

UKIAH DOLPHINS SOROPTIMIST "GO FOR THE GOLD"  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
JULY 24-25, 2021  
Enter Online: <http://www.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **21-144**

*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 the Meet Referee grants prior permission. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, drones (aerial devices) 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.

<b>MEET PERSONNEL:</b>	<b>Meet Referee:</b> DON BAUTISTA	<b>Head Starter:</b> IRENE ALAMEIDA
	<b>Meet Marshal:</b> CAROL LARSON	<b>Admin Official:</b> BARBARIE GONZALEZ
	<b>Meet Director:</b> KIMBERLY WELLINGTON	<a href="mailto:kawelly1@gmail.com">kawelly1@gmail.com</a> (707) 695-5975

**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:** 25-yard outdoor pool with up to 8 lanes available for competition. An additional 2 lanes shall be available for warm-up/cool down throughout the meet. 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. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

**TIME:** Meet will begin at 9:00 AM with warm-ups from 7:30 to 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 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.
- All events will swim fast to slow.
- Athletes may compete in 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.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- All applicable Mendocino County, City of Ukiah and State of California Public Health requirements for protection against COVID-19 will apply.

**UNACCOMPANIED ATHLETES:** Any USA Swimming athlete-member competing at the meet shall 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:** Any athlete entered in the meet shall be certified by a USA Swimming member-coach as being proficient in performing a racing start or shall start each race from within the water. When unaccompanied by a USA Swimming member coach, 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 dogs allowed unless registered service dog.
- 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.
- Spectators may view competition within the boundaries of the Spectator Viewing area. Spectators will wear masks and maintain 6 ft social distancing.
- Spectators are allowed access to outside restrooms only.
- **Locker rooms are available for restroom use only. No changing in the locker rooms will be permitted.**

**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.
- Athletes in the “A” Division shall have met at least the listed USA Swimming Motivational “A” minimum time standard. Athletes in the “B” Division shall have met at least the listed “B” minimum time standard. All entry times slower than the “B” time standard shall be in the “C” Division.
- Entries with **“NO TIME” shall be** accepted for all events **except** the open events (see rules) and will be seeded in the slowest heat(s) of 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.
- 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.

- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such athlete shall meet standards for the 17-18 age group.
- Age on the first day of the meet shall determine the athlete's age for the entire meet.

**ENTRY FEES:** \$4.00 per event plus an \$8.00 participation fee per athlete. 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 go to <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 **July 18, 2021**.

**MAILED 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 **July 18, 2021**. 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**

<b>Mail entries to:</b>	<b>UKIAH DOLPHINS</b>	<b>Hand-delivered entries:</b>	<b>CUPPA JOE TO GO</b>
	<b>ATTN: Soroptimist Swim Meet</b>		<b>ATTN: CAROL LARSON</b>
	<b>PO BOX 635</b>		<b>1900 N. STATE ST.</b>
	<b>UKIAH, CA 95482</b>		<b>UKIAH, CA 95482</b>

**CHECK-IN:** The meet shall be deck seeded. There is no penalty for no shows.

**AWARDS:**

- **Individual events:** Distinctive pins will be awarded to 1<sup>st</sup>-3<sup>rd</sup> place in the "A," "B" and "C" divisions and ribbons will be awarded to the 4<sup>th</sup> – 8<sup>th</sup> place finishers in the "A," "B" and "C" divisions, for each event and age group (8&U, 9-10, and 11-12, 13-14, 15-16, 17-18.) The 13 & Over individual events will be swum in combined heats, with awards given for each separate age group (13-14, 15-16, 17-18). The 11 & Over individual events will be swum in combined heats, with awards given for each separate age group (11-12, 13-14, 15-16, 17-18). Athletes 19 years of age and older will not receive awards.
- **Open events:** Will be swum in combined heats, with awards being given by each separate age group (8&U, 9-10, and 11-12, 13-14, 15-16, 17-18.)
- "A" medals will be awarded to athletes achieving new "USAS-A" times swum during this meet only.
- **Relays:** Ribbons will be awarded to 1<sup>st</sup>-6<sup>th</sup> place relay finishers.
- **AWARDS MUST BE PICKED UP ON SUNDAY, THE LAST DAY OF THE MEET, BY A CLUB'S COACH OR CLUB REPRESENTATIVE. AWARDS WILL NOT BE MAILED.**
- **ALL CLUBS AND UNATTACHED ATHLETES: CLUBS AND ATHLETES MUST COORDINATE WITH THE AWARDS DESK PICK UP &/OR DELIVERY OF AWARDS AND FOR THOSE AWARDS NOT PICKED UP. IF AWARDS WILL NOT BE ABLE TO BE PICKED UP ON THE LAST DAY OF THE MEET, A PRE-PAID ENVELOPE MUST BE PROVIDED**

