

UKIAH DOLPHINS SOROPTIMIST SWIM MEET  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
JULY 21-23, 2023  
Enter Online: <http://www.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-080**

*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.

**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:**

<b>Meet Referee:</b>	<b>DON BAUTISTA</b>	<b>Head Starter:</b>	<b>IRENE ALAMEDA</b>
<b>Meet Marshal:</b>	<b>CAROL LARSON</b>	<b>Admin Official:</b>	<b>BARBARIE GONZALEZ</b>
<b>Meet Director:</b>	<b>GINA DANNER</b>	<a href="mailto:gcdnamaste@gmail.com">gcdnamaste@gmail.com</a>	<b>(707) 972-5410</b>

**LOCATION:** Ukiah High School, 1000 Low Gap Road, Ukiah Ca 95482

**DIRECTIONS:** From US 101 Northbound: take US 101 North to Ukiah; take North State Street exit and turn left on North State Street. Continue to 3rd stoplight and turn right on Low Gap Road. High School is on the right. Pool is located next to the football field.

**BACK PARKING AREA RESERVED FOR COACHES AND OFFICIALS ONLY**

**COURSE:** OUTDOOR 25 YARD pool with up to EIGHT (8) lanes available for competition. An additional TWO (2) 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 4'6" at the start end and 4'6" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** Friday's session will begin at 5 pm, with warm ups 4:00-4:45. Saturday and Sunday sessions 9:00 am each day with warm-ups from 7:30-8:45 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.
- At the discretion of the Meet Referee, events and heats may be combined and/or in alternating gender heats.
- All events will swim fast to slow sequence with the options of reversing the sequence at the discretion of the Meet Referee and Meet Director.
- Athletes may enter more than four (4) events per day, but may only compete in a maximum of four (4) events per day. Refunds will not be given for scratches due to the athlete entering more than four 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.
- In order to enter the OPEN events, the athlete shall have met the listed qualifying time or have coach verification. If the Athlete's coach is to verify the athlete's ability to achieve the minimum entry time per Pacific Swimming Rule 4A2, please contact the Meet Director and Meet Referee.
- Athletes in the open long distance events shall provide: (500 yd freestyle – lap counters), (1650 freestyle - lap counters and timers. In addition, must meet the specified minimum time to enter. Please see Event Summary below.
- 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.**
- **Emergency medical supplies located in the team room, First Responders available upon request.**

**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 proficient in performing racing starts 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.

- 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.
- Entries with "NO TIME" will be accepted except for the Open Events.
- 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 \$8.00 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. \$9.00 per Relay entry fee, Meet Referee or his/her designee will collect relay fees at the meet. Relay entry card and fee submission information will be provided during the Coaches' Meeting daily.

**ONLINE ENTRIES:** To enter online go to [www.fastswims.com](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 will be accepted through Wednesday, July 12th, 2023. Mail-In entries must be postmarked by Monday, July 10th, 2023.

**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 July 10th, 2023 or hand delivered by 6:30 p.m. Wednesday, July 12th 2023. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: UKIAH DOLPHINS**

**Mail entries to: UKIAH DOLPHINS**  
**ATTN: Soroptimist Swim Meet**  
**P.O. Box 635**  
**Ukiah, Ca 95482**

**Hand delivered entries to:**

**CUPPA JOE TO GO**  
**Attn: Carol Larson**  
**1900 N. State Street**  
**Ukiah, Ca 95482**

**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. For the Saturday and Sunday sessions, 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 remaining events for that day shall be at 10:30 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 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, 13-14, 15-16, and 17-19. Awards must be picked up on Sunday by the Club's coach or Club representative. Awards will not be mailed. If awards will not be available to be picked up on the last day of the meet, a pre-paid envelope must be provided.

**ADMISSION:** Free. A 3 day Program will be available for \$5.00

**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.

**MINIMUM OFFICIALS:** At least seven (7) days prior to the start of the meet, meet management (Meet Director and/or Meet Referee) shall contact 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, on or before close of business (COB) on the Wednesday before the start of the meet, provide 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

Zone 3 shall include assigned and working Dolphin, 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 trainees in the count of officials. Clubs may use “borrowed” from other clubs, or unattached officials at the meet who agree to fulfill their obligation under the rule.

