

**MENDOCINO COAST SEA DRAGONS
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
NOVEMBER 18-19, 2017**

Enter Online: <http://ome.swimconnection.com/pc/MCSD20171118>



SANCTION: Held under USA/Pacific Swimming Sanction No. **17-139**

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: Bill Sargis, mechanix30@sbcglobal.net	Head Starter: Dawn Williams
Meet Marshal: Amy McColley	Admin Official: Barbarie Gonzalez
Meet Director: Anna Borcich, annaborcich@gmail.com	(707) 357-6928

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 Maple St. Continue until you arrive at the C.V. Starr in front of you. **From the North:** Drive south on Hwy 1/Main St. into Fort Bragg. Turn Left on Maple St. Continue until you arrive at the C.V. Starr Center in front of you.

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 shall begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 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.
- Athletes may compete in four (4) events per day.
- All athletes ages 12 and under should complete competition within four (4) hours.
- Entries shall 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 shall be made for any mandatory scratches.
- All events will be swum in event order and in a "FAST to SLOW" sequence with the options of reversing the sequence at the discretion of the Meet Referee and Meet Director.
- Athletes entering the 11 & Over 400 IM must have met the listed qualifying time (Girls – 6:08.49 / Boys – 5:44.99)
- At the discretion of the Meet Referee, events and heats may be combined.
- **All coaches and deck officials shall display their current USA Swimming membership cards in a visible manner. Deck Pass may be used to prove registration status.**

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.
- No tent set-up inside—tents may be set-up on south lawn
- All shelters shall 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.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

ELIGIBILITY:

- Athletes shall 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 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 the listed USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division shall have met at least the listed "B" minimum time standard. All entry times slower than the "B" time standard shall be in the "C" Division.
- Entries with "**NO TIME**" shall be accepted **EXCEPT for events 41 & 42 (See Rules)**.
- Entry times submitted for this meet may 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 athlete shall meet standards for the 17-18 age group.
- Age on the first day of the meet shall determine the athlete's age for the entire meet.

ENTRY PRIORITY: Entries from members of Zone 3 clubs (including unattached athletes training with those clubs) postmarked or entered on line by second Monday after the meet opens on Swim Connection shall be given first priority for acceptance to the meet. In addition to Zone 3 clubs, athletes who are members of or train with the following clubs may enter during the entry priority period: **Woodland (SN-WOOD)**. All entries from other zones in Pacific Swimming or from other LSC's, postmarked or entered on line by the entry deadline shall be considered in the order they are received.

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/MCSD20171118> 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. **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 November 8th 2017 or until such time that the meet has reached capacity.

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 times. Entries shall be postmarked by midnight, November 6th 2017 or hand delivered by 6:30 p.m, November 8th 2017. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

RELAYS: Relays will be run as 100 yard events for age 10 and under and 200 yard events for age 11 and over. All entries will be turned in to the Clerk of Course by 10:00am. Exhibition entries will be accepted.

Make check payable to: Mendocino Coast Sea Dragons (MCSD)

**Mail entries to: Mendocino Coast Sea Dragons
P.O. Box 2939
Fort Bragg, CA 95437**

**Hand deliver entries to: Anna Borcich
1222 Willow 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 1st – 8th for each division (A, B, C) Ribbons will also be awarded for the 1-3rd place finishers in the Relay age groups. Note: Awards will be mailed to all clubs after the meet. All participating clubs and clubs with unattached athletes must provide a mailing address at the Clerk of the Course.

ADMISSION: Free. A 2 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. The C.V. Starr Center will open its Splash and Slide facility to the public after the meet closes. Admission fees will apply.

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 prelims 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, 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 un-carded 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	400 IM	400 IM
25 BR	100 BR	100 BR	100 BR	50 BR	200 IM	100 BK	200 BK
100 IM	100 IM	100 IM	200 IM	25 FR	100 FR	200 IM	200 BR
25 BK	50 FL	50 FL	100 BK	25 FL	50 BR	100 FR	100 FR
	50 BK	50 BK	500 FR		50 FR	50 BR	100 FL
		500 FR				50 FR	50 FR

EVENTS

Saturday 11/18		
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 M.R.	22
23	10-UN 100 M.R.	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	11-12 500 FR	38
39	13-Over 500 FR	40

SUN 11/19		
EVENT #	EVENT	EVENT #
41	11-Over 400IM* Qualifying times: Girls 6:08.49 Boys 5:44.99	42
43	13-Over 200 BK	44
45	9-12 100 BK	46
47	8-UN 50 BK	48
49	13-Over 200 BR	50
51	9-12 200 IM	52
53	8-UN 50 BR	54
55	13-Over 100 FR	56
57	11-12 100 FR	58
59	9-10 100 FR	60
61	8-UN 25 FR	62
63	11-Over 200 FR Relay	64
65	10-UN 100 FR Relay	66
67	11-12 50 BR	68
69	9-10 50 BR	70
71	13-Over 100 Fly	72
73	8-UN 25 Fly	74
75	9-10 50 Free	76
77	11-12 50 FR	78
79	13-Over 50 FR	80

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

Pacific Swimming – Hosted by Mendocino Coast Sea Dragons Short Course C/B/A+ Meet 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				
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						: .			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													