

ROHNERT PARK SWIM CLUB (PRNA) – SWIM TO WIN: SUMMER PLUSH EDITION!
PACIFIC SWIMMING SHORT COURSE C/B/A+
JUNE 14 - 15, 2025
Enter Online: <http://ome.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **25-069**

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.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

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, webcasting, television, psych sheets, and live meet results. **The results of this meet may be posted in real-time on the Internet at Meet Mobile.**

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: Kevin Campbell	Head Starter: Sarah Obbagy
Meet Marshal: Brittany Ohlinger	Admin Official: Andy Downs
Meet Director: Viktoriya Kotlinski, v.kotlinska@yahoo.com	

LOCATION: Sonoma State University, Dr. G Edward Rudloff Pool, 1801 E. Cotati Ave, Rohnert Park, CA 94928

DIRECTIONS: From 101 N, take the Rohnert Park Expressway exit, turn right onto Rohnert Park Expressway, and stay on this route until you reach SSU's North Entrance. Turn right onto Redwood Circle to enter campus and pass Green Music Center on your left side. The Swimming Pool will be just across the bridge. Parking lot G, the closest parking lot to the pool, will be on your right-hand side. From 101 S, take the Rohnert Park Expressway exit, turn left onto Rohnert Park Expressway, and stay on this route until you reach SSU's North Entrance. Turn right onto Redwood Circle to enter campus and pass Green Music Center on your left side. The Swimming Pool will be just across the bridge. Parking lot G, the closest parking lot to the pool, will be on your right-hand side.

COURSE: OUTDOOR 25-YARD pool with up to 6 lanes available for competition. An additional 2 lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the course, measured in accordance with Article 103.2.3 is 4'9" at diving block #1. The depth increases gradually and measures 6'0" at diving block #6. These depths are applied to both the start end and the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Meet will 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 will govern the meet. A copy of these procedures shall be posted at the Clerk-of-Course (or at the Officials station for pre-seeded meet).
 - The local facilities guidelines, restrictions, and interpretation of the local public health guidelines shall be followed at this meet.
 - All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP") and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
 - All events are timed finals.
 - All events will swim from fast to slow.
 - Athletes may compete in a **maximum of 4** events per day.
 - All Athletes ages 12 and under should complete the competition within four (4) hours.
 - Entries will be accepted until the number of splashes exceeds the estimated timeline, 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.
 - Events may be combined and/or alternating at the discretion of the Meet Referee.
 - **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
 - Athletes in the 500 Freestyle must provide their own timers and lap counters. **NT (No-Time) entries will NOT be accepted for the 500 Free.** Athletes must provide an entry time for seeding purposes. **Coach-verified times shall be accepted.**
 - Coaches are lifeguards; 1 lifeguard will be on duty during the meet. The coaches will back up in an emergency. First aid and AED will be available.

UNACCOMPANIED ATHLETES: Any USA Swimming 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 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: Athletes 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 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, in 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.
 - Deck Changes are prohibited.
 - 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 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.
 - No pets other than service animals are allowed on deck. Medical certification shall be presented upon request.

ELIGIBILITY:

- Athletes must be current members of USA Swimming 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 Athlete with the registration and times database. The meet host will check all athlete registrations against the SWIMS database, and if they are not found to be registered, athletes shall be required to register online via USA Swimming's online member registration before being allowed to swim in the meet.

- Athletes in the "A" Division must have met at least the USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division must have met at least the listed "B" minimum time standard. All entry times slower than the listed "B" time standard will be in the "C" Division.
- Entries with "**NO TIME**" shall be ACCEPTED. (**Exception – 500 Free. 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.
- Athletes with a disability 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 must have met 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 PRIORITY: Entries from members of Zone 3 clubs (including unattached athletes training with those clubs) postmarked or entered online **on/before May 23, 2025**, shall be given first priority for acceptance to the meet. All entries from other zones in Pacific Swimming or other LSCs, postmarked or entered online by the entry deadline, shall be considered in the order they are received.

RELAYS: Relays may be entered and paid for on deck. All relay entries for the session must be submitted no later than 10:00 am on that day. All relay athletes must be entered in at least one individual event (no Relay-Only entries). There are no limits to the number of relay entries per age group per club. All relays are exhibitions only.

ENTRY FEES: \$4.50 per event plus a \$10.00 participation fee per Athlete. Relay is \$9.00 per relay entry. Entries will be rejected if payment is not sent at the time of the request. No refunds will be made except for mandatory scratch downs.

MEFAP ENTRY FEES: \$10.00 participation fee. Registered Pacific Swimming Outreach Athletes are eligible for the Meet Entry Fee Assistance Program (MEFAP). For more information on Outreach Qualification:

<https://www.pacswim.org/userfiles/kcfinder/files/Outreach%20Qualifications%202024.pdf>

ONLINE ENTRIES: To enter online, go to <http://ome.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service fee for this service, 6.5% of the total Entry Fees plus \$0.75 per transaction, regardless of the number of Athletes. Please note that the service fee is separate from the Entry Fees. If you do not wish to pay the service 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, June 04, 2025.

