NEPTUNE SWIMMING SWIM LIKE THE DICKENS
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
DECEMBER 13-15, 2024
Enter Online: http://ome.fastswims.com

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-128**
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 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: **Bill Sargis** ***Head Starter:*** **Sarah Obbagy**
Meet Marshal: **Allie Davis** ***Admin Official:*** **Brian McCrea**
Meet Director: **Ashley Denize** **srnashleybritton@gmail.com**

LOCATION: Quinn Swim Center. Kathryn Kettler Pool: 1501 Mendocino Avenue, Santa Rosa, CA 95401

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**.**

COURSE: OUTDOOR 25 YARD pool with up to 10 lanes available for competition. An additional 9 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 8' at the start end and 8' at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Meet will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. Friday warm up shall be from 4:00-4:45 PM, meet shall being at 5:00 PM

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 events are timed finals.

• All events will swim fast to slow.

• Athletes may compete in **MAXIMUM 4** events per day.

• All Athletes ages 12 and under should complete 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 Athletes 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.

• **Events may be combined in the discretion of the Meet Referee.**

• **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**

• **Lifeguards and AED will be available to participants.**

• 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. No Time entries shall be accepted for the 400 IM. Minimum time standard shall be met for the 500 Freestyle. Entry times for the 500 Freestyle 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 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.

• All pathways should be clear, and no pop-ups are allowed on pathways and in front of entry and exit gates. Pathways and entry and exit gates must be clear for emergency personal and vehicles to pass through.

• No set up on pool deck. Set up allowed on upper deck and the indoor pool area. Set up allowed outside the facility on tank bark areas.

• Leave belongings overnight at your own risk.

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 in the meet.

• Athletes in the "A" Division must have met at least 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 except for the 500 Free.**
• 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 by **October 4, 2024** shall be given first priority for acceptance to the meet. All entries from other zones in Pacific Swimming or from other LSC's, postmarked or entered online by the entry deadline shall be considered in the order they are received.

ENTRY FEES: $4.50 per event plus an $10.00 participation fee per Athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

ONLINE ENTRIES: FASTSWIMS: 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 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, **December 4, 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 Athlete's best time. Entries must be postmarked by midnight, Monday **December 2, 2024** or/and delivered by 6:30 p.m. Wednesday, **December 4, 2024**. No late entries will 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

and deliver entries to: Dan Greaves
PO Box 317
Santa Rosa, CA 95402

CHECK-IN: DECK SEEDED: The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. **Prior to 10:30 AM, close of check-in shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Close of check-in for all remaining events for that day shall be at 10:30 AM.**

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: Individual events will be awarded in the A, B, and C Divisions. Ribbons for 1st– 8th place are given within each division to 4 the following age groups: 6/un, 7-8, 9-10, and 11-12. Athletes 13 years of age and older will not receive ribbons. All awards must be picked up at the meet by the swimmer before the end of the meet. Awards will not be sent home with a coach or club representative. Awards will not be mailed.

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.
- Parking costs $4.00 per day and will be enforced.
- No set up around indoor or outdoor lower pool deck. Set up is allowed on the grass area, along the upper deck so long as that exits are clear.

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

Friday			
8 UN	**9-10**	**11-12**	**13 OV**
	200 IM	200 IM	400 IM
		500 FR	500 FR

Saturday			
8 UN	**9-10**	**11-12**	**13 OV**
100 FR	100 FR	100 FR	100 FLY
50 BR	100 BK	100 BK	100 BK
25 BK	50 BR	50 BR	200 BR
100 IM	100 IM	100 IM	200 FR
25 BR	50 FLY	50 FLY	100 FR
50 FLY			

Sunday			
8 UN	**9-10**	**11-12**	**13 OV**
50 FR	200 FR	200 FR	200 BK
25 FR	50 FR	50 FR	100 BR
50 BK	100 BK	100 BK	200 IM
25 FL	100 FL	50 BK	50 FR
		100 FLY	200 FLY

ORDER OF EVENTS

Friday, December 13, 2024		
Women's Event #	**Age Group & Event Description**	**Men's Event #**
1	9-12 200 IM	2
3	13 & OV 400 IM	4
4	11 & OV 500 Free women's min entry time: 7:35.69 men's min entry time: 7:26.99	5

	Saturday December 14, 2024	
Women's event #	**Age group & event description**	**Men's event #**
7	13-over 100 Fly	8
9	12-under 100 Free	10
11	13-over 100 Back	12
13	9-12 100 Back	14
15	13-over 200 Breast	16
17	12-under 50 Breast	18
19	8-under 25 Back	20
21	13-over 200 Free	22
23	12-under 100 IM	24
25	8-under 25 Breast	26
27	12-under 50 Fly	28
29	13-over 100 Free	30

	Sunday December 15, 2024	
Women's event #	**Age group & event description**	**Men's event #**
31	13-over 200 Back	32
33	13 - over 100 Breast	34
35	9-12 200 Free	36
37	12-under 50 Free	38
39	13-over 200 IM	40
41	9-12 100 Breast	42
43	8-under 25 Free	44
45	12-under 50 Back	46
47	13-over 50 Free	48
49	8-under 25 Fly	50
51	9-12 100 Fly	52
53	13-over 200 Fly	54

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

Pacific Swimming – Hosted by SRN
SHORT COURSE CBA+
December 13-15, 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