

**RESL CHAMPIONSHIP
PACIFIC SWIMMING SHORT COURSE MEET**

July 19-21, 2019

ELIGIBLE CLUBS: NBA, MONT, OAK, HILL, MP, PRNA, AAA, YPAC, TRBO, and PCM

Enter Online: <https://ome.swimconnection.com/PC/RESL20190719>



SANCTION: Held under USA/Pacific Swimming Sanction No. **19-105**

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:

<i>Meet Referee: Andy Downs</i>	<i>Head Starter: David Kaplan</i>
<i>Meet Marshal: Eve Maidenberg</i>	<i>Admin Official: Lisa Kaplan</i>
<i>Meet Director: Shad Wojtala swimfast2400@aol.com</i>	

LOCATION: Indian Valley College 1800 Ignacio Blvd. Novato, CA 94949.

DIRECTIONS: Highway 101 North – take Ignacio exit, continue west and enter the College of Marin campus entrance. Highway 101 South – take the Ignacio exit, continue west and enter the College of Marin campus entrance. Do not park where no parking signs or permit parking only signs are posted. You shall be ticketed or towed. No overnight/RV parking allowed. Some parking lots may require a parking fee.

COURSE Outdoor 25 yard pool with up to 10 lanes available for competition. An additional 7 lanes shall 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 14' at the start end and 4'6" 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: FRIDAY – Meet begins at 4:00pm on Friday. Warm-ups shall be from 3:00-3:50 pm.

SATURDAY/SUNDAY – Meet begins at 9:00 am on Saturday and Sunday. Warm ups shall be from 7:30 – 8:45 am. There shall be a minimum one-hour warm-up before the beginning of finals each day. The starting time for finals on Saturday and Sunday shall be determined and announced by the Meet Referee each day.

RULES:

- The meet shall be pre-seeded for Friday events with a scratch deadline of Thursday 8:00pm. Saturday and Sunday events to be deck seeded.
- Current USA and Pacific Swimming rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- All events shall swim fast to slow.
- Athletes may compete in a maximum of two (2) events on Friday and up to three (3) individual events on both Saturday and Sunday. A maximum of eight (8) events may be swum over the three day competition.
- All 8 & under events shall be timed finals.
- Individual events (other than 8 & under events) are preliminaries and finals, except the 400 IM, 12 & under 200 IM, 12 & under 200 Freestyle, 500 Freestyle, 200 Backstroke, 200 Butterfly, and 200 Breaststroke, which shall be swum as timed finals.
- The eight fastest swims from preliminaries shall qualify for championship finals. The next eight fastest swims shall qualify for consolation finals.
- In the discretion of the Meet Referee, 500 Freestyle events may be combined and may be swum as alternating boys and girls heats.
- 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 coaches and deck officials shall display their USA Swimming membership cards in a visible manner. Deck Pass may also be used to prove registration status.**
- The 200 IM and 200 Free shall be swum as 13 & Over in prelims but shall be swum 13-14 and 15-UP in finals.
- The 200 Back, 200 Breast, and 200 Fly shall be swum as 13 & Over in prelims and shall be timed finals. They shall be scored 13-14 and 15-UP.

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 and provide current and valid race start certificate to the Meet Referee or his designee.

RESTRICTIONS:

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or 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 shall be properly secured.
- Deck Changes are 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.
- 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 electronic devices, including but not limited to film and digital camera, cell phones, tablets, and Google Glass, is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in the ejection from the swimming pool facility by the meet referee or his/her designee.
- 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.
- **ONLY COACHES, ATHLETES, OFFICIALS, TIMERS, AND MEET STAFF ARE ALLOWED BEHIND THE STARTING BLOCKS WHEN MEET IS IN SESSION.**

ELIGIBILITY:

- Athletes shall 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 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.
- The meet is only open to athletes attached to or in training with the following Clubs: NBA, MONT, OAK, HILL, MP, PRNA, AAA, YPAC, TRBO and PCM.
- Entries with "NO TIME" shall 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.
- 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 athletes shall have met 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 FEES: \$5.50 per event plus an \$8.00 participation fee per athlete. \$16.00 per relay. No refunds shall be made, except mandatory scratch downs. There is no additional fee for relay only swimmers.

ONLINE ENTRIES: All individual entries shall be submitted via online with [swimconnection.com](https://ome.swimconnection.com). To enter online go to <https://ome.swimconnection.com/PC/RESL20190719> 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. Online entries shall be accepted through Wednesday, July 10, 2019. Please ensure that the athlete's name and date of birth in Swim Connection match what is shown on the athlete's USA Swimming Registration Card.

