

**NAPA VALLEY SWIM TEAM  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
NOVEMBER 12-13, 2016**

Enter Online: <http://ome.swimconnection.com/pc/NVST20161112>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **16-126**

*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:* **IRENE ALAMEIDA**      *Head Starter:* **PHIL GRANT**  
*Meet Marshal:* **CREIGHTON WRIGHT**      *Admin Official:* **DEBBI TUCKER**  
*Meet Director:* **JESSICA PADGETT** – [SPORTSMOMOF4@COMCAST.NET](mailto:SPORTSMOMOF4@COMCAST.NET)

**LOCATION:** **VINTAGE HIGH SCHOOL, 1375 TROWER AVE, NAPA CA 94558**

Pool Entrance is off Jefferson Street. **PARKING LOT GATES WILL BE LOCKED UNTIL 8:00 AM – ABSOLUTELY NO ENTRANCE TO THE PARKING LOT OR POOL AREA WILL BE PERMITTED BEFORE 8:00 AM.** Please do not block the entrance to the pool parking lot which prevents the gate from being unlocked in a timely manner.

**COURSE:** 25 yard outdoor heated pool. Up to ten (10) competition lanes, with separate warm up and warm down areas available throughout meet. The minimum water depth, measured in accordance with Article 103.2.3, is 5' at the start end and 5' at the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

**TIME:** Meet shall begin at 10:00 AM each day with warm-ups from 8:30 to 9:45 AM each day.

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall be posted at the Clerk-of-Course.
- All events are timed finals.
- All events shall be swum in event order and in a "fast to slow" sequence with the option of reversing the sequence at the discretion of the Meet Referee and Meet Director.
- All athletes ages 12 and under should complete competition within four (4) hours.
- Athletes may enter more than four (4) events each day, but **may only compete in a maximum of four (4) events each day.**
- If local conditions warrant, the Meet Referee, with concurrence of the Meet Director, may require a mandatory scratch down, subject to the provisions of Pacific Swimming Rules and Regulations. Immediate cash refunds shall be made **ONLY** for any mandatory scratches. No other refunds shall be given.
- Entries shall be accepted until the number of splashes exceeds the estimated time line, per the "Four Hour Rule", based on athletes' age and gender.
- All Open events (400 IM, 200 IM, 500 Freestyle, 200 Freestyle, 200 Breaststroke, 200 Backstroke and 200 Butterfly) may be swum in alternate girls' and boys' heats, or in combined heats of girls and boys at the discretion of the Meet Referee and Meet Director.
- Athletes in the 500 Freestyle shall provide their own lap counters.
- In order to enter the Open events (400 IM, 200 IM, 500 Freestyle, 200 Freestyle, 200 Breaststroke, 200 Backstroke and 200 Butterfly), the athlete shall have met the listed qualifying time or have coach verification. If the athlete's coach is to verify the athlete's ability to achieve the minimum entry time per Pacific Swimming Rule 4A2, please contact the Meet Director AND Meet Referee.
- EXCEPT the Open events, no-time entries shall be accepted and placed in the slowest heats.
- **All coaches and deck officials shall visibly display their current USA Swimming membership card.**

**UNACCOMPANIED ATHLETES:** Any USA Swimming athlete-member competing at the meet shall be accompanied by a USA Swimming member-coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a member-coach 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:** Any athlete entered in the meet shall be certified by a USA Swimming member-coach as being proficient in performing a racing start, or shall start each race from within the water. When unaccompanied by a USA Swimming member-coach, 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 shall be properly secured.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- All animals, except service animals, are prohibited from all areas of the competition venue.
- 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.
- No food or drink is allowed in the locker rooms.
- ONLY COACHES' TENTS SHALL BE ALLOWED ON THE POOL DECK.

**ELIGIBILITY:**

- Athletes shall be current members of USA Swimming and enter their names and registration numbers on the meet entry card exactly as they are shown on their Registration Cards. If this is not done, it may be difficult to match the athlete with the registration database. The meet host shall 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 shall be added to the regular registration fee). Duplicate registrations shall be refunded by mail.
- Athletes in the "A" Division shall have met at least USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division shall have met at least the "B" minimum time standard. All entry times slower than the "B" time standard shall be in the "C" Division.
- 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.
- Age on the first day of meet shall determine the athlete's age for the entire meet.

**ENTRY FEES:** \$4.00 per event plus an \$8.00 participation fee per athlete. Entries shall be rejected if payment is not sent at time of request. No refunds shall be made except mandatory scratch downs.

**ONLINE ENTRIES:** To enter online, go to <http://ome.swimconnection.com/pc/nvst20161112> 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 shall be accepted through **Monday, October 31, 2016.**

**MAILED OR HAND DELIVERED ENTRIES:** Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with athlete's best time. Entries shall be postmarked by midnight, **Saturday, October 29, 2016** or hand delivered by 6:30 p.m., **Monday, October 31, 2016.** No late entries shall be accepted. Requests for confirmation of receipt of entries shall include a self-addressed envelope.

