

**COAST VALLEY AQUATICS LEAGUE
CLOSED SHORT COURSE CHAMPIONSHIPS**

August 9-11, 2013

EnterOnline: <http://ome.swimconnection.com/pc/CVAL20130809>



**PACIFIC
SWIMMING**

SANCTION: Held under USA/Pacific Swimming Sanction No. **13-152**

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 & 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 audio or visual recording 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: Referee: Frank Suhomel
Meet Director: Mary Hazdovac (maryhazdovac@comcast.net)
Head Starter: Brian Malick
Meet Marshall: Iana Brunido

LOCATION: Hartnell College Pool, 156 Homestead Drive, Salinas CA 93901. **FROM US-101 SOUTH:** Take the MAIN ST exit toward SALINAS. Stay STRAIGHT to go onto N MAIN ST/CA-183 S. N MAIN ST/CA-183 S becomes SALINAS ST. Turn RIGHT onto W ALISAL ST. Turn RIGHT onto HOMESTEAD AVE. **FROM US-101 NORTH:** Take the JOHN ST exit. Turn LEFT onto JOHN ST. Turn RIGHT onto MONTEREY ST. Turn LEFT onto E ALISAL ST. Turn RIGHT onto HOMESTEAD AVE.

COURSE: Ten (10) 25-yard lanes of competition are available, with separate 25-yard lanes provided for warm up and warm down each day. Eight (8) lanes will be seeded for Finals and Consolation Finals. Colorado Timing System will be used. The minimum water depth, measured in accordance with Article 103.2.3, is 14' at the start end and 14' 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.

TIMES:	WARM UP:	MEET BEGINS:
FRIDAY	2:00 PM	3:30 PM
SATURDAY	7:30 AM	9:00 AM
SUNDAY	7:30 AM	9:00 AM

Officials and Coaches meeting will be conducted prior to each day's meet start time.

- RULES:**
- Current USA, Pacific Swimming rules and CVAL by-laws 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-Course.
 - A swimmer may compete in a maximum of 6 individual events, including Friday events.
 - A team may have unlimited entries per individual event. A team may have only one relay team per relay event.
 - All Friday events, all 6/UN events, all 8/UN events, and all relay events will be timed finals. All other events will be conducted with preliminary heats and finals.
 - The 9/10, 8/Un, and 6/UN relays are the last events of the preliminary sessions on Saturday and Sunday.
 - All finals on Saturday and Sunday will begin no sooner than 1 hour after the completion of the last preliminary heat.
 - A lane vacated in a final heat due to a scratch or no-show, shall be filled by the next fastest swimmer from the consolation heat and the vacated consolation lane filled by the first alternate swimmer without reseeding the lanes. Pacific Swimming Scratch Procedures for finals will be in effect for this meet. A copy will be at the Scratch Desk.
 - **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

UNACCOMPANIED SWIMMERS: Any USA-S 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 starter 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. No propane heater is permitted except for the snack bar/meet

operations.

RESTRICTIONS: • Glass containers of all kinds, sale and use of alcoholic beverages and tobacco products are prohibited in all areas of the meet venue which includes the pool deck, locker rooms, spectator seating, standing areas, and in all areas used by swimmers, during the meet and during warm-up periods.

- No propane heater is permitted except for the snack bar/meet operations.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or otherwise designated areas is not appropriate and is strongly discouraged.

2013 USA Facilities Standards: 103.18 AUTOMATIC OFFICIATING EQUIPMENT .2/M/Installation and safety: Equipment shall be installed so that it will not interfere with swimmers' start, turns or finish and the normal overflow functions of the pool water recirculation system. All deck-level wiring shall carry no more than 12 volts.

ELIGIBILITY: • Swimmers must be current members of USA-S and enter their name and registration number on the meet entry card as 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 clerk of course must check all swimmer registrations against the SWIMS database and if not 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.

• **This meet is only open to qualified swimmers, belonging to a CVAL team (CAB, CRUZ, GGST, MBSC, MCAT, SBA, SLUG, SEA).**

• Registered USA Swimming individuals participating on other USA Swimming teams may participate on a CVAL team if they have declared themselves unattached prior to their first CVAL meet, have swum exclusively at their CVAL team practices and meets during the regular season, and meet any other requirements placed upon USA Swimming individuals participating in CVAL events.

• All swimmers 18 & under must have swum in a minimum of 2 events in at least one league meet during the 2013 CVAL season to be eligible for 2013 CVAL Championship participation.

• Swimmers 19 years of age and over may swim prelims only and will not score points.

• The swimmers age will be the age of the swimmer on the first day of the meet.

• Entries with "NO TIME" will be accepted.

ENTRY FEES: \$8.00 participation fee per swimmer, \$2.75 per individual event, and \$9.00 per relay entry. Fees must be included with entries. Checks only. NO REFUNDS except as noted in the relay entries.

Make checks payable to:

CVAL

Mail with entries to:

Mary Hazdovac
1117 Piedmont Avenue
Pacific Grove, CA 93950

RELAY ENTRIES: COACHES: Please complete the relay entry form with instructions at the end of meet sheet. No deck entered relay teams will be accepted. No deck entered relay swimmers will be accepted.

