
AUGUST 12-14, 2016  
Consolidated Entry Form

Name: Last,                      First                      Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M    F	LSC – (PC, SN)
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USA-#															
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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
		: .	SCY / LCM

# of entries \_\_\_\_\_ x \$5.50 = \$ \_\_\_\_\_  
 Participation Fee        \$ 8.00  
 Total                                \$ \_\_\_\_\_

Coach

Athlete's  
Address

Home Phone	Cell Phone
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Email