

NEPTUNE SWIMMING  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
DECEMBER 13-15, 2019  
Enter Online: [www.fastswims.com](http://www.fastswims.com)



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **19-146**

*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:</i> Bill Sargis	<i>Head Starter:</i> Sarah Obbagy
<i>Meet Marshal:</i> Nolan Stimple	<i>Admin Official:</i> Debbi Tucker
<i>Meet Director:</i> Ashley Britton <a href="mailto:srnashleybritton@gmail.com">srnashleybritton@gmail.com</a>	

**LOCATION:** Quinn Swim Center, Santa Rosa Junior College, 1501 Mendocino Avenue, Santa Rosa, CA.

**DIRECTIONS:** *From the north:* Travel south on Hwy 101. Exit at College Avenue turnoff. At stoplight, make a left turn onto College Avenue. Proceed eastbound on College Avenue to Mendocino Ave. Turn left on Mendocino Ave. At Pacific Avenue, turn left into the SRJC parking lot. *From the south:* Travel north on Hwy 101. Exit at College Avenue turnoff. At stoplight, make a right turn onto College Ave. Proceed eastbound on College Avenue to Mendocino Ave. Turn left on Mendocino Ave. At Pacific Avenue, turn left turn into the SRJC parking lot. Pass the football stadium to your right. Swim center and parking is to the right past the football stadium. The gymnasium will be available for athletes and families. **Setting up around the pool deck is prohibited.**  
**SRJC charges \$4 per day for all-day parking pass, including weekends and holidays**

**COURSE:** Indoor 25 YARD pool with up to 8 lanes available for competition. An additional 6 lanes will be available in the outdoor 25 yard pool for warm-up/warm down throughout the meet. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 5' at the start end and 3'6" 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:** Meet shall begin at 9:00 AM each day with warm-ups from 7:30 AM to 8:45 AM each day. Friday warm up will be from 4:00-4:45 PM, meet starting at 5:00 PM.

**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 Clerk-of-Course.
- All events are timed finals.
- Athletes may compete in **MAXIMUM 4** events per day.
- All athletes ages 12 and under should complete competition within four (4) hours.
- Entries shall be accepted until the number of splashes exceeds the estimated time line, per the "Four-Hour Rule," based on the athlete's age and gender.
- **Meet will be capped at 450 athletes.**
- If local conditions warrant it, the meet referee, with the concurrence of the meet director, may require a mandatory scratch down, subject to the provisions of Pacific Swimming Rules and Regulations.
- All events will be swum in event order and in a "FAST to SLOW" sequence with the options of reversing the sequence at the discretion of the Meet Referee and Meet Director.
- At the discretion of the Meet Referee, events and heats may be combined.
- **All coaches and deck officials shall display their current USA Swimming membership cards in a visible manner. Deck Pass may be used to prove registration status.**
- Athletes in the 500 Freestyle shall provide their own timers and lap counters and 400 IM shall provide their own timers. These events shall be swum alternating heats of girls and boys or seeded combining girls and boys. Minimum time standard

shall be met for the 500 Freestyle and 400 IM. Entry times for the 500 Freestyle and 400 IM which cannot be proven using the Pacific Swimming database may be verified by a complete set of meet results or verified by the athlete's coach. Please contact the Meet Director AND Meet Referee. (Refer to Pacific Swimming Rule 4A2)

**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.

**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 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.
- 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.

**ELIGIBILITY:**

- Athletes shall be current members of USA Swimming and enter their name and registration number on the meet entry card exactly as they are shown on their Registration Card. If this is not done, it may be difficult to match the athlete with the registration 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.
- Athletes in the "A" Division shall have met at least the listed USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division shall have met at least the listed "B" minimum time standard. All entry times slower than the "B" time standard shall be in the "C" Division.
- Entries with "**NO TIME**" shall be **ACCEPTED except for the 500 free and 400 IM (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.
- 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.
- All athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such athlete shall meet 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:** \$4.00 per event plus an \$8.00 participation fee per athlete. Entries shall be rejected if payment is not sent at time of request. No refunds shall be made except mandatory scratch downs.

