**UKIAH DOLPHINS**
**PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET**
**JULY 26-28, 2013**
**Enter Online: http://ome.swimconnection.com/pc/UD20130726**

SANCTION: Held under USA Pacific Swimming Sanction No. **13-091**
*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 VIDEO: 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 video or visual recording electronic devices, including but not limited to film and digital cameras, cell phones and tablets, 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.

OFFICIALS:       Meet Referee: PEGGY RAMIREZ     Head Starter: DEBBI TUCKER       Meet Marshal: GREG CAVALIN
               Meet Director: SHELLY BARRETT- 707-972-3843 bigmamazmail@yahoo.com

LOCATION: Ukiah High School 1000 Low Gap Rd. Ukiah Ca. 95482

From US 101 Northbound; take US 101 North to Ukiah, Take North State St Exit; Turn left on North State St. Continue to 3rd Stop light and turn right on Low Gap Rd. High School is on the right. The pool is next to the football field.

From Southbound US 101; Take US 101 South to Ukiah. Take the North State St Exit. Turn right. Go through 3 stoplights and take a right on Low Gap Rd. High School is on the right. The pool is next to the football field.

COURSE: 25 Yard outdoor heated pool with up to 8 lanes for competition. Separate warm up and warm down area open during competition. Standard Colorado system. 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 begins at 4 p.m. Friday and at 9 a.m. Saturday and Sunday. Warm-ups are from 3:00 p.m. – 3:45 p.m. on Friday evening and 7:30 a.m. - 8:45 a.m. on Saturday and Sunday.

RULES:    •Current USA and Pacific Swimming rules will govern the meet.
         •Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk of the Course.
         •All events are timed finals.
         •On Saturday, events 57 & 58 (500 Free) may be swum fastest to slowest, alternate heats of girls and boys, or may be swum in combined heats of girls and boys as determined by the Meet Referee. Swimmers must provide their own timers and lap counter.
         •Swimmers may compete in up to five (5) events per day plus relays.
         •All coaches and deck officials must wear their USA-Swimming (USA-S) membership cards in a visible manner.
         •ENTRIES WILL BE ACCEPTED UNTIL THE NUMBER OF SPLASHES EXCEEDS THE ESTIMATED TIME LINE PER THE FOUR-HOUR RULE BASED ON SWIMMER'S AGE & 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.

OPEN EVENTS: Events 5 & 6 (1650 Free), 57 & 58 (500 Free), and 59-60 (400 IM) will be swum as Open Events. Swimmers must have achieved the listed qualifying time shown in the Schedule of Events on page 6. A swimmer's coach may verify the swimmer's ability to achieve the minimum time per Pacific Swimming Rule 4A(2).) If the swimmer's coach will be verifying the swimmer's ability to achieve the minimum entry time please contact the meet director or meet referee. Swimmers who have not achieved the minimum time and for whom coach verification has not been received will not be allowed to swim the event.

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DECK CHANGING Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

UNACCOMPANIED SWIMMERS: Any USAS 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 USAS 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 Swimming 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 USAS Club Member-Coach. The swimmer 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 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 deck changing.
•All shelters must be properly secured.
•No glass containers are allowed in the meet venue.
•No propane heater is permitted except for snack bar/meet operations.
•No pets are allowed on deck except for working assistance animals.

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 must 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.
•Swimmers in the "A" Division must have met at least the "PC-A" time standard.  Swimmers in the "B" Division must have met at least the "PC-B" time standard.  All entry times slower than the "PC-B" time standard will be in the "C" Division.
•Entries with "NO TIME" will be accepted.
•Swimmers aged 19 years and older may participate in the 13 & over and OPEN events but will not be scored or awarded. Such swimmers must have met the 17-18 age group time standards.
•Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming Policy.
•The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRIES:  MAILED ENTRIES:  All entries must be on the attached Consolidated Entry card.  Entry cards must be completely filled out including best times for events entered, and the swimmer's address, phone number, and family e-mail address.  Entered times must be submitted in yards.  Entries with "NO TIMES" will be placed in the slowest heat(s).  Entries must be postmarked by midnight, Wednesday July 17th 2013 and mailed to: Ukiah Dolphins * P.O. Box 635 * Ukiah, CA  95482.  Entries can be hand delivered to: Ukiah High School Pool 1000 Low Gap Rd ATT Shelly Barrett* Ukiah, CA 95482 by 6:00 p.m. Wednesday July 17h, 2013.  Please make checks payable to UKIAH DOLPHINS.