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with the Athlete's best time. Entries must be postmarked by midnight, Monday, June 02, 2025, or hand delivered by 6:30 p.m. Wednesday, June 04, 2025. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Rohnert Park Swim Club
Mail entries to: Viktoriya Kotlinski
 959 Golf Course Dr., Unit #142
 Rohnert Park, CA 94928

Hand deliver entries to: Viktoriya Kotlinski
 1801 E. Cotati Ave.
 Rohnert Park, CA 94928

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the bullpen area at their scheduled time for each event. The seeding will be done the day before each session, and coaches are requested to provide known athlete scratches to admin no later than 07:00 pm on Friday and Saturday for respective Saturday and Sunday sessions.

SCRATCHES: Any Athletes not reporting for or competing in an individual timed final event that they have checked in for/entered shall not be penalized.

AWARDS: Ribbons will be awarded to 1st through 8th place finishers in the A+, B and C Divisions for each event and age group. Athletes aged 19 and over shall not be awarded. Awards will be mailed or delivered in person.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working 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. SSU requires parking permits 24/7. All machines take cards only. Daily permits cost \$6 per day. **Note:** Charge Point charging stations are located at the Parking lot O across from the Green Music Center.

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 the club is required to provide for each session. Each club shall, by the start of the meet, provide to the Meet Director or designee with 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 requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5

NOTE: 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 Carded Apprentices in the count of officials. Clubs may use officials “borrowed” from other clubs or unattached officials at the meet who agree to fulfill their obligation under the rule.

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

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & Under	9-10	11-12	13& Over	8 & Under	9-10	11-12	13& Over
200 Free Open				200 IM Open			
25 FR	100 FR	100 FR	50 FR	100 BK	200 FR	200 FR	200 BR
50 BR	50 FLY	50 FLY	100 FLY	25 BR	50 BK	50 BR	100 IM
50 BK	100 BR	100 IM	100 BK	50 FR	100 IM	50 BK	50 FLY
100 FR	100 BK	50 FR	100 FR	25 BK	50 BR	100 FLY	50 BK
25 Fly		100 BK	200 IM		50 FR	100 BR	200 FR
			100 BR				50 BR
Mixed 4x50 Free Relay	Mixed 4x50 Free Relay	Mixed 4x50 Free Relay	Mixed 4x50 Free Relay	Mixed Open 500 Free			

EVENTS

SATURDAY, June 14th, 2025		
EVENT #	EVENT	EVENT #
1	200 Free Open	2
3	13& Over 50 Free	4
5	11-12 100 Free	6
7	9-10 100 Free	8
9	8&Under 25 Free	10
11	13& Over 100 Fly	12
13	11-12 50 Fly	14
15	9-10 50 Fly	16
17	8& Under 50 Breast	18
19	13& Over 100 Back	20
21	11-12 100 IM	22
23	9-10 100 Breast	24
25	8& Under 50 Back	26
27	13& Over 100 Free	28
29	11-12 50 Free	30
31	9-10 100 Back	32
33	8& Under 100 Free	34
35	13& Over 200 IM	36
37	11-12 100 Back	38
39	8& Under 25 Fly	40
41	13& Over 100 Breast	42
43	8& Under 4 x 50 Mixed Free Relay	
44	9-10 4 x 50 Mixed Free Relay	
45	11-12 4 x 50 Mixed Free Relay	
46	13 & Over 4x50 Mixed Free Relay	

SUNDAY, June 15th, 2025		
EVENT #	EVENT	EVENT #
47	200 IM Open	48
49	13& Over 200 Breast	50
51	11-12 200 Free	52
53	9-10 200 Free	54
55	8& Under 100 Back	56
57	13& Over 100 IM	58
59	11-12 50 Breast	60
61	9-10 50 BK	62
63	8& Under 25 Breast	64
65	13& Over 50 Fly	66
67	11-12 50 Back	68
69	9-10 100 IM	70
71	8& Under 50 Free	72
73	13& Over 50 Back	74
75	11-12 100 Fly	76
77	9-10 50 Breast	78
79	8& Under 25 Back	80
81	13& Over 200 Free	82
83	11-12 100 Breast	84
85	9-10 50 Free	86
87	13& Over 50 Breast	88
89	Mixed Open 500 Free	

Pacific Swimming – Hosted by PRNA SHORT COURSE CBA+ June 14 - 15, 2025 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				
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#ofentries _____ x \$4.50= \$ _____ Participation Fee \$ 10.00 Total \$ _____															
Coach: Print Name _____ Cell Phone _____ EmailAddress _____															
Athlete's Address 															
Home Phone								Cell Phone							
Email															