**ONLINE ENTRIES:** You may enter this meet online or by U.S. mail. To enter on-line go to <http://www.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a processing 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 processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing 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 shall be accepted through Wednesday, December 4th, 2019. **LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.**

**MAILED OR HAND DELIVERED ENTRIES:** Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with athlete's best time. Entries shall be postmarked by midnight, **Monday, December 2, 2019** or hand delivered by **6:30 PM on Wednesday, December 4, 2019**. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Neptune Swimming**

**Mail entries to: Dan Greaves**

**PO Box 317**

**Santa Rosa, CA 95402**

**Hand deliver entries to: Dan Greaves**

**455 Ridgway Ave**

**Santa Rosa, CA 95401**

**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:** Any athletes not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

**AWARDS:** Ribbons shall be awarded to the 1st -8th place finishers in the C/B/A divisions for the following age groups: 6 & under, 7-8, 9-10, 11-12. **8 & under events shall be awarded separately as 6 & under, 7-8. No awards will be given to athletes aged 13 years and older.** Awards shall be picked up on Sunday by a club's coach or club representative. Unattached athletes shall coordinate with the awards desk for pickup of awards. **All awards must be collected at the meet, NO AWARDS WILL BE DISTRIBUTED AFTER THE MEET IS COMPLETED.** "A" medals will be awarded to athletes with an entry time slower than "A" achieving the "A" time standard for the first time. See Pacific Swimming web site for time standards.

**ADMISSION:** Free. [A program will be posted on Neptune Swimming website.](#)

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch. Timers and other volunteers will not be served 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 required
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. 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**

<b>FRIDAY</b>			
<b>8 &amp; UN</b>	<b>9-10</b>	<b>11 &amp; OVER</b>	<b>13 &amp; OVER</b>
		400 IM	
		500 Free	

<b>SATURDAY</b>				<b>SUNDAY</b>			
<b>8 &amp; UN</b>	<b>9-10</b>	<b>11-12</b>	<b>13 &amp; OVER</b>	<b>8 &amp; UN</b>	<b>9-10</b>	<b>11-12</b>	<b>13 &amp; OVER</b>
25 Back	100 Back	100 Back	200 Back	100 IM	100 Free	100 Free	200 free
25 Fly	50 Fly	50 Fly	100 Free	25 Breast	50 Brest	50 Breast	100 Back
50 Breast	100 Breast	200 IM	100 Breast	50 Back	50 Back	100 Fly	200 Breast
50 Free	50 Free	100 Breast	200 IM	25 Free	100 Fly	50 Back	200 Fly
	200 IM	50 Free	100 Fly		100 IM	100 IM	50 Free

**EVENTS**

Friday, December 13, 2019				
Meet Starts At 5:00pm				
Event	Women's Event #	Age Group	Event	Men's Event #
400 IM 5:56.79	1	11& over Min Time Standard Required	400 IM 5:45.39	2
500 Free 7:09.09	3	11& over Min Time Standard Required	500 Free 6:57.29	4

Saturday, December 14, 2019			
Meet Starts At 9:00am			
Women's Event #	Age Group	Event	Men's Event #
5	13 & Over	200 Back	6
7	9-10	100 Back	8
9	8&UN	25 Back	10
11	13 & Over	100 Free	12
13	9-10	50 Fly	14
15	8&UN	25 Fly	16
17	11-12	100 Back	18
19	13 & Over	100 Breast	20
21	9-10	100 Breast	22
23	8&UN	50 Breast	24
25	11-12	50 Fly	26
27	9-10	50 Free	28
29	8&UN	50 Free	30
31	9-10	200 IM	32
33	11-12	200 IM	34
35	13 & Over	200 IM	36
37	11-12	100 Breast	38
39	13 and Over	100 Fly	40
41	11-12	50 Free	42

Sunday, December 15, 2019			
Meet Starts At 9:00am			
Women's Event #	Age Group	Event	Men's Event #
43	13 & Over	200 Free	44
45	9-10	100 Free	46
47	8&UN	100 IM	48
49	13 & Over	100 Back	50
51	9-10	50 Breast	52
53	8&UN	25 Breast	54
55	11-12	100 Free	56
57	13 & Over	200 Breast	58
59	9-10	50 Back	60
61	8&UN	50 Back	62
63	11-12	50 Breast	64
65	9-10	100 Fly	66
67	8&UN	25 Free	68
69	11-12	100 Fly	70
71	9-10	100 IM	72
73	13 & Over	200 Fly	74
75	11-12	50 Back	76
77	13 & Over	50 Free	78
79	11-12	100 IM	80

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

Pacific Swimming – Hosted by SRN C/B/A+ December 13-15, 2019 Consolidated Entry Form													
Name: Last,                      First                      Middle													
Club Abbr.			UNATT CLUB 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 \$4.00 = \$ _____ Participation Fee        \$ 8.00 Total                                \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													