MEET ENTRIES: Option 1: ONLINE ENTRIES: To enter on-line, go to <http://ome.swimconnection.com/pc/CVAL20130809> to receive an immediate entry confirmation. The "billing information" email should be brought to the meet as proof of entry. This method requires payment by credit card using a secure site. Swim Connection LLC charges a processing fee for this service, equal to \$1 per swimmer 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 a swimmer by Pacific Swimming. Online entries will be accepted through Wednesday, July 31, 2013. Relays entries may NOT be entered online.

Option 2: MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with best short course time for each event. Entered times must be submitted in yards. "No Time" entries will be accepted. Entries must be postmarked by midnight, Monday, July 29, 2013 or hand delivered to the Monterey Peninsula College Pool Office by 6:30 p.m. Wednesday, July. 31, 2013. No late entries will be accepted. No refunds will be made, except for mandatory scratch downs. Requests for confirmation of receipt of entries should include a self- addressed envelope.

Option 3: Download Hy-Tek File and e-mail entries: Hy-Tek file available for download at www.montereyswim.org, E-mail entry (entry.zip file) will be accepted only when received with an attached Word or .pdf file including electronic signature of coach and will be dated as official at that time. Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-

mail entry. Deletions will NOT be refunded. If you do not have Hy-Tek entry software Hy-tek lite can be downloaded free of charge at <http://www.hy-tek.com/downloads.html>. Submission deadline: Monday, July 29, 2013 to maryhazdovac@comcast.net.

CHECK-IN: The meet will be deck-seeded. Swimmers must check in at the Clerk-of-Course. Close of check-in for all 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 before the scheduled start of the session. Swimmers who do not check in will not be allowed to compete in the event.

SCRATCHES: The Pacific Swimming scratch rules will be enforced. A copy will be posted at the clerk-of-course.

TIMED FINAL EVENTS: Swimmers entered in an individual event 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. Swimmers who miss an event they have checked in for will no longer be penalized by the loss of the next event they have entered.

TRIAL & FINAL EVENTS: Swimmers entered in an 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 an event will result in being barred from rest of his/her events that day including relays. If the swimmer qualified for a final before missing an event they may swim that final. The penalty will not apply if the swimmer scratches before the event is seeded, or if the Referee accepts proof that the failure was caused by illness, injury or other circumstances that were beyond the control of the swimmer.

FINAL EVENTS: A swimmer shall be barred from competing for the remainder of the meet if he/she fails to compete in the final event that he/she originally qualified for, unless properly scratched. This rule includes a \$25 fine when the missed final is the swimmer's last race of the meet.

AWARDS: CVAL Medals: 1st – 8th place in individual events and 1st – 3rd place in relay events
 CVAL Ribbons: 9th – 16th place in individual events and 4th – 8th place in relay events

Special Awards: High point boy and girl in each age group
 1st – 3rd place championship teams

6/UN swimmers competing in 8/UN events will be awarded and scored separately.

SCORING: Individual to 16 places: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, and 1 points.
 Relay events to 8 places: 40, 34, 32, 30, 28, 26, 24, 22, points.

ADMISSION: Free. A three-day program will be available for sale.

REFRESHMENTS: A full service snack bar will be available Friday, Saturday, and Sunday providing breakfast, lunch, and dinner. Picnic areas are available outside the facility. Small personal-sized coolers with healthy swimmer snacks, not to exceed 11 inches in one dimension, are allowed inside facility.

PARKING: No RV or overnight parking. Competition facilities will not be available after meet hours.

EVENT SUMMARY						
	6/UN	8/UN	9/10	11/12	13/14	15/18
Friday			200 Free	200 Free	500 Free	500 Free
Saturday	100 IM 50 Free 25 Back	100 IM 50 Free 25 Back	100 IM 50 Free 50 Back	100 IM 50 Free 50 Back	200 IM 50 Free 100 Back	200 IM 50 Free 100 Back
Saturday Relays	100 Mixed Med. Relay	100 Med. Relay	200 Med. Relay	200 Med. Relay	200 Med. Relay	200 Med. Relay
Sunday	25 Free 25 Breast 25 Fly	25 Free 25 Breast 25 Fly	100 Free 50 Breast 50 Fly	100 Free 50 Breast 50 Fly	100 Free 100 Breast 100 Fly	100 Free 100 Breast 100 Fly
Sunday Relays	100 Mixed Free Relay	100 Free Relay	200 Free Relay	200 Free Relay	200 Free Relay	200 Free Relay

SCHEDULE OF EVENTS

FRIDAY

EVENT #		EVENT
GIRLS	BOYS	
1	2	9-10 200 Free
3	4	11/12 200 Free
5	6	13/14 500 Free
7	8	15/18 500 Free

