**REDWOOD EMPIRE AQUATICS LEAGUE CHAMPIONSHIPS**
**PACIFIC SWIMMING SHORT COURSE P/F MEET**
**JULY 20-21, 2024**
**CLUBS: AC, DART, NVST, SON, SRN, SSS, UD, VJO**

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **24-098**
*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 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: JEFF JONES** **Head Starter: LESLEY RUSZEL**
**Meet Marshal: ALEXA JAYNE** **Admin Official: TJ KAY**
**Meet Director: LACIE LOPEZ** Lacie.dartswim@gmail.com

**LOCATION:** Solano Community College, 4000 Suisun Valley Road, Fairfield, CA. Parking is available in the student lots. Parking passes are not required on weekends. Parking in staff parking or access roads is not allowed and subject to ticketing or being towed.

**COURSE:** An outdoor heated 25-yard pool with up to 10 lanes for competition. Additional lanes will be available for warm-up/warm down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 5' at the start end and 5' at the turn end. The meet host shall ensure the required course dimensions.

**TIME:** Meet shall begin at 9:30 AM each day with warm-ups from 8:00 AM to 9:15 AM. Finals may not begin less than 90 minutes after the completion of the last preliminary heat that day. 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 will govern the meet. A copy of these procedures will 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 preliminary events will swim fast to slow with the top 3 heats circle seeded. Finals will swim Championship Final (A) followed by the Consolation Final (B). 13/over events shall swim all 15/over finals followed by 13-14 finals.
- Athletes may compete in up to 3 individual events and 1 relay event per day. Athletes exceeding these limits shall be required to scratch down to the allowable limit and shall not be eligible for refunds.
- 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.
- Relays:
    - All 10/under relays will be swum as Timed Finals at the beginning of the Preliminary Session.
    - All 11/over relays will be swum as Timed Finals at the beginning of the Final Session.
    - All relay athletes must be entered in an individual event in the meet.
- All 8 & UN events shall be swum together as Timed Finals during Preliminary Sessions.
- Individual Events for 13 & OV age groups shall be swum together in Preliminaries, but swum as 13-14 and 15 & OV during Finals.
- The following events shall be swum as Timed Finals:
    - 8/u 25 BK, 25 BR, 50 FR, 100 IM, 25 FL, and 25 FR
    - 10/u 200 Free
    - 11-12 200 IM
    - 11 & OV 500 Free
    - 13 & OV 200 FL, 200 BK, 400 IM, and 200 Breast
- The 400 IM and 500 Free may be swum at the discretion of the meet referee and league representative, such as fastest to slowest alternating girls and boys or by combining girls and boys heats.
- All remaining events shall be swum as Preliminaries and Finals.
- The 8 fastest times from the Preliminaries will qualify for the Championship Finals and the next 8 fastest times from the Preliminaries will qualify for Consolation Finals.
- At the discretion of the Meet Referee and Meet Director, events, heats, and genders may be combined.
- All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.
- A certified lifeguard will be on deck and will oversee a first aid station as well as pool safety equipment (rescue tube and backboard.)

**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, 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.
- No overnight parking is allowed on campus or in nearby streets.
- Dogs and other animals are prohibited on campus. Animals may not be left in cars on campus.

**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, Athletes shall be required to register online via USA Swimming's online member registration before being allowed to swim at the meet.
- The meet is open to all qualified athletes of clubs in the Redwood Empire Aquatic League (REAL): AC Swim Club (AC), DART-Solano (DART), Napa Valley Swim Team (NVST), Sonoma Sea Dragons (SON), Neptune Swimming (SRN), Sebastopol Sea Serpents (SSS), Ukiah Dolphins (UD), and Vallejo Aquatics (VJO). Unattached athletes, practicing with a REAL member club are eligible to swim in prelims and timed finals, but are not eligible to score points, receive awards, participate in relays. Unattached athletes competing in timed finals will be treated as exhibition athletes for purposes of scoring.
- Entries with "NO TIME" will be ACCEPTED.
- 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.
- Relays shall be pre-entered.
- Athletes may swim and score on older age-group relays ("swim-up") but are ineligible for records.
- The athlete's age will be the age of the athlete on the first day of the meet.

**ENTRY FEES:** $35 per day for athletes age 9 & over. $30 per day for athletes age 8 & under. No refunds will be made, except mandatory scratch downs.

**ONLINE ENTRIES:** To enter online go 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 number of Athletes. Please note that the service fee is a separate fee 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, July 10, 2024.

**CLUB ENTRIES**: Club entries may be submitted only by the club entry representatives. All entries shall be submitted using a Team Manager CL2 or HY3 electronic file. Entries must include: Full legal name, age, USA Swimming Registration Number, home club code, and LSC code. Entries must be emailed by Wednesday, July 10, 2024. Late entries are NOT accepted.

**RELAY ENTRIES:** Relays shall be pre-entered by using FastSwims or electronically via Hy-Tek file.

**CHECK-IN:** The meet will be pre-seeded. All athletes are automatically checked into their events which they are registered for. If an athlete is registered for more than 3 events in a day, they must scratch any additional events prior to the scratch deadline. If an athlete fails to scratch out of any additional events, they will be seeded into the first 3 events they are registered for that day and scratched out of any additional events for that day. THIS MEET IS SEEDED AFTER THE SCRATCH DEADLINE, ACCORDING TO THE ATHLETES ENTERED OR PRELIMINARY TIMES EARNED.