**Make check payable to:** NVST  
**Mail or hand deliver entries to:** Jessica Padgett  
120 W MacArthur Street  
Sonoma, CA 95476

**CHECK-IN:** The meet shall be deck seeded. Athletes shall 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 shall not be seeded and shall not be allowed to compete in that event.

**SCRATCHES:** Any athletes not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

**AWARDS:**

- Individual events: Ribbons shall be awarded to the 1st – 8th place finishers in the “A,” “B” and “C” divisions, for each event and age group (8&U, 9-10, and 11-12, 13-14, 15-16, 17-18.) The 13 & Over individual events shall be swum in combined heats, with awards given for each separate age group (13-14, 15-16, 17-18).
- Open events shall be swum in combined heats, with no awards being given.
- “A” medals shall be awarded to athletes achieving new “PC-A” times swam during this meet only.

**AWARDS SHALL BE PICKED UP ON SUNDAY, THE LAST DAY OF THE MEET, BY A CLUB’S COACH OR CLUB REPRESENTATIVE. AWARDS SHALL NOT BE MAILED. AWARDS THAT ARE NOT PICKED UP AT THE MEET (ONLY FOR ZONE 3 CLUBS) SHALL BE AVAILABLE AT THE NEXT ZONE 3 BOARD MEETING. NON ZONE 3 CLUBS AND UNATTACHED ATHLETES SHALL COORDINATE WITH THE AWARDS DESK FOR PICK UP AND/OR DELIVERY OF AWARDS. FOR THOSE AWARDS NOT PICKED UP, PRE-PAID ENVELOPES SHALL BE PROVIDED. AWARDS SHALL NOT BE INDIVIDUALLY DISTRIBUTED THROUGHOUT THE MEET.**

**ADMISSION:** Free. A two-day 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.

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

**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 shall 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 shall include assigned and working Colorado operator, Intermediary/Chief Timing Judge, and Computer operator in the count of officials for a session although these positions are not carded. Zone 3 shall 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.

EVENTS

SATURDAY, NOVEMBER 12, 2016		
EVENT #	EVENT	EVENT #
1	OPEN 500 FREE GIRLS Min Time: 7:01.69 BOYS Min Time: 6:59.39	2
3	11-12 100 FLY	4
5	8 & UNDER 25 FLY	6
7	9-10 50 FLY	8
9	13 & OVER 100 BACK	10
11	11-12 50 BREAST	12
13	8 & UNDER 50 BACK	14
15	9-10 50 BREAST	16
17	OPEN 200 IM GIRLS Min Time: 3:00.29 BOYS Min Time: 3:05.39	18
19	8 & UNDER 100 IM	20
21	11-12 100 FREE	22
23	13 & OVER 100 FREE	24
25	9-10 50 FREE	26
27	8 & UNDER 25 FREE	28
29	13 & OVER 100 FLY	30
31	11-12 50 BACK	32
33	9-10 100 BACK	34
35	OPEN 200 BREAST GIRLS Min Time: 3:46.29 BOYS Min Time: 3:26.69	36

SUNDAY, NOVEMBER 13, 2016		
EVENT #	EVENT	EVENT #
37	OPEN 400 IM Girls Min Time: 6:29.09 Boys Min Time: 6:29.69	38
39	11-12 100 BACK	40
41	8 & UNDER 25 BACK	42
43	9-10 50 BACK	44
45	OPEN 200 BACK GIRLS Min Time: 3:05.29 BOYS Min Time: 3:04.09	46
47	8 & UNDER 50 FREE	48
49	9-10 100 FREE	50
51	11-12 100 IM	52
53	OPEN 200 FREE GIRLS Min Time: 2:44.29 BOYS Min Time: 2:43.39	54
55	8 & UNDER 50 BREAST	56
57	9-10 100 BREAST	58
59	11-12 100 BREAST	60
61	13 & OVER 100 BREAST	62
63	8 & UNDER 50 FLY	64
65	9-10 100 FLY	66
67	11-12 50 FLY	68
69	8 & UNDER 25 BREAST	70
71	9-10 100 IM	72
73	11-12 50 FREE	74
75	OPEN 200 FLY GIRLS Min Time: 3:09.99 BOYS Min Time: 3:14.79	76

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

Pacific Swimming – Hosted by NVST C/B/A+ MEET NOVEMBER 12-13, 2016 Consolidated Entry Form													
Name: Last,                      First                      Middle													
Club Abbr.			UNATT CLUB 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				
# of entries _____ x \$4.00 = \$ _____ Participation Fee       \$ 8.00 Total                       \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													