

**RESL CHAMPIONSHIP  
PACIFIC SWIMMING SHORT COURSE MEET  
JULY 22-24, 2016  
ELIGIBLE CLUBS: NBA, MONT, SD, HILLS, MP, PRNA, AAA, and PCM**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **16-107**

*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> <b>Chuck Johnson</b>	<i>Head Starter:</i> <b>Phil Spratt</b>
<i>Meet Marshal:</i> <b>Deanna Mckenzie</b>	<i>Admin Official:</i> <b>Barbara de Vries</b>
<i>Meet Director:</i> <b>Nichole Whetstone</b>	<a href="mailto:nicholewhetstone@sbcglobal.net">nicholewhetstone@sbcglobal.net</a>

**LOCATION:** Petaluma Swim Center - 900 E Washington St, Petaluma, CA.

**DIRECTIONS:** From US 101, exit East Washington Street; travel westbound for 1/4 mile, turn left at Ellis Street. The Swim Center is visible from East Washington Street. Please park in the parking lot section next to Washington Street (around "Java Hut") or behind the Swim Center.

**COURSE** Outdoor 25 yard x 50 meter heated pool, with rim flow gutters and anti-turbulent lane lines. Up to 8 lanes will be available for competition. A separate warm-up/cool down area will be available throughout the meet. The minimum water depth is 6 feet at the start end of the pool measured in accordance with Article 103.2.3, and 12 feet at the turn end. The competition course has not been certified in accordance with 104.2.2C(4). Electronic timing will be used.

**TIME: FRIDAY** – Meet begins at 4:00pm on Friday. Warm-ups will be from 3:00-3:50 pm.

**SATURDAY/SUNDAY** – Meet begins at 9:00 am on Saturday and Sunday. Warm ups will be from 7:30 – 8:45 am. There will be a minimum one-hour warm-up before the beginning of finals each day. The starting time for finals on Saturday and Sunday will be determined and announced by the Meet Referee 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 will swim fast to slow.
  - Athletes may compete in a maximum of two (2) events on Friday and up to three (3) individual events on both Saturday and Sunday. A maximum of eight (8) events may be swum over the three day competition.
  - All 8 & under events will be timed finals.
  - Individual events (other than 8 & under events) are preliminaries and finals, except the 400 IM, 500 Freestyle, 200 Freestyle, 200 Backstroke, 200 Butterfly, 200 Breaststroke, and 200 IM, which will be swum as timed finals.
  - The eight fastest swims from preliminaries will qualify for championship finals. The next eight fastest swims will qualify for consolation finals.
  - Entries will 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 will be made for any mandatory scratches.
  - **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

**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 or 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 only open to athletes attached to or in training with the following teams: NBA, MONT, SD, HILLS, MP, PRNA, AAA, and PCM
- Entries with "**NO TIME**" will be Accepted.
- 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.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such athletes must have met standards for the 17-18 age group.
- 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. \$16.00 per Relay Team. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

**TEAM ENTRIES:** All entries will be submitted as electronic team entries using the file provided. Team entries will be accepted through Monday July 11th at 11:59 p.m. Send electronic entries to Nichole Whetstone ([nicholewhetstone@sbcglobal.net](mailto:nicholewhetstone@sbcglobal.net)). \*\*\*No late entries will be accepted\*\*\* No refunds will be made except for mandatory scratches.

**RELAY ENTRIES:**

- Relay deck entries will be accepted before 10am Saturday and Sunday.
- Relay-only Athletes must be included in the team electronic entry file.
- Unattached Athletes may not swim in Relays.

**Make check payable to:** Redwood Empire Swim League

**Mail entries to:** Nichole Whetstone, 959 Golf Course Dr., Rohnert Park Ca 94928

**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:**

- Any athletes not reporting for or competing in a preliminary event they have checked in for shall not be penalized.
- An Athlete qualifying for any level of finals in an individual event who may not wish to swim in finals must either scratch or declare intent to scratch from that final within 30 minutes after the announcement of qualifiers. An athlete who declares intent to scratch must declare their final intention within 30 minutes after their last individual preliminary event.
- Any Athletes 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.