RELAY ENTRIES: • Relay's must be entered online prior to the entry deadline. This includes any exhibition relays. No On-Deck entries accepted. Exhibition relays may be entered but will not be scored.

- All Relay-only Athletes shall be entered into SwimConnection prior to July 10, 2019, 11:59pm.
- Unattached Athletes may not swim in Relays.
- Relay scratches/updates shall be made prior to 11:00am on the day of the relay.
- All relays shall be swum at the conclusion of the preliminary session.

RELAY PAYMENTS: Must be made no later than 11:00am on Sunday, July 21, 2019. Check only payments must be delivered to the clerk of course and made out to RESL.

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: • 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 shall 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 shall declare their final intention within 30 minutes after their 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 their next final event for that day. Should the Athlete have no additional final events for that day they shall be barred from their next preliminary event.

AWARDS:

Individual Event Finals: Ribbons awarded to 1st thru 16th place. 13 & Over events shall be awarded as 13-14 and 15 & O

Relays: Ribbons awarded to 1st, 2nd, and 3rd place Clubs (8&U mixed, 10&under, 11-12, 13-14, 15&O)

Team Trophies: Awarded to 1st through 3rd place Clubs.

High point trophies: shall be awarded to a boy and girl in each of the following age groups: 8&U, 9-10, 11-12, 13-14, 15&O.

SCORING: Individual Events: Finals: 20, 17, 16, 15, 14, 13, 12, 11 / **Consolations:** 9, 7, 6, 5, 4, 3, 2, 1 / **Relays:** 1st through 16th place: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

ADMISSION: Free. A program shall be available for a fee.

SNACK BAR: Snack bar may be provided.

HOSPITALITY: Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

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

MINIMUM OFFICIALS: At least seven days prior to 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 trials 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

*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 uncarded Trainees in the count of officials for up to two sessions. Teams may use officials "borrowed" from other clubs, or unattached officials at the meet who agree, to fulfill their obligation under the rule.

Schedule of Events

Friday July 19, 2019		
EVENT #	EVENT	EVENT#
1%	13 & Over 400 IM	2%
3%	9-10 200 IM	4%
5%	11-12 200 IM	6%
7%	13 & Over 200 Breast	8%
9%	9-10 200 Free	10%
11%	11-12 200 Free	12%
13%	13 & Over 500 Free	14%
15%	11-12 500 Free	16%

Saturday July 20, 2019		
EVENT #	EVENT	EVENT #
17	9-10 100 IM	18
19	11-12 100 IM	20
21	13-14 100 Fly	22
23	15-Up 100 FLY	24
25%	8 & Under 50 Free	26%
27	9-10 50 Free	28
29	11-12 50 Free	30
31	13-14 50 Free	32
33	15-Up 50 Free	34
35%	8 & Under 25 Back	36%
37	9-10 100 Back	38
39	11-12 100 Back	40
41	13-14 100 Back	42
43	15-Up 100 Back	44
45%	8 & Under 25 Fly	46%
47	9-10 50 Breast	48
49	11-12 50 Breast	50
51	13 & Over 200 Free	52
53	9-10 100 Fly	54
55	11-12 100 Fly	56
57#	8 & Under 100 Med. Relay Mixed-gender	
59#	10 & Under 200 Med. Relay	60#
61#	11-12 200 Med. Relay	62#
63#	13 & Over Med. Relay	64#

Sunday July 21, 2019		
EVENT #	EVENT	EVENT #
65	9-10 100 Free	66
67	11-12 100 Free	68
69	13 & Over 200 IM	70
71%	8 & Under 100 IM	72%
73	9-10 100 Breast	74
75	11-12 100 Breast	76
77	13-14 100 Breast	78
79	15-Up 100 Breast	80
81%	8 & Under 25 Breast	82%
83%	13 & Over 200 Back	84%
85	9-10 50 Back	86
87	11-12 50 Back	88
89	13-14 100 Free	90
91	15-Up 100 Free	92
93%	8 & Under 25 Free	94%
95	9-10 50 Fly	96
97	11-12 50 Fly	98
99%	13 & Over 200 Fly	100%
101#	8 & Under 100 Free Relay Mixed-gender	
103#	10 & Under 200 Free Relay	104#
105#	11-12 200 Free Relay	106#
107#	13 & Over 200 Free Relay	108#

Events marked by “%” shall be swum as timed finals.
Events marked by “#” shall be swum at the end of prelims.