#### EVENT SUMMARY

FRIDAY		
9-10	11-12	13-OVER
200IM	200 IM	25 FREE OPEN
25 FREE OPEN	25 FREE OPEN	1650 FREE OPEN*
1650 FREE OPEN*	1650 FREE OPEN*	
<b>Qualifying times:</b> <b>*1650 FREE OPEN: Girls- 24:53.99/ Boys- 24:21.99</b>		

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-OVER	8 & UN	9-10	11-12	13-OVER
400 IM OPEN	400 IM OPEN	400 IM OPEN	400 IM OPEN	500 FR OPEN	500 FR OPEN	500 FR OPEN	500 FR OPEN
25 FLY	50 FLY	100 FLY	100 BACK	25 BACK	200 FREE	100 IM	200 BK OPEN
50 BACK	50 BREAST	50 BR	200 FREE	200 BK OPEN	50 BACK	50 BACK	200 IM
100 IM	100 BACK	200 FREE	100 FLY	50 FREE	200 BK OPEN	200 BK OPEN	50 FREE
25 FREE	100 FREE	50 FREE	100 FREE	50 BREAST	50 FREE	100 BREAST	100 BREAST
200 BR OPEN	200 BR OPEN	100 BACK	200 BR OPEN	50 FLY	100 BREAST	50 FLY	200 FLY OPEN
100 M RELAY	200 M RELAY	200 BR OPEN	200 M RELAY	25 BREAST	100 FLY	100 FREE	200 FR RELAY
		200 M RELAY		200 FLY OPEN	100 IM	200 FLY OPEN	
				100 FR RELAY	200 FLY OPEN	200 FR RELAY	
					200 FR RELAY		

# EVENTS

FRIDAY, JULY 21, 2023		
EVENT #	EVENT	EVENT #
1	11-12 200 IM	2
3	10-Under 200 IM	4
5	OPEN 25 FREE	6
7 24:53.99	OPEN 1650 FREE Qualifying Time	8 24:21.89

SATURDAY, JULY 22, 2023		
EVENT #	EVENT	EVENT #
101 6:24.19	OPEN 400 IM Qualifying Time	102 6:13.09
103	11-12 100 FLY	104
105	8 & U 25 FLY	106
107	9-10 50 FLY	108
109	13 & O 100 BACK	110
111	11-12 50 BREAST	112
113	8 & U 50 BACK	114
115	9-10 50 BREAST	116
117	11 & O 200 FREE	118
119	8 & U 100 IM	120
121	9-10 100 BACK	122
123	8 & U 25 FREE	124
125	13 & O 100 FLY	126
127	9-10 100 FREE	128
129	11-12 50 FREE	130
131	13 & O 100 FREE	132
133	11-12 100 BACK	134
135 3:20.89	OPEN 200 BREAST Qualifying Time	136 3:14.09
137	8-UNDER 100 MEDLEY RELAY	138
139	9-10 200 MEDLEY RELAY	140
141	11-12 200 MEDLEY RELAY	142
143	13 & O 200 MEDLEY RELAY	142

SUNDAY, JULY 23, 2023		
EVENT #	EVENT	EVENT #
201 8:25.39	OPEN 500 FREE Qualifying Time	202 8:16.69
203	11-12 100 IM	204
205	9-10 200 FREE	206
207	8 & U 25 BACK	208
209	11-12 50 BACK	210
211	9-10 50 BACK	212
213 2:56.59	OPEN 200 BACK Qualifying Time	214 2:51.99
215	8 & U 50 FREE	216
217	9-10 50 FREE	218
219	13 & O 200 IM	220
221	8 & U 50 BREAST	222
223	9-10 100 BREAST	224
225	11- 12 100 BREAST	226
227	8 & U 50 FLY	228
229	9-10 100 FLY	230
231	11-12 50 FLY	232
233	13 & O 50 FREE	234
235	8 & U 25 BREAST	236
237	9-10 100 IM	238
239	11-12 100 FREE	240
241 2:59.99	OPEN 200 FLY Qualifying Time	242 2:53.19
243	13 & O 100 BREAST	244
245	8 & U 100 FREE RELAY	246
247	9-10 200 FREE RELAY	248
249	11-12 200 FREE RELAY	250
251	13 & O 200 FREE RELAY	252

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

## Consolidated Entry Form