

**MENDOCINO COAST SEA DRAGONS SWIM TEAM**  
**"THANKSWIMMING CLASSIC"**

**PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET**  
**NOVEMBER 19<sup>TH</sup>-20<sup>TH</sup> 2016**

Enter Online: <http://ome.swimconnection.com/pc/MCSD20161119>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **16-133**

*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> Peggy Ramirez	<i>Head Starter:</i> Susi Jackson
<i>Meet Marshal:</i> Amy McColley	<i>Admin Official:</i> Barbarie Gonzales
<i>Meet Director:</i> Anna Borcich, <a href="mailto:annaborcich@gmail.com">annaborcich@gmail.com</a> or (707)357-6929	

**LOCATION:** C.V. Starr Community Center and Sigrid and Harry Spath Aquatics Facility; 300 Lincoln Street, Fort Bragg CA 95437

**DIRECTIONS: From the South:** Drive north on Hwy 1/Main Street into Fort Bragg. Turn Right on Chestnut St. Turn left on Lincoln; C.V. Starr will be on your right after passing Redwood Elementary School. **From the North:** Drive south on Hwy 1/Main St. into Fort Bragg. Turn Left on Chestnut St. Turn left on Lincoln, C.V. Starr Center will be on your right after passing Redwood Elementary School.

**COURSE:** 25 yard, 8 lane indoor pool, with separate pool for warm-up during competition. The minimum water depth, measured in accordance with Article 103.2.3, is 6'0" at the start end and 4' 0" 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 9:00 AM each day with warm-ups from 7:30 to 8:45 AM

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures shall 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
- Athletes may compete in four events per day.
- All athletes 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 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 shall 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:** 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 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 exactly as they are shown on their Registration Card. If this is not done, it may be difficult to match the athlete with the registration 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.

- Athletes in the "A" Division must have met at least USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division must have met at least the "B" minimum time standard. All entry times slower than the "B" time standard will be in the "C" Division.
- 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 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 shall meet 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:** \$4.00 per event plus an \$8.00. participation fee per athlete. 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/mcsd20161119> 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 Wednesday, **2 November 2016** or until meet is at capacity.

**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, Monday, 31<sup>st</sup> October 2016 or hand delivered by 6:30 p.m. Wednesday, **2 November 2016**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: MENDOCINO COAST SEA DRAGONS (M.C.S.D)**

**Mail entries to: Anna Borcich, Meet Director  
PO Box 2939  
Fort Bragg CA 95437**

**Hand deliver entries to: Derek Hutchinson, Head Coach  
655 E Pine Street  
Fort Bragg CA 95437**

**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:** Ribbons will be awarded for each age group to 1 through 8 place finishers in the A+, B, and C divisions. 9-12 events will be awarded 9-10 and 11-12. 13 and over events will be awarded as 13-14, 15-16, and 17-18. Relays will be awarded 1-3 place for each event. Athletes 19-over and relay teams with athletes 19- over will not be awarded. "A" medals will be awarded to athletes achieving new A times. Ribbons will be available for pickup by coaches or a club representative at the end of the meet. Ribbons not picked up will be mailed to the swimmers' team. **To facilitate mailing, please have a club representative provide a self-addressed stamped envelope at the check-in table.**

**ADMISSION:** Free. A two-day meet program will be available for \$5.00.

**SNACK BAR & HOSPITALITY:** A snack bar will be available serving hot breakfast, hot lunches, salads and other nutritious items and beverages. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

**MISCELLANEOUS:** Coaches will have table space. Parents and athletes will have limited space on the deck, in the bleachers, and outside areas will be available for tents. The CV Starr Center will be open for swimming and recreation after the meet; athletes wishing to utilize the facility after the meet must pay for entry. No overnight parking is allowed.

**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 team. 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

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
50 FR	200 FR	200 FR	200 FR	50 BK	100 BK	100 BK	200 BK
25 BR	100 BR	100 BR	100 BR	50 BR	200 IM	200 IM	200 BR
100 IM	100 IM	100 IM	200 IM	25 FLY	100 FR	100 FR	100 FR
10-UN 200 M Relay	10-UN 200 M Relay	11-OVER 200 M Relay	11-OVER 200 M Relay	10-UN 200 FR Relay	10-UN 200 FR Relay	11-OVER 200 FR Relay	11-OVER 200 FR Relay
25 BK	50 FLY	50 FLY	100 BK	25 FR	50 BR	50 BR	100 FLY
	50 BK	50 BK	500 FR		50 FR	50 FR	50 FR
	500 FR	500 FR					

EVENTS

Thankswimming Classic 11/19 – 11/20/2016

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

Sat 11/21		
EVENT #	EVENT	EVENT #
1	13-Over 200 FR	2
3	9-12 200 FR	4
5	8-UN 50 FR	6
7	13-Over 100 BR	8
9	11-12 100 BR	10
11	9-10 100 BR	12
13	8-UN 25 BR	14
15	13-Over 200 IM	16
17	11-12 100 IM	18
19	10-UN 100 IM	20
21	11-Over 200 Medley Relay	22
23	10-UN 200 Medley Relay	24
25	11-12 50 Fly	26
27	9-10 50 Fly	28
29	8-UN 25 BK	30
31	13-Over 100 BK	32
33	11-12 50 BK	34
35	9-10 50 BK	36
37	9-12 500 FR	38
39	13-Over 500 FR	40

Sun 11/22		
EVENT #	EVENT	EVENT 3
41	13-Over 200 BK	42
43	9-12 100 BK	44
45	8-UN 50 BK	46
47	13-Over 200 BR	48
49	9-12 200 IM	50
51	8-Under 50 BR	52
53	13-Over 100 FR	54
55	11-12 100 FR	56
57	9-10 100 FR	58
59	8-UN 25 Fly	60
61	11-Over 200 FR Relay	62
63	10-UN 200 FR Relay	64
65	11-12 50 BR	66
67	9-10 50 BR	68
69	13-Over 100 Fly	70
71	8-UN 25 FR	72
73	9-10 50 FR	74
75	11-12 50 FR	76
77	13-Over 50 FR	78

Pacific Swimming – Hosted by Mendocino Coast Sea Dragons  
 PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
 NOVEMBER 19<sup>TH</sup>-20<sup>TH</sup> 2016  
 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            \$ **8.00**  
 Total                                \$ \_\_\_\_\_

Coach

Athlete's  
Address

Home Phone	Cell Phone
------------	------------

Email