ONLINE ENTRIES:  Enter via http://ome.swimconnection.com/pc/UD20130726 and receive an immediate entry confirmation.  This confirmation should be brought to the meet as proof of entry.  This method requires payment by credit card.  Swim Connection LLC charges a processing fee for this service, equal to $1.00 per swimmer plus 5% times the 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 and is completely voluntary.  It is in no way required or expected in order to enter this meet.  The deadline for online entries is midnight Wednesday July 17th 2013.

ENTRY FEES:  Fees will be $2.75 per individual event; $9.00 per relay and an $8.00 per swimmer participation fee to help cover meet expenses.  Incomplete or illegible entries or entries without fees will require a collect call before entries are accepted.  NO LATE ENTRIES WILL BE ACCEPTED.  Except for mandatory scratches, NO REFUNDS WILL BE MADE.

Relay entries will be accepted the day of the meet at a time to be announced.  There is no limit on relay entries from each club.

AWARDS:  Individual Events will be awarded distinctive pins 1st through 6th and ribbons 7th through 12th.   Relay Events will be awarded distinctive pins 1st through 3rd and ribbons 4th through 6th.  Swimmers 19 years of age & older will not receive awards.

SCORING:  8 & under individual events will be scored and awarded as 6 & under and 7-8.  13 and over individual events will be scored 13-14, 15-16 & 17-18.  13&Up relays will be swum together.  Swimmers 19 years of age & older will not be scored. Team Points are as follows:

> Individual Events:     13-11-10-9-8-7-6-5-4-3-2-1
> Relay Events:          26-22-20-18-16-14

ADMISSION:  Admission to the three-day event is free.  Programs will be available for $5.00.

HOSPITALITY:  A full snack bar will be available.  Lunches and our famous Ukiah hospitality will be provided to all working officials, coaches, and timers.

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 prior to the estimated start of the meet.  Swimmers who do not check in will not be seeded and will not be allowed to compete in that event.

SCRATCHES: There are no penalties for failure to compete in an event.  Swimmer will be called to the block one time.

MISCELLANEOUS:  Camping is available at the Ukiah High School.

MINIMUM NUMBER OF OFFICIALS RULE: One half-hour before the scheduled start of each session, the Meet Referee shall conduct an inventory of Officials, and shall compare the number of swimmers present against the number of Officials present representing each team. No more than 3 days after close of entries, Meet management (ref or director) shall contact the representative from each team participating, and provide a preliminary inventory.

MINIMUM OFFICIALS RULE: 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 the meet, in accordance with the following table:

| Number of swimmers competing in meet per team: | *Number of trained and carded officials required: |
|---|---|
| 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 Hytek-Computer into the count of Officials for a session: these positions are not carded. Zone 3 Pacific Swimming will accept Trainees into the count of Officials for a session, so long as they are carded.

| Girls will be odd numbered events and Boys will be even numbered events |
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| **FRIDAY, JULY 26** |

| Event # | | Age | Event |
|---|---|---|---|
| 1 | 2 | 11-12 | 200 Free |
| 3 | 4 | 10-un | 200 Free |
| 5 | 6 | OPEN | 1650 Free* |

