SEBASTOPOL SEA SERPENTS – SSS FESTIVE FROST C/B/A+
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
DECEMBER 14-15, 2024
Enter Online: http://ome.fastswims.com

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-129**
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 on 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: **ANDY DOWNS** ***Head Starter:*** **JAY ROWLAND**
Meet Marshal: **MADELINE JOHNSON** ***Admin Official:*** **DON BAUTISTA**
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 BE 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 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 10:00 AM each day 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.
- 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** individual events per day.
- Events may be combined in the discretion of the Meet Referee.
- Athletes competing in the 1650 Free and/or 1000 Free must provide their own lane timers and lap counters.
- Athletes should consult their coaches **PRIOR** to entering these events. Coach verified times shall be accepted.
- The 1650 Free and the 1000 Free will be limited to the first 18 entries.
- 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.
- 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 for all events except for the 1650/1000 Free**. Coach verified times shall be accepted for the 1650 Free and/or 1000 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 on line 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 on line by the entry deadline shall be considered in the order they are received.

ENTRY FEES: $4.50 per event plus a $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 hand 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: **SSS**

Mail entries to: **SEBASTOPOL SEA SERPENTS**
PO BOX 2517
SEBASTOPOL, CA 95473

Hand deliver entries to: **SEBASTOPOL SEA SERPENTS C/O LEHLA IRWIN**
7400 WILLOW STREET
SEBASTOPOL, CA 95472

CHECK-IN: 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 11:30 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 11:30 AM.** Athletes who do not check in will not be seeded in the event**.**

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 may 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. A program/heat sheet may be available for purchase.

SNACK BAR & HOSPITALITY: A limited snack bar will be available. Hospitality will be provided for coaches & officials.

MISCELLANEOUS: STREET PARKING ONLY. 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 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.

Athletes in the 6/u, 7-8, 9-10, 11-12, 13-14, 15/o age-groups may swim events together, seeded only by time, irrespective of gender or age.

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	**9-10**	**11-12**	**13-18**	**8 & UN**	**9-10**	**11-12**	**13-18**
Open 100 IM				Open 200 IM			
25 BA	100 BA	200 FR	200 FR	50 BA	50 BA	50 BA	200 BR
50 FL	50 FL	100 BA	100 BA	25 FL	100 FL	200 BR	100 FL
25 BR	100 BR	200 FL	200 FL	50 BR	50 BR	100 FL	200 BA
		50 FL	100 BR	25 FR		200 BA	
		100 BR				50 BR	
Open 50 FR				Open 100 FR			
Open 1650 FR*				Open 1000 FR*			

* Athletes competing in the 1650 Free and/or 1000 Free must provide their own lane timers and lap counters.

* Athletes competing in the 1650 Free and/or 1000 Free must be entered with a time.

*Entries with **"NO TIME" will NOT be accepted for the 1650 Free and 1000 Free.** Coach verified times will be accepted.

*Athletes should consult their coaches **PRIOR** to entering these events.

* The 1650 Free and the 1000 Free will be limited to the first 18 entries.

ORDER OF EVENTS

SATURDAY, DECEMBER 14, 2024	
EVENT #	**EVENT**
101	Open 100 I.M.
102	11-12 200 Free 13-14 200 Free 15/o 200 Free
103	9-10 100 Back 11-12 100 Back 13-14 100 Back 15/o 100 Back
104	8-UN 25 Back
105	11-12 200 Fly 13-14 200 Fly 15/o 200 Fly
106	8-UN 50 Fly 9-10 50 Fly 11-12 50 Fly
107	9-10 100 Breast 11-12 100 Breast 13-14 100Breast 15/o 100 Breast
108	8-UN 25 Breast
109	Open 50 Free
110	Open 1650 Free

SUNDAY, DECEMBER 15, 2024	
EVENT #	**EVENT**
201	Open 200 I.M.
202	8-UN 50 Back 9-10 50 Back 11-12 50 Back
203	11-12 200 Breast 13-14 200 Breast 15/o 200 Breast
204	9-10 100 Fly 11-12 100 Fly 13-14 100 Fly 15/o 100 Fly
205	8-UN 25 Fly
206	11-12 200 Back 13-14 200 Back 15/o 200 Back
207	8-UN 50 Breast 9-10 50 Breast 11-12 50 Breast
208	8-UN 25 Free
209	Open 100 Free
210	Open 1000 Free

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 CBA+
DECEMBER 14-15, 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