WAVES AQUATICS NAPA VALLEY ENDLESS SUMMER CLASSIC
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
SEPTEMBER 14-15, 2024
Enter Online: http://ome.fastswims.com

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-103**
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: **BILL SARGIS** ***Head Starter:*** **KIAN TAVAKOLI**
Meet Marshal: **JANEEN TALBOTT** ***Admin Official:*** **BARBARIE GONZALEZ**
Meet Director: **JON HOLLISTER hollisterjon@aol.com (707) 225-2264**

LOCATION: St Helena Aquatic Center 1401 Grayson Ave St. Helena, CA 94559

DIRECTIONS: From Highway 29 North turn right (west) on Grayson Ave. Pool is on the left just past the school office and gym. From Highway 29 South turn left (west) on Grayson Ave. Meet parking is available at the baseball field parking lot west of the pool facility.

COURSE: OUTDOOR 25 YARD pool with up to 9 lanes available for competition. An additional 5 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 6'6"at the start end and 6'6" 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. A special warm-up time and specified lanes for 8 and under Athletes only will be held from **9:30-9:45 AM.**

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 **4** events per day (not including relays).
- 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.
- **Events may be combined in the discretion of the Meet Referee.**
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- **Medical Supervision is available with staffed Lifeguards.**

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.**
- 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 online by **July 23, 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 online by the entry deadline shall be considered in the order they are received.

ENTRY FEES: $4.50 per event plus an $10.00 SCY participation fee per Athlete. Relay fees are $9.00 per event. Relay fees will be collected by the Clerk of the Course the day of the meet. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

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 Wednesday, **September 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 **September 2, 2024** or hand delivered by 6:30 p.m. **Wednesday, September 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: **WAVES AQUATICS NAPA VALLEY**

Mail entries to:	**Kevin Twohey** **P.O. Box 303** **Napa, CA 94559**	**Hand deliver entries to:**	**Kevin Twohey** **26 Highland Dr.** **Napa, CA 94559**

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 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 all 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 thru 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 17-18. Ribbons will also be awarded for the 1-3rd place finishers in the Relay age groups. 'A' medals will be awarded to swimmers with an entry time slower that 'A' achieving 'A' standard times for the first time. **Note: Awards will be mailed to all clubs after the meet. All participating clubs and clubs with unattached athletes must provide a mailing address with the Clerk of the Course** at the meet**.**

ADMISSION: Free.

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 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.

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	**9-10**	**11-12**	**13-18**	**8 & UN**	**9-10**	**11-12**	**13-18**
100 Back	100 Fly	100 Fly	100 Fly	100 Free	200 Free	200 Free	200 Free
50 Free	100 Back	100 Back	100 Free	25 Free	100 Free	100 Free	100 Back
25 Fly	50 Free	50 Free	200 Med Relay	100 Back	100 Back	100 Back	50 Free
500 Free	500 Free	500 Free	100 Breast	50 Back	50 Back	50 Back	500 Free
100 Med Relay	200 Med Relay	200 Med Relay	100 IM	50 Free	50 FR	50FR	
25 Back	100 Breast	100 Breast	200 Back	100 Breast	100 Breast	100 Breast	
50 Breast	50 Breast	50 Breast		25 Breast	200 FR Relay	200 FR Relay	200 FR Relay
100 IM	100 IM	100 IM		100 FR Relay	50 Fly	50 Fly	200 IM
	200 Back	200 Back		50 Fly	200 IM	200 IM	200 Breast
					200 Breast	200 Breast	

ORDER OF EVENTS

SATURDAY SEPT 14th		
EVENT #	**EVENT**	**EVENT #**
1	OPEN 100 Fly	2
3	12 &UN 100 Back	4
5	13 &Over 100 Free	6
7	12 &UN 50 Free	8
9	8 &UN 25 Fly	10
11	12 &UN 500 Free	12
13	8 &UN 100 Medley Relay	14
15	9-10 200 Medley Relay	16
17	11-12 200 Medley Relay	18
19	13&Over 200 Medley Relay	20
21	8 &UN 25 Back	22
23	OPEN 100 Breast	24
25	12 & UN 50 Breast	26
27	OPEN 100 IM	28
29	OPEN 200 Backstroke	30

SUNDAY SEPT 15th		
EVENT #	**EVENT**	**EVENT #**
31	OPEN 200 Free	32
33	12 & UN 100 Free	34
35	8 & UN 25 Free	36
37	OPEN 100 Back	38
39	12 & UN 50 Back	40
41	OPEN 50 Free	42
43	12 & UN 100 Breast	44
45	8 & UN 25 Breast	46
47	13 & Over 500 Free	48
49	8 &UN 100 Free Relay	50
51	9-10 200 Free Relay	52
53	11-12 200 Free Relay	54
55	13 & Over 200 Free Relay	56
57	12 & UN 50 Fly	58
59	OPEN 200 IM	60
61	OPEN 200 BR	62

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

12-UN Events

12-UN shall be swum together and awarded separately by age groups: 6-UN, 7-8, 9-10, 11-12

Open Events

Open events shall be swum together and awarded separately by age groups: 6-UN 7-8, 9-10, 11-12, 13-14, 15-16, 17-18

500 Free

Athletes must provide their own counter for the 500's. Lap counter will be provided.
12-UN 500 Free shall be swum together and awarded separately by age groups: 6-UN, 7-8, 9-10, 11-12.
13-18 500 Free shall be swum together and awarded separately by age groups: 13-14, 15-16, 17-18.

Relays

Relays shall be seeded by Meet Referees discretion.
Relay fees will be collected by the Clerk of the Course at the meet.
Relays will be awarded 8-UN, 9-10, 11-12, 13-18

Mixed gender and mixed ages relay entries shall be accepted and designated 'Exhibition'
and not eligible for awards.

Pacific Swimming – Hosted by WANV
SHORT COURSE CBA+
Sept 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