**AWARDS:**

**Individual Event Finals:** Ribbons awarded to 1st thru 16th place. 13 & Over events will be awarded as 13-14 and 15&Over

**Relays:** Ribbons awarded to 1st, 2nd, and 3rd place teams (8&U, 9-10, 11-12, 13-14, 15&Over)

**Team Trophies:** Awarded to 1st through 3rd place teams. High point trophy:

**High point trophies** will be awarded to a boy and a girl in each of the following age groups: 8&U, 9-10, 11-12, 13-14, 15&Ov.

**SCORING: Individual Events: Finals:** 20, 17, 16, 15, 14, 13, 12, 11 / **Consolations:** 9, 7, 6, 5, 4, 3, 2, 1 **Relays:** 1st through 16th place: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

**ADMISSION:** Free. A program will be available for a fee.

**SNACK BAR:** Snack bar will **NOT** be provided.

**HOSPITALITY:** 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 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 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 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.

**Schedule of Events**

Friday July 22, 2016		
EVENT #	EVENT	EVENT#
1%	13-over 400 IM	2%
3%	9-10 200 IM	4%
5%	11-12 200 IM	6%
7%	13-Over 200 Breast	8%
9%	9-10 200 Free	10%
11%	11-12 200 Free	12%
13%	13-Over 500 Free	14%
15%	11-12 500 Free	16%

Saturday July 23, 2016		
EVENT #	EVENT	EVENT #
17	9-10 100 IM	18
19	11-12 100 IM	20
21	13-14 100 Fly	22
23	15-Up 100 FLY	24
25%	8 & Under 50 Free	26%
27	9-10 50 Free	28
29	11-12 50 Free	30
31	13-14 50 Free	32
33	15-Up 50 Free	34
35%	8 & Under 25 Back	36%
37	9-10 100 Back	38
39	11-12 100 Back	40
41	13-14 100 Back	42
43	15-Up 100 Back	44
45%	8 & Under 25 Fly	46%
47	9-10 50 Breast	48
49	11-12 50 Breast	50
51%	13-14 200 Free	52%
53%	15-Up 200 Free	54%
55	9-10 100 Fly	56
57	11-12 100 Fly	58
59&	8 & Under 100 Med. Relay Mixed-gender	
61&	9-10 200 Med. Relay	62&
63#	11-12 200 Med. Relay	64#
65#	13-14 Med. Relay	66#
67#	15-Over 200 Med. Relay	68#

Sunday July 24, 2016		
EVENT #	EVENT	EVENT #
69	9-10 100 Free	70
71	11-12 100 Free	72
73%	13-14 200 IM	74%
75%	15-Up 200 IM	76%
77%	8 & Under 100 IM	78%
79	9-10 100 Breast	80
81	11-12 100 Breast	82
83	13-14 100 Breast	84
85	15-Up 100 Breast	86
87%	8 & Under 25 Breast	88%
89%	13-14 200 Back	90%
91%	15-Up 200 Back	92%
93	9-10 50 Back	94
95	11-12 50 Back	96
97	13-14 100 Free	98
99	15-Up 100 Free	100
101%	8 & Under 25 Free	102%
103	9-10 50 Fly	104
105	11-12 50 Fly	106
107%	13-14 200 Fly	108%
109%	15-Up 200 Fly	110%
111&	8 & Under 100 Free Relay Mixed-gender	
113&	9-10 200 Free Relay	114&
115#	11-12 200 Free Relay	116#
117#	13-14 200 Free Relay	118#
119#	15 & Over 200 Free Relay	120#

Events marked by “%” will be swum as timed finals.  
 Events marked by “#” will be swum at the beginning of finals.  
 Events marked by “&” will be swum at the end of prelims.