NEPTUNE SWIMMING @ SEBASTOPOL SEA SERPENTS
PACIFIC SWIMMING SHORT COURSE DUAL MEET
OCTOBER 4, 2024
http://ome.fastswims.com

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-124**
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 using 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:*** **IRENE ALAMEIDA** ***Head Starter:*** **KEVIN CAMPBELL**
Meet Marshal: **BRIDGET ROSS** ***Admin Official:*** **DEBBI TUCKER**
Meet Director: **LEHLA IRWIN billing@sea-serpents.org**

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 MAY 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. The Meet Host shall ensure the required course dimensions.

TIME: Meet will begin at 5:00 PM with warm-ups from 4:00 to 4:55 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 3 individual events and 1 relay.
- 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, or when the number of entered athlete meets maximum facility capacity as determined by facility and local health restrictions.
- 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.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- **AED is available on the pool deck. Lifeguard and/or First Aid/CPR certified personnel will be available to participants.**

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.

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.
- Entries with **"NO TIME" will be accepted.**
- 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 FEES: $4.50 per event plus an $10.00 SCY 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. A check to cover team entry fees shall be hand delivered at the meet or mailed to: PO Box 2517, Sebastopol, CA 95473. **Make check payable to**: **SSS**

ONLINE ENTRIES: 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 Friday, September 27, 2024.

RELAY ENTRIES: Relays shall be pre-entered by using FastSwims, electronically via Hy-Tek file, or by emailing relay entries to Lehla Irwin at **billing@sea-serpents.org** no later than 10:00 PM on Wednesday, Friday, September 27, 2024.

TEAM ENTRIES: Team entries shall be submitted by each team via Hy-Tek file. Entries shall be emailed to **billing@seaserpents.org** no later than 10:00 PM on Friday, September 27, 2024. Request a confirmation of receipt to ensure delivery of the email and file.

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event. A coaches scratch meeting may be conducted on deck prior to seeding.

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: Ribbons will be awarded 1-8th for each gender in the following age-groups: 6/u, 7-8, 9-10, 11-12, 13-14, 15/o. Events will be swum together and awarded separately. No awards given for athletes 19 years of age and older. Awards may be distributed at the meet or delivered to each team after the meet.

SCORING: (6-lane pool) Individual Events – 7-5-4-3-2-1. Individual point values shall be doubled for relays. **Events will be swum together and awarded separately for each gender in the following age-groups: 6/u, 7-8, 9-10, 11-12, 13-14, 15/o.**

ADMISSION: Free.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. **MEET PERSONNEL, TEAMS, COACHES WILL NOT BE ALLOWED ON DECK UNTIL 3:00 PM.**

ORDER OF EVENTS

EVENT #	EVENT
1	Mixed Open 200 Free Relay
2	Mixed Open 100 IM
3	Mixed Open 50 Breast
4	Mixed Open 25 Breast
5	Mixed Open 25 Free
6	Mixed Open 50 Fly
7	Mixed Open 50 Back
8	Mixed Open 25 Fly
9	Mixed Open 25 Back
10	Mixed Open 50 Free

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