

WILLITS OTTERS
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
JULY 19-20, 2025
Enter Online: <http://ome.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **25-078**

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:

<i>Meet Referee:</i> Don Bautista	<i>Head Starter:</i> Kevin Campbell
<i>Meet Marshal:</i> Mike Colvig	<i>Admin Official:</i> Barbarie Gonzalez
<i>Meet Director:</i> Holly Runyan, 1 (971) 288-6391	

LOCATION: Willits City Pool, 299 N. Main St., CA 95490

DIRECTIONS: Located on the East side of Main Street on the North side of the campus. Northbound Highway 101 – Take the first Willits Exit and follow Main Street North thru town to the WHS campus. Southbound Highway 101 – Take the first Willits Exit and travel South to the WHS campus.

COURSE: Outdoor 25 yard pool with up to 6 lanes available for competition. Minimal warm-up/cool-down area in diving well. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 6' at the start end and 3'6" at the turn end. The meet host shall ensure the required dimensions.

TIME: Meet will begin at 9:00 AM each day 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 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 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.
- Medical Supervision provided by two certified lifeguards are available to participants throughout the event.

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, except 500 Free. Athletes entering the 500 Free must meet a minimum time standard. Athletes in the 500 Freestyle must provide their own timers and lap counters
- 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 on/before June 6, 2025, shall be given first priority for acceptance to the meet. All entries from other zones in Pacific Swimming or other LSCs, postmarked or entered online by the entry deadline, shall be considered in the order they are received

ENTRY FEES: \$4.50 per individual event. \$9.00 per relay. Plus a \$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.

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 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 9, 2025.

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 7, 2025 or hand delivered by 6:30 p.m. Wednesday, July 9, 2025. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Willits Otters

**Mail entries to: Emily Rose Smith
PO BOX 1445
Willits, CA 95490**

Hand delivered entries to:

**Mary Colvig (at the pool shack)
299 N. Main Street
Willits, CA 95490**

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event. A coach's scratch meeting may be conducted on deck prior to seeding. Athletes in each age-group will swim events, seeded only by time, irrespective of gender. The seeding will be done the day before each session, and coaches are requested to provide known athlete scratches to the Admin Official, Barbarie Gonzalez, willitspanda@gmail.com, no later than 07:00 pm on Friday and Saturday for respective Saturday and Sunday sessions.

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: Individual events: Ribbons will be awarded to the 1st – 6th place finishers in the "A," "B" and "C" divisions, for each event and age group (6&U, 7-8, 9-10, 11-12, 13-14, 15-16, & 17-18.) Athletes 19 years of age and older will not receive awards. 'A' medals will be awarded to athletes with an entry time slower than 'A' achieving a USA-S Motivational 'A' time standard for the first time (8 & U. See Pacific Swimming website for 'USA-S 'A' time standards. Relay events: Awards 1st through 3rd. Relays will be awarded as 10 & under, and 11-18. Athletes aged 19 and over will not be awarded. A "Team Spirit" award will also be given at the end of the meet on Sunday. Ribbons will be available for pickup by the coaches, or a team representative, at the end of the meet. Awards will not be mailed, unless prior arrangements are made with the Meet Director.

49er 200 Free T-Shirt Relay: 49er Relay teams are any combination of gender whose ages total forty-nine or less. While there are no time standards for this event, it is a timed event. Heat winners will be determined by the fastest time in each heat. Each relay team will share one large size or bigger t-shirt with their club name on it for the relay. Each relay team provides their own t-shirt. The first person puts the t-shirt on. The lead athlete swims across the pool and back, and then exchanges the t-shirt on the deck with the next athlete, who does the same, and so on. The t-shirt must stay on for the entire time the athlete is in the water. Arms and hands must be seen outside of the sleeves of the t-shirt before the contestant may enter the water. No one may help the two team members exchange the t-shirt. The winning relay team in each heat receives the t-shirts for all other teams in their heat. All Relays will be deck seeded and entries must be received by the Clerk of Course at a time determined each day by the Referee.

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.

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	10 & U	12 & U	11 & O	13-18	Open	8 & UN	10 & U	9-12	12 & U	11 & O	13-18	Open
25 BR	100 MED Relay	100 BK	200 MED Relay	200 FR	49er Relay	25 FL	100 FR Relay	100 FL	200 FR	200 FR Relay	100 FR	500 FR
25 BK		50 BR		100 BK		25 Fr		100 BR	50 BK		100 FL	
		100 FR		200 BR					50 FR		200 BK	
		50 FL		200 FL							100 BR	
		100 IM		50 FR								
				200 IM								

EVENTS

SATURDAY- JULY 19, 2025		
EVENT #	EVENT	
1	Mixed	13-18 200 Free.
2	Mixed	12 & Under 100 Back
3	Mixed	13-18 100 Back
4	Mixed	12 & Under 50 Breast
5	Mixed	13-18 200 Breast
6	Mixed	8 & Under 25 Breast
7	Mixed	12 & Under 100 Free
8	Mixed	11 & Over 200 Medley Relay
9	Mixed	10 & Under 100 Medley Relay
10	Mixed	13-18 200 Fly
11	Mixed	12 & Under 50 Fly
12	Mixed	13-18 50 Free
13	Mixed	8 & Under 25 Back
14	Mixed	13-18 200 IM
15	Mixed	12 & Under 100 IM
16	Mixed	49er 200 Free Relay

SUNDAY- JULY 20, 2025		
EVENT #	EVENT	
17	Mixed	13-18 100 Free
18	Mixed	12 & Under 200 Free
19	Mixed	13-18 100 Fly
20	Mixed	12 & Under 50 Back
21	Mixed	9-12 100 Fly
22	Mixed	8 & Under 25 Fly
23	Mixed	9-12 100 Breast
24	Mixed	13-18 200 Back
25	Mixed	12 & Under 50 Free
26	Mixed	13-18 100 Breast
27	Mixed	8 & Under 25 Free
28	Mixed	10 & Under 100 Free Relay
29	Mixed	11 & Over 200 Free Relay
30	Mixed	Open 500 Minimum Time – 8:26.09

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

Pacific Swimming – Hosted by WILL SHORT COURSE CBA+ July 19-20, 2025 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					
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						: .				SCY / LCM					
# of entries _____ x \$4.50 = \$ _____ Participation Fee \$ 10.00 Total \$ _____															
Coach's Name: _____															
Coach's Cell Phone: _____															
Coach's Email Address: _____															
Athlete's Address															
Home Phone								Cell Phone							
Email															