

SEBASTOPOL SEA SERPENTS  
PACIFIC SWIMMING SHORT COURSE MEET  
APRIL 25 – 26, 2020

Enter Online: <http://ome.swimconnection.com/pc/SSS20200425>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **20-043**

*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, 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: Irene Alameida</i>	<i>Head Starter: Kevin Campbell</i>
<i>Meet Marshal: Kelsey Bonzell</i>	<i>Admin Official: Barbarie Gonzalez</i>
<i>Meet Director: Lehla Irwin - <a href="mailto:meetdirector@sea-serpents.org">meetdirector@sea-serpents.org</a></i>	

**LOCATION:** Ives Pool, 7400 Willow Street, Sebastopol, California 95472

**DIRECTIONS:** From Highway 12 West: turn left at High Street, right on Willow St.  
From Highway 116: turn left on Bodega Hwy (12), left on High Street, right on Willow St.

**PARKING IS NOT AVAILABLE AT THE VETERANS BUILDING/SEBASTOPOL CENTER FOR THE ARTS**

**COURSE:** OUTDOOR 25 YARD pool with up to 6 lanes available for competition. A separate pool 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 8' 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.

**TIME:** Meet shall begin at 10:00 AM with warm-ups from 8:30 to 9:45 AM each day.

**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.
- 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 are timed finals.
- **Athletes shall enter in all five (5) events in the flight of their age group.** Athletes may enter in the same or different flight each day of the meet.
- All events shall 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 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.
- 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 coaches and deck officials must wear their USA Swimming membership cards in a visible manner. Deck Pass may be used to prove registration status.**

**ATTENTION HIGH SCHOOL ATHLETES:** If you are a high school athlete in season, you need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**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 are 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 animals, except service animals, are prohibited from all areas of the competition venue.

**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.
- **Entries with "NO TIME" shall be ACCEPTED** and placed in the slowest heats.
- 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.
- Age on the first day of the meet shall determine the athlete's age for the entire meet.
- All athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.
- Unattached athletes shall compete in the meet for time only and shall not be scored or awarded.

**ENTRY FEES:** \$4.00 per event plus an \$8.00 participation fee per athlete. \$9.00 per relay entry. Entries shall be rejected if payment is not sent at time of request. No refunds shall be made except mandatory scratch downs.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/SSS20200425> 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. 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, APRIL 15, 2020.**

**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, APRIL 13, 2020** or hand delivered by 5:00 PM, **WEDNESDAY, APRIL 15, 2020.** No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to SSS.**

**Mail entries to: SEBASTOPOL SEA SERPENTS  
P.O. BOX 2517  
SEBASTOPOL, CA 95473**

**Hand deliver entries to: Ives Pool c/o Sebastopol Sea Serpent  
7400 Willow Street,  
Sebastopol, CA 95472  
ONLY BETWEEN HOURS OF 3:30-6:30 PM**

**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 remaining 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:** Awards shall be given to the athletes with the top eight (8) total points for each flight of each age group using Hy-Tek Age Group Points. If an athlete is scratched, no shows, or is disqualified for an event, the athlete shall get zero for the point score for that event.

**ADMISSION:** Free. A program will be available for a nominal fee.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working deck 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 IS NOT AVAILABLE AT THE VETERAN'S BUILDING/SEBASTOPOL CENTER FOR THE ART.**

**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.

<b>Club athlete entered in session</b>	<b>Trained and carded officials requested</b>
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 un-carded 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**

Saturday and Sunday (Events are same on both days. Athletes can choose same or different flight each day)							
8/UNDER A Flight	8/UNDER B Flight	9-10 A Flight	9-10 B Flight	11-12 A Flight	11-12 B Flight	13/OVER A Flight	13/OVER B Flight
100 IM	100 IM	100 IM	100 IM	100 IM	200 IM	100 IM	200 IM
25 FLY	50 FLY	25 FLY	50 FLY	50 FLY	100 FLY	50 FLY	100 FLY
25 BACK	50 BACK	25 BACK	50 BACK	50 BACK	100 BACK	50 BACK	100 BACK
25 BRST	50 BRST	25 BRST	50 BRST	50 BRST	100 BRST	50 BRST	100 BRST
25 FREE	50 FREE	25 FREE	50 FREE	50 FREE	100 FREE	50 FREE	100 FREE
<b>Saturday</b>				<b>Sunday</b>			
*10/under mixed 200 Free Relay *11/over mixed 200 Free Relay				*10/under mixed 200 Medley Relay *11/over mixed 200 Medley Relay			

\*mixed gender

**EVENTS**

Saturday April 25		
WOMEN'S EVENT #	EVENT	MEN'S EVENT #
1	200 IM	2
3	100 IM	4
5	100 Fly	6
7	50 Fly	8
9	25 Fly	10
11	100 Back	12
13	50 Back	14
15	25 Back	16
17	100 Breast	18
19	50 Breast	20
21	25 Breast	22
23	100 Free	24
25	50 Free	26
27	25 Free	28
101	11/Over Mixed 200 Free Relay	
102	10/Under Mixed 200 Free Relay	

Sunday April 26		
WOMEN'S EVENT #	EVENT	MEN'S EVENT #
51	200 IM	52
53	100 IM	54
55	100 Fly	56
57	50 Fly	58
59	25 Fly	60
61	100 Back	62
63	50 Back	64
65	25 Back	66
67	100 Breast	68
69	50 Breast	70
71	25 Breast	72
73	100 Free	74
75	50 Free	76
77	25 Free	78
201	11/Over Mixed 200 Medley Relay	
202	10/Under Mixed 200 Medley Relay	

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

Pacific Swimming – Hosted by SEBASTOPOL SEA SERPENTS Short Course Meet APRIL 25-26, 2020 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			
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						: .				SCY / LCM			
# of entries _____ x \$4.00 = \$ _____ Participation Fee       \$ 8.00 Total                       \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													