**ADMISSION:** Free. A program will be available for \$5.

**SNACK BAR & HOSPITALITY:** A grab and go 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.

### EVENT SUMMARY

Saturday				Sunday			
8&U	9-10	11-12	13-Over	8&U	9-10	11-12	13-Over
200IM	200IM	400IM OPEN	400IM 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	100IM	200 BK OPEN
50 BACK	50 BREAST	50 BREAST	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	100 BREAST
25 FREE	100 FREE	50 FREE	100 FREE	50 BREAST	50 FREE	100 BREAST	50 FREE
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	100IM	200 FLY OPEN	
				100 FR RELAY	200 FLY OPEN	200 FR RELAY	
					200 FR RELAY		
Qualifying Times:				Qualifying Times:			
400IM OPEN: Girls – 6:24.19/ Boys – 6:13.09				500 FREE OPEN: Girls – 8:25.39/ Boys – 8:16.69			
200 BREAST OPEN: Girls – 3:20.09/ Boys – 3:14.09				200 BACK OPEN: Girls – 2:56.59/ Boys – 2:51.99			
				200 FLY OPEN: Girls – 2:59.99/ Boys – 2:53.19			

**EVENTS**

<b>Saturday, July 24, 2021</b>			<b>Sunday, July 25, 2021</b>		
<b>EVENT #</b>	<b>EVENT</b>	<b>EVENT #</b>	<b>EVENT #</b>	<b>EVENT</b>	<b>EVENT #</b>
99	10 & U 200 IM	100	201	OPEN 500 FREE Qualifying Time	202
101 6:24.19	11 & O 400 IM OPEN Qualifying Time	102 6:13.09	8:25.39	203	204
103	11-12 100 Fly	104	205	11-12 100 IM	206
105	8 & U 25 Fly	106	207	9-10 200 Free	208
107	9-10 50 Fly	108	209	8 & U 25 Back	210
109	13 & O 100 Back	110	211	11-12 50 Back	212
111	11-12 50 Breast	112	213	9-10 50 Back	214
113	8 & U 50 Back	114	2:56.59	OPEN 200 BACK Qualifying Time	2:51.99
115	9-10 50 Breast	116	215	8 & U 50 Free	216
117	11 & O 200 Free	118	217	9-10 50 Free	218
119	8 & U 100 IM	120	219	13 & O 200 IM	220
121	9-10 100 Back	122	221	8 & U 50 Breast	222
123	11-12 50 Free	124	223	9-10 100 Breast	224
125	13 & O 100 Fly	126	225	11 & O 100 Breast	226
127	9-10 100 Free	128	227	8 & U 50 Fly	228
129	8 & U 25 Free	130	229	9-10 100 Fly	230
131	13 & O 100 Free	132	231	11-12 50 Fly	232
133	11-12 100 Back	134	233	13 & O 50 Free	234
135 3:20.89	OPEN 200 Breast Qualifying Time	136 3:14.09	235	8 & U 25 Breast	236
137	8-U 100 Medley Relay	138	237	9-10 100 IM	238
139	9-10 200 Medley Relay	140	239	11-12 100 Free	240
141	11-12 200 Medley Relay	142	241	OPEN 200 FLY Qualifying Time	242
143	13-O 200 Medley Relay	144	2:59.99	8-Under 100 FREE Relay	244
			243	9-10 200 FREE Relay	246
			247	11-12 200 FREE Relay	248
			249	13-O 200 FREE RELAY	250

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

Pacific Swimming – Hosted by Ukiah Dolphins Short Course C/B/A+ July 24-25, 2021 Consolidated Entry Form													
Name: Last,			First				Middle						
Club Abbr.			UNATT CLUB 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			
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							: .			SCY / LCM			
# of entries _____ x \$4.00 = \$ _____ Participation Fee      \$8.00 Total                      \$ _____													
Coach's Name: _ Coach's Cell Phone #: _ Coach's Email Address: _													
Athlete's Address													
Home Phone							Cell Phone						
Email													