

Lake County Channel Cats
'Channel Cat Challenge'
PACIFIC SWIMMING Short Course C/B/A+ Meet
August 17-18, 2013
Enter Online: <http://ome.swimconnection.com/pc/LCCC20130817>



SANCTION: Held under USA Pacific Swimming Sanction No. **13-127**

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 audio 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:** Ron Selim **Meet Marshal:** Stephanie Wayment
 Meet Director: Jen Hanson – 707-263-3131 jhanson70@mchsi.com

LOCATION: 250 Lange Street, Lakeport, CA 95453

Directions (from the north) take Hwy 20 to Hwy 29 and go south to Lakeport. Take Exit 106 (Parkway/Hospital Exit) and turn left onto Parkway. At the second stop sign, Parkway intersects with Lakeshore Blvd., turn right on Lakeshore Blvd. Follow Lakeshore approximately 1.5 miles then right onto Rainbow Road at the old, closed restaurant. If Lakeshore makes a 90* turn right, then you have gone .5 mile too far. At the stop sign, Rainbow road intersects with Howard. Turn left on to Howard and follow signs to pool.

Directions (from the south) take Hwy 29 north to Lakeport. Take Exit 106 (Parkway/Hospital Exit) and turn right onto parkway. At the second stop sign, Parkway intersects with Lakeshore Blvd., turn right on Lakeshore Blvd. Follow Lakeshore approximately 1.5 miles then right onto Rainbow Road at the old, closed restaurant. (If Lakeshore makes a 90* turn right, then you have gone .5 mile too far.) At the stop sign, Rainbow road intersects with Howard. Turn left on to Howard and follow signs to pool.

COURSE: 25 yard outdoor, 6 lane pool. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 12' at the start end and 3'5" at the turn end. In accordance with Article 104.2.2C(4) the competition course has not been certified.

TIME: Meet begins at 9:00 AM each day, warm-ups from 7:30 to 8:45 AM 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 are timed finals.
- **Swimmers may compete in 4 events per day. Swimmers may enter more than (4) events each day but may only compete in a maximum of four (4) events plus relays each day.**
- **No refunds will be given except as provided below for mandatory scratch-downs.**
- All 13-14, 15-16, and 17-18 athletes will swim together, but will be awarded separately.
- The Meet will be LIMITED to the first 250 swimmers or 1000 splashes each day.
- **All swimmers 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 swimmers 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 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 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 pets are allowed on deck except for working assistance animals.
- 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.
- 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 tents will be allowed on the pool deck, other than Coach's Tents and available space is limited.** Swimmers and parents are offered minimal space in bleachers and grass area in the pool area.

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.
- 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 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.
- Swimmers 19 years of age and over may compete in the meet for time only, no awards. Such swimmers must have met the time standards for the 17-18 age group.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY FEES: \$2.75 per event, \$8.00 participation fee per swimmer. Relay: \$9.00 per team entry. Entries will be rejected if payment is not sent at time of request for entry.

Make check payable to: Lake County Channel Cats

Mail with entries to:
 Lake County Channel Cats
 Swim Meet Entries
 P.O. BOX 1722
 Lakeport, CA 95453

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be entered using the current Pacific Swimming Consolidated Entry Card (attached) Entries must be postmarked by midnight, Thursday, **August 8, 2013** or hand delivered to the **250 Lange Street, Lakeport CA 95453** by 6:30 p.m. Friday, **August 9, 2013**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/LCCC20130817> 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 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 Friday, **August 8, 2013**.

RELAYS: The Relays will be a Mixed Age Group Relay team made up of one swimmer from each of the following Age Groups: 1 – 8 & Under, 1 – 9/10, 1- 11/12, 1 -13 & Older. Saturdays Mixed Age Group Relay will be a 200 Free girls and Boys Relay & Sundays Mixed Age Group Relay will be a 200 Medley Girls and Boys relay.

All Mixed Relays will be deck seeded and entries must be received by the Clerk of Course at a time determined each day by the Referee.

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 before the estimated time of the 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: Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.

AWARDS: Individual events: Ribbons will 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.) Swimmers 19 years of age and older will not receive awards. “A” medals will be awarded to swimmers with an entry time slower than “A” achieving a PC “A” time standard for the first time. See Pacific Swimming website for `PC “A” time standards **Ribbons will be available for pickup by the coaches, or team representative, the day of the meet. Awards not picked up will be mailed.**

ADMISSION: Free. A two day meet program will be available for \$4.00

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

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 representative from e 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:

*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.

# of swimmers competing in meet per team:	# of trained & carded officials required:
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5

EVENTS:

Saturday August 17, 2013		
Event #	Event	Event #
1	13-UP 100 Back	2
3	11-12 100 Back	4
5	9-10 100 Back	6
7	8-UN 25 Back	8
9	13-UP 200 Free	10
11	11-12 100 Free	12
13	9-10 100 Free	14
15	8-UN 50 Free	16
17	13-UP 100 Fly	18
19	200 Mixed age group Free Relay	
21	11-12 50 Fly	22
23	9-10 50 Fly	24
25	8-UN 25 Fly	26
27	13-UP 100 Breast	28
29	11-12 100 Breast	30
31	9-10 100 Breast	32
33	8-UN 50 Breast	34

Sunday August 18, 2013		
Event #	Event	Event #
35	13-UP 500 Free	36
37	12-UN 500 Free	38
39	11-12 50 Back	40
41	9-10 50 Back	42
43	8-UN 50 Back	44
45	13-UP 100 Free	46
47	11-12 50 Free	48
49	9-10 50 Free	50
51	8-UN 25 Free	52
53	200 Mixed age group Medley Relay	
55	13-UP 50 Free	56
57	11-12 100 IM	58
59	9-10 100 IM	60
61	8-UN 100 IM	62
63	13-UP 200 IM	64
65	8-UN 25 Breast	66
67	9-10 50 Breast	68
69	11-12 50 Breast	70
71	13-UP 200 Breast	72

Use the following URL to find the time standards: http://www.pacswim.org/page/times_standards.shtml

Pacific Swimming – Hosted by Lake County Channel Cats C/B/A+ Short Course Meet August 17-18, 2013 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				
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# of entries _____ x \$2.75 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													