ROHNERT PARK SWIM CLUB - PIRANHA SWIMMING
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
NOVEMBER 09 & 10, 2024
Enter Online: http://ome.fastswims.com

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-132**
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: Mike Abegg*** ***Head Starter: Kevin Campbell***
Meet Marshal: Brittany Ohlinger ***Admin Official: Gary Lai***
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 competition course has not been certified in accordance with 104.2.2C(4).
The Meet Host shall ensure the required course dimensions.

TIME: Meet will begin at **09:00** AM each day with warm-ups from **7:30** to **08:45** 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.

• 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 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.

• **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 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 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.

• 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"** will be ACCEPTED. (**Exception – 500 Free. See Rules above)**
• 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 **before October 7, 2024** 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 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.

ENTRY FEES: $4.50 per event plus an $10.00 participation fee per Athlete. Relays $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.

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, October 30, 2024.

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, October 28, 2024, or hand delivered by 6:30 p.m. Wednesday, October 30, 2024. 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 10:00 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.

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 Parking lot O across from 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 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 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.

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & Under	**9-10**	**11-12**	**13 & Over**	**8 & Under**	**9-10**	**11-12**	**13 & Over**
25 BR	100 IM	200 IM	200 IM	25 FR	50 FR	200 FR	200 FR
25 FL	100 FL	100 FL	200 FL	50 BR	50 FL	200 BK	50 FR
50 BK	50 BK	200 BR	200 BR	25 BK	100 BK	50 FL	100 FL
50 FR	100 FR	100 FR	100 FR	100 FR	100 BR	100 BR	200 BK
		100 BK	100 BK		50 BR	50 FR	100 BR
Mixed 4x25 Free Relay	Mixed 4x50 Free Relay						100 IM
				Mixed Open 500 Free			

EVENTS

SATURDAY, NOVEMBER 9th, 2024		
EVENT #	**EVENT**	**EVENT #**
1	13 & Over 200 I.M.	2
3	11-12 200 I.M.	4
5	9-10 100 I.M.	6
7	8 & Under 25 Breast	8
9	13 & Over 200 Fly	10
11	11-12 100 Fly	12
13	9-10 100 Fly	14
15	8 & Under 25 Fly	16
17	13 & Over 200 Breast	18
19	11-12 200 Breast	20
21	9-10 50 Back	22
23	8 & Under 50 Back	24
25	13 & Over 100 Free	26
27	11-12 100 Free	28
29	9-10 100 Free	30
31	8 & Under 50 Free	32
33	13 & Over 100 Back	34
35	11-12 100 Back	36
37	8 & Under 4 x 25 Mixed Free Relay	
38	9-10 4 x 50 Mixed Free Relay	
39	11-12 4 x 50 Mixed Free Relay	
40	13 & Over 4 x 50 Mixed Free Relay	

SUNDAY, NOVEMBER 10th, 2024		
EVENT #	**EVENT**	**EVENT #**
41	13 & Over 200 Free	42
43	11-12 200 Free	44
45	9-10 50 Free	46
47	8 & Under 25 Free	48
49	13 & Over 50 Free	50
51	11-12 200 Back	52
53	9-10 50 Fly	54
55	8 & Under 50 Breast	56
57	13 & Over 100 Fly	58
59	11-12 50 Fly	60
61	9–10 100 Back	62
63	8 & Under 25 Back	64
65	13 & Over 200 Back	66
67	11-12 100 Breast	68
69	9-10 100 Breast	70
71	8 & Under 100 Free	72
73	13 & Over 100 Breast	74
75	11-12 50 Free	76
77	9-10 50 Breast	78
79	13 & Over 100 IM	80
81	Mixed Open 500 Free	

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

Pacific Swimming – Hosted by PRNA
SHORT COURSE CBA+
November 9-10, 2024
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
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

# of entries _____ x $4.50 = $_____
Participation Fee $ 10.00
Total $_____

Coach

Athlete's
Address

Home Phone	Cell Phone

Email