SATURDAY				SUNDAY			
EVENT #		EVENT		EVENT #		EVENT	
GIRLS	BOYS			GIRLS	BOYS		
9	10	9/10	100I.M.	51	52	9/10	100 Free
11	12	11/12	100I.M.	53	54	11/12	100 Free
13	14	8/un	100I.M.	55	56	8/un	25 Free
15	16	13/14	200I.M.	57	58	13/14	100 Free
17**	18**	15/18	200I.M.	59**	60**	15/18	100 Free
19	20	9/10	50 Free	61	62	9/10	50 Breast
21	22	11/12	50 Free	63	64	11/12	50 Breast
23	24	8/un	50 Free	65	66	8/un	25 Breast
25	26	13/14	50 Free	67	68	13/14	100 Breast
27**	28**	15/18	50 Free	69**	70**	15/18	100 Breast
29	30	9/10	50 Back	71	72	9/10	50 Fly
31	32	11/12	50 Back	73	74	11/12	50 Fly
33	34	8/un	25 Back	75	76	8/un	25 Fly
35	36	13/14	100 Back	77	78	13/14	100 Fly
37**	38**	15/18	100 Back	79**	80**	15/18	100 Fly
39*		6/un	100 Mixed Medley Relay	81*		6/un	100 Mixed Free Relay
41	42	8/un	100 Medley Relay	83	84	8/un	100 Free Relay
43	44	9/10	200 Medley Relay	85	86	9/10	200 Free Relay

***6/UN may have only one (1) relay, 4 boys or 4 girls or any combination of boys and girls.**

All 6/UN and 8/UN events are timed finals events

Ribbons and Medals for 6/UN and 8/UN are awarded at the starting blocks following the morning relay

BREAK / WARM-UP

FINALS FOR EVENTS

9-12, 15-22, 25-32, 35-38, and 45-50

45	46	11/12	200 Medley Relay
47	48	13/14	200 Medley Relay
49	50	15/18	200 Medley Relay

BREAK / WARM-UP

FINALS FOR EVENTS

51-54, 57-64, 67-74, 77-80, and 87-92

87	88	11/12	200 Free Relay
89	90	13/14	200 Free Relay
91	92	15/18	200 Free Relay

****For finals, the 15/18 age group will split into 15/16 and 17/18 for all events except for the 15/18 relays.**

TEAM RELAY ENTRIES

Relays entries may NOT be entered online. All relay team entries must be postmarked by the closing date for individual entries, **Monday, July 29, 2013**, or hand delivered to the Monterey Peninsula College Pool Office by 6:30 PM **Wednesday July 31, 2013** and include **a separate team relay check** covering the relay entry fees for the number relays entered. Write the entry time in the appropriate time field of the relay entry form for each relay team. There should be only one Relay Entry Form per CVAL team.

Relay Entry cards confirming the relay entries for the entire meet will be ready for pick up by each CVAL team on the first day of the meet. Relay scratches or time changes are accomplished by returning the Relay Entry cards to the Clerk of Course by 11 AM each day having relay events. When there are no scratches or time changes, there is no need to turn in the Relay Entry card. Refunds will be made to the team for any relay entries scratched prior to the start of the relay event.

Relay Event cards containing the heat and lane assignments and all the eligible swimmers for the relay for all 10 and under relays will be ready for pick up after noon each day. Relay Event cards containing the heat and lane assignments and all the eligible swimmers for the relay for all 11 and over relays will be ready for pick up before the start of finals each day. The order of the swimmers must be listed on the Relay Event card prior to the start of the heat.

No deck entered relay teams will be accepted. No deck entered relay swimmers will be accepted.

Any swimmer who is not entered in an individual event or is unattached is not eligible to participate in a relay.

COACHES TEAM RELAY ENTRY FORM			
TEAM:		Abbreviation:	
Saturday Relay Event		Sunday Relay Event	
	Entry Time		Entry Time
39	6/un 100 Mixed Medley Relay	81	6/un 100 Mixed Free Relay
41	8/un 100 Girls Medley Relay	83	8/un 100 Girls Free Relay
42	8/un 100 Boys Medley Relay	84	8/un 100 Boys Free Relay
43	9/10 200 Girls Medley Relay	85	9/10 200 Girls Free Relay
44	10 200 Boys Medley Relay	86	9/10 200 Boys Free Relay
45	11/12 200 Girls Medley Relay	87	11/12 200 Girls Free Relay
46	11/12 200 Boys Medley Relay	88	11/12 200 Boys Free Relay
47	13/14 200 Girls Medley Relay	89	13/14 200 Girls Free Relay
48	13/14 200 Boys Medley Relay	90	13/14 200 Boys Free Relay
49	15/18 200 Girls Medley Relay	91	15/18 200 Girls Free Relay
50	15/18 200 Boys Medley Relay	92	15/18 200 Boys Free Relay

Number of Relay Entries: _____ **X \$9.00 = \$ _____ .00**

A time (or NT) must be indicated in the appropriate Time box for each intended relay entry.

For accounting purposes, please submit this form attached with a separate relay entry check payable to CVAL to:
Mary Hazdovac
 1117 Piedmont Avenue
 Pacific Grove, CA 93950