REDWOOD EMPIRE AQUATIC LEAGUE CHAMPIONSHIPS
PACIFIC SWIMMING SHORT COURSE T/F MEET
August 7-8th 2021
CLUBS: SRN, SSS, NVST

SANCTION: Held under USA/Pacific Swimming Sanction No. **21-165**

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, web casting, television, psych sheets and live meet results. The results of this meet may be posted in real time on the Internet on MeetMobile.

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: **IRENE ALAMEIDA** — ***Head Starter:*** **KIAN TAVAKOLI**
Meet Marshal: **CHERISSA LOGREN** — ***Admin Referee:*** **MIKE ABEGG**
Meet Director: **PAUL ROBERTS** pjroberts@gmail.com **512-750-3504**

LOCATION: NAPA VALLEY COLLEGE, 2277 NAPA-VALLEJO HIGHWAY, NAPA, CA 94558

COURSE: OUTDOOR 25 YARD/50 METER pool with up to 8 lanes available for competition. Additional lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 5'0" at the start end and 5'0" at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

TIME: The meet shall begin at 9:00 AM on both Saturday and Sunday with warm-ups from 7:30-8:45 AM. Finals shall start no sooner than 90 minutes after the conclusion of preliminaries. The warm-up pool will open one hour prior to the start of finals.

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 Official's Table.
- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.

• All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.
• All events shall be swum fast to slow.
• Athletes may compete in up to **3** events per day on Saturday and Sunday, not including relays. Athletes exceeding these limits shall be required to scratch down to the allowable limit and shall not be eligible for any refunds.
• All 8 & under events shall be swum together as Timed Finals during the Preliminaries. 8-UN events shall be scored as 6-UN and 7-8.
• The following events shall be swum as Timed Finals during the Preliminaries:
  • 10-UN 200 FR
  • 11-12 200 IM, 200 FR
  • 13-OV 400 IM, 200 Back, 200 Fly, and 200 Breast
  • 11-OV 500 FR
• The 400 IM and 500 Free events shall be swum as Timed Finals, fastest to slowest, alternating women's and men's heats. Genders may be combined at the discretion of the Meet Referee and Meet Director.
• 500 Free athletes shall provide their own timers and lap counters. 13-OV 400 IM, 11-12 200 IM and 10-UN 200 FR athletes shall also provide their own timers.
• All remaining events shall be swum as Preliminaries and Finals.
• The 6 fastest times from the Preliminaries shall qualify for the Championship Finals and the next 6 fastest times from the Preliminaries shall qualify for Consolation Finals.
• Individual Events for 13-OV age groups shall be swum together in Preliminaries, but shall be swum as 13-14 and 15-OV during Finals.
• All relays shall be swum as Timed Finals.
• All 8-UN and 9-10 relays shall be swum during Preliminaries.
• All 11-12 and 13-OV relays shall be swum at the beginning of Finals.
• All relay athletes must be entered in an individual event in the meet.
• If local conditions warrant, 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.
• At the discretion of the Meet Referee, events and heats may be combined.
• All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.

UNACCOMPANIED ATHLETES: 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 USA-S 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-S 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-S Club Member-Coach.

RACING STARTS: Athletes must be certified by a USA-S 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, 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.
• 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.
• Spectators and parents are allowed on the pool deck in specified areas to view the event.
• Locker rooms are available for changing.

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 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.
• Meet is open only to qualified athletes registered with **NAPA VALLEY SWIM TEAM, NEPTUNE SWIMMING, and SEBASTOPOL SEA SERPENTS.** Athletes who are unattached but participating with **NAPA VALLEY SWIM TEAM, NEPTUNE SWIMMING and SEBASTOPOL SEA SERPENTS** are eligible to swim in prelims and timed finals, but are not eligible to score points, participate in relays, or to qualify for finals in a preliminary and final event. Unattached athletes competing in timed finals shall be treated as exhibition athletes for purposes of scoring.
• Entries with "NO TIME" shall be ACCEPTED.
• 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 enter in 13-OV events and score points.
• The Athlete's age shall be the age of the Athlete on the first day of the meet.

ENTRY FEES: $5.50 per event plus a $8 participation fee per athlete. Relays are $16.00 per relay. No refunds will be made, except mandatory scratch downs. Full payment of single club check made payable to Napa Valley Swim Team shall be turned in no later than Saturday August 7th. Relay entries must have payment at the time of entry.

Club checks may be mailed to **Napa Valley Swim Team**
RE: REAL Championships Meet Entries
P.O. Box 2515
Napa, CA 94558

CLUB ENTRIES: All entries shall be submitted only by the club entry representatives. A SD3 entry file or Hy-Tek Team Manager file shall be submitted by Sunday, August 1, 2021, to Kian Tavakoli at kiant2010@gmail.com. Entries must include full legal name, age, USA Swimming Registration Number, home club code, and LSC code. Request a confirmation of receipt to ensure delivery of the email and file. **No late entries shall be accepted.**

RELAY ENTRIES: Each club may enter as many relays as wanted, but only the two fastest relays from each club shall be scored. Relays shall be deck entered each day at a time announced.