- **The scratch deadline for Saturday's events is Friday, July 19, 2024 at 6:00 PM.**
- **The scratch deadline for Sunday's events is Saturday, June 20, 2024 at 6:00 PM**

To scratch events, fill out the REAL scratch form located online at: https://forms.gle/4KQVgiPCqp4suxwTA prior to the deadline. Scratches entered on the online form will receive a receipt confirmation upon completion. You may also scratch in person at the Clerk of Course Desk by the deadline.

**SCRATCHES:**

- Athletes will 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. An athlete who declares intent to scratch must declare their final intention within 30 minutes after their last individual preliminary event of the day.
- 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 their next final event for that day. Should the Athlete have no additional final events for that day they will be barred from their next preliminary event.

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

**AWARDS: Individual:** Distinctive pins for 1st – 8th place; Ribbons for 9th – 16th place. **Relays:** Distinctive pins for 1st – 3rd place. **Team:** 1st place team receives Perpetual Banner; 2nd and 3rd place teams receive Banners. **Team Spirit Award** will also be awarded by a selection committee comprised of a parent and swimmer representative from each team and the Head Referee. Awards not picked up by the end of the meet will be sent to the club representative.

- No awards shall be given to 13 & OV athletes.

**SCORING:** Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Relay Events: 40-34-32-30-28-26-24-22 Events may be swum together and scored separately for each gender in the following age-groups: 6/u, 7-8, 9-10, 11-12, 13-14, 15/o.

**ADMISSION:** Free.

**PROGRAMS:** Meet events and results will be posted in Meet Mobile, and there will be no paper programs.

**SNACK BAR & HOSPITALITY:** A snack bar may be available throughout the competition. Coaches and working officials will be provided lunch and snacks.

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

**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 & UN** | **9-10** | **11-12** | **13-OV** | **8 & UN** | **9-10** | **11-12** | **13-OV** |
| 100 MR* | 200 MR* | 200 FR | 200 FL* | 100 FR-R* | 200 FR-R*% | 50 BK | 200 BR* |
| 25 BK* | 50 BK | 100 BK | 200 FR | 100 IM* | 100 IM | 100 BR | 100 BK |
| 25 BR* | 50 BR | 50 BR | 100 BR | 25 FL* | 50 FL | 100 IM | 200 IM |
| 50 FR* | 100 Free | 100 FR | 100 FR | 25 FR* | 50 FR | 100 FL | 100 FL |
| | | 50 FL | 200 BK* | | | 50 FR | 50 FR |
| | | 200 IM* | 400 IM* | | | 500 FR* | 500 FR* |
| | | 200 MR*% | 200 MR*% | | | 200 FR-R*% | 200 FR-R*% |

**EVENTS**

| Saturday, July 20, 2024 | | |
|---|---|---|
| **Event #** | **Event** | **Event #** |
| 1* | 8/u 100 Medley Relay | 2* |
| 3* | 9-10 200 Medley Relay | 4* |
| 5* | 13 & Over 200 Fly | 6* |
| 7* | 10/u 200 Free | 8* |
| 9 | 11-12 200 Free | 10 |
| 11 | 13 & Over 200 Free | 12 |
| 13 | 11-12 100 Back | 14 |
| 15 | 9-10 50 Back | 16 |
| 17* | 8/u 25 Back | 18* |
| 19 | 13 & Over 100 Brst | 20 |
| 21 | 11-12 50 Brst | 22 |
| 23 | 9-10 50 Brst | 24 |
| 25* | 8/u 25 Brst | 26* |
| 27 | 13 & Over 100 Free | 28 |
| 29 | 11-12 100 Free | 30 |
| 31 | 9-10 100 Free | 32 |
| 33* | 8/u 50 Free | 34* |
| 35 | 11-12 50 Fly | 36 |
| 37* | 13 & Over 200 Back | 38* |
| 39* | 11-12 200 IM | 40* |
| 41* | 13 & Over 400 IM | 42* |
| 43*% | 11-12 200 Medley Relay | 44*% |
| 45*% | 13 & Over 200 Medley Relay | 46*% |

| Sunday, July 21, 2024 | | |
|---|---|---|
| **Event #** | **Event** | **Event #** |
| 47* | 8/u 100 Free Relay | 48* |
| 49* | 9-10 200 Free Relay | 50* |
| 51* | 13 & Over 200 Brst | 52* |
| 53 | 11-12 50 Back | 54 |
| 55 | 13 & Over 100 Back | 56 |
| 57 | 11-12 100 Brst | 58 |
| 59* | 8/u 100 IM | 60* |
| 61 | 13 & Over 200 IM | 62 |
| 63 | 11-12 100 IM | 64 |
| 65 | 9-10 100 IM | 66 |
| 67* | 8/u 25 Fly | 68* |
| 69 | 13 & Over 100 Fly | 70 |
| 71 | 11-12 100 Fly | 72 |
| 73 | 9-10 50 Fly | 74 |
| 75* | 8/u 25 Free | 76* |
| 77 | 13 & Over 50 Free | 78 |
| 79 | 11-12 50 Free | 80 |
| 81 | 9-10 50 Free | 82 |
| 83* | 11 & Over 500 Free | 84* |
| 85*% | 11-12 200 Free Relay | 86*% |
| 87*% | 13 & Over 200 Free Relay | 88*% |
| | | |
| | | |

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

*** Event Swum as Timed Final**

**% Event Swum at the Beginning of Finals**

NOTE: 13 & OV events will be swum together in Preliminaries, but will be swum and scored as 13-14, 15 & OV in Finals. 11 & OV and 13 & OV timed finals will be swum together, but will be scored separately as 11-12, 13-14 and 15 & OV. 8/u events will be swum together but scored as 6/u and 7-8.