**SATURDAY, JULY 27**

**SUNDAY, JULY 28**

| Event # | | Age | Event | Event # | | Age | Event |
|---|---|---|---|---|---|---|---|
| 7 | 8 | 13-up | 200 IM | 59 | 60 | OPEN | 400 IM* |
| 9 | 10 | 11-12 | 100 Fly | 61 | 62 | 10-un | 100 IM |
| 11 | 12 | 10-un | 50 Fly | 63 | 64 | 11-12 | 100 IM |
| 13 | 14 | 8-un | 25 Breast | 65 | 66 | 8-un | 100 IM |
| 15 | 16 | 13-up | 100 Back | 67 | 68 | 13-up | 100 Breast |
| 17 | 18 | 11-12 | 200 IM | 69 | 70 | 10-un | 100 Breast |
| 19 | 20 | 10-un | 200 IM | 71 | 72 | 11-12 | 50 Breast |
| 21 | 22 | 8-un | 50 Back | 73 | 74 | 8-un | 50 Fly |
| 23 | 24 | 13-up | 200 Breast | 75 | 76 | 13-up | 100 Fly |
| 25 | 26 | 11-12 | 100 Breast | 77 | 78 | 10-un | 100 Fly |
| 27 | 28 | 10-un | 100 Back | 79 | 80 | 11-12 | 100 Free |
| 29 | 30 | 8-un | 50 Free | 81 | 82 | 8-un | 50 Breast |
| 31 | 32 | 13-up | 100 Free | 83 | 84 | 13-up | 200 Free |
| 33 | 34 | 11-12 | 50 Fly | 85 | 86 | 10-un | 50 Back |
| 35 | 36 | 10-un | 50 Breast | 87 | 88 | 11-12 | 50 Back |
| 37 | 38 | 8-un | 100 Free | 89 | 90 | 8-un | 25 Back |
| 39 | 40 | 13-up | 200 Fly | 91 | 92 | 13-up | 200 Back |
| 41 | 42 | 11-12 | 100 Back | 93 | 94 | 10-un | 50 Free |
| 43 | 44 | 10-un | 100 Free | 95 | 96 | 11-12 | 50 Free |
| 45 | 46 | 8-un | 25 Fly | 97 | 98 | 8-un | 25 Free |
| 47 | 48 | OPEN | 25 Free | 99 | 100 | 13-up | 50 Free |
| 49 | 50 | 8-un | 100 Med Relay | 101 | 102 | 11-12 | 200 Free Relay |
| 51 | 52 | 10-un | 200 Med Relay | 103 | 104 | 10-un | 200 Free Relay |
| 53 | 54 | 11-12 | 200 Med Relay | 105 | 106 | 8-un | 100 Free Relay |
| 55 | 56 | 13-up | 200 Med Relay | 107 | 108 | 13-up | 200 Free Relay |
| 57 | 58 | OPEN | 500 Free* | | | | |

**\* SWIMMERS MUST PROVIDE THEIR OWN LAP COUNTERS & TIMERS FOR THE 1650 FREE ON FRIDAY AND THE 500 FREE ON SATURDAY.  SEE ENTRY RESTRICTIONS FOR OPEN EVENTS ABOVE.**

**\*MINIMUM QUALIFYING TIMES FOR OPEN EVENTS:**
1650 Freestyle: Girls:  26:37.19 / Boys: 25:48.79
500 Freestyle:  Girls: 7:09.59 / Boys: 7:07.19
400 IM:   Girls: 6:36.29 / Boys: 6:36.89

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UKIAH DOLPHINS
Short Course C/B/A+ Meet
**July 26-28, 2013**
Consolidated Entry Card

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| NAME | LAST | FIRST | INTITIAL |
|---|---|---|---|

| Club Abbr | Unattached Yes No | Club Name |
|---|---|---|

| Age | Date of Birth | Amt Paid |
|---|---|---|

USAS Registration | | | | | | | | | | | |

| Sex Boy Girl | Age Group 8&U | 9-10 | 11-12 | 13&O |
|---|---|---|---|---|

| Event # | Distance | Stroke | Entry Time |
|---|---|---|---|
|  |  |  | : . |
|  |  |  | : . |
|  |  |  | : . |
|  |  |  | : . |
|  |  |  | : . |
|  |  |  | : . |
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|  |  |  | : . |
|  |  |  | : . |

# of entries _____ x $2.75 — $_____
Participation fee — + $8.00
Total — $_____
Coaches Name

| Swimmers | Address |
|---|---|
|  | City |
|  | State |
|  | Zip |

Swimmer Phone
Family Email

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