

UKIAH DOLPHINS/MENDOCINO COAST SEA DRAGONS SWIMMING/WILLITS OTTERS
PACIFIC SWIMMING SHORT COURSE SINGLE SESSION TRI MEET
MAY 15, 2021