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event.
One hour prior to the start of the meet each day, there shall be a scratch meeting. At the meeting, coaches from each club shall notify the Administrative Referee of all known scratches.

SCRATCHES: • Athletes shall not be penalized for missing preliminary events.
• Any athlete qualifying for any level of finals in an individual event who may not wish to swim in finals must either scratch or declare intent to scratch from that final within 30 minutes after the announcement of qualifiers. Athlete who declares intent to scratch must declare his/her final intention within 30 minutes after his/her last individual preliminary event.
• Any athlete qualifying for a consolation final or final race in an individual event who fails to show up in said consolation final or final race prior to calling the alternate shall be barred from his/her next final event for that day. Should the athlete have no additional final events for that day, he/her shall be barred from his/her next preliminary event.

RELAY SCRATCH: Any relay team entered in a relay event that fails to compete in or report for that event shall not be penalized.

SCORING: Individual Events: 16 - 13 - 12 - 11 - 10 - 9 - 7 - 5 - 4 - 3 - 2 - 1
Relay Events: 32 - 26 - 24 - 22 - 20 - 18

AWARDS: There shall be no individual award.
1st place club receives Perpetual Banner; 2nd and 3rd place clubs receive Banners. Club Spirit Award shall also be awarded by a selection committee comprised of a parent and an athlete representative from each club and the Meet Referee.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: There will be NO snack bar available during the competition. Hospitality will be provided for coaches, working deck officials, timers and volunteers.

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

EVENT SUMMARY

SATURDAY, AUGUST 7th 2021				***SUNDAY, AUGUST 8th 2021***			
8-UN	9-10	11-12	13-OV	8-UN	9-10	11-12	13-OV
25 BK*	50 BK	200 FR*	200 FL*	25 FR*	100 IM	100 IM	200 FR
25 BR*	50 BR	100 BK	100 BR	25 FL*	50 FL	100 BR	100 BK
50 FR*	100 FR	50 BR	200 IM	100 IM*	50 FR	50 BK	50 FR
100 M-R	200 M-R	50 FL	100 FR	100 FR-R	200 FR-R	100 FL	100 FL
200 M-R	200 FR*	100 FR	200 BK*	200 FR-R		50 FR	200 BR*
200 FR*		200 IM*	400 IM*			500 FR*	500 FR*
		200 M-R%	200 M-R%			200 FR-R%	200 FR-R%

* Event to be swum as Timed Finals
% Event to be swum at the beginning of Finals

Events

SATURDAY AUGUST 7th				SUNDAY AUGUST 8th		
Girls	Event Description and Age Group	Boys		Girls	Event Description and Age Group	Boys
101%	11-12 Mixed 200 M-R			201%	11-12 Mixed 200 FR-R	
103%	Open Mixed 200 M-R			203%	Open Mixed 200 FR-R	
105*	11-12 200 FREE	106*		205	11-12 100 IM	206
107*	13 & OV 200 FLY	108*		207	13 & OV 200 FREE	208
109*	8 & UN 25 BACK	110*		209	11-12 100 BREAST	210
111	11-12 100 BACK	112		211*	8 & UN 25 FREE	212*
113	13 & OV 100 BREAST	114		213	13 & OV 100 BACK	214
115	9-10 50 BACK	116		215	9-10 100 IM	216
117	11-12 50 BREAST	118		217	11-12 50 BACK	218
119*	8 & UN 25 BREAST	120*		219*	8 & UN 25 FLY	220*
121	13 & OV 200 IM	122		221	13 & OV 50 FREE	222
123	9-10 50 BREAST	124		223	9-10 50 FLY	224
125	11-12 50 FLY	126		225	11-12 100 FLY	226
127*	8 & UN 50 FREE	128*		227*	8 & UN 100 IM	228*
129	13 & OV 100 FREE	130		229	13 & OV 100 FLY	230
131	9-10 100 FREE	132		231	9-10 50 FREE	232
133	11-12 100 FREE	134		233	11-12 50 FREE	234
135*	13 & OV 200 BACK	136*		235*	13 & OV 200 BREAST	236*
137	8 & UN Mixed 100 M-R			237	8 & UN Mixed 100 FR-R	
139	10 & UN Mixed 200 M-R			239	10 & UN Mixed 200 FR-R	
141*	11-12 200 IM	142*		241*	11 & OV 500 FR	242*
143*	13 & OV 400 IM	144*				
145*	10 & UN 200 FR	146*				

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

* Event to be swum as Timed Finals
% Event to be swum at the beginning of Finals

NOTE: 13-OV events shall be swum together in Preliminaries, but shall be swum and scored as 13-14, 15-OV in finals. 11-Ov and 13-OV timed finals shall be swum together, but shall be scored separately as 11-12, 13-14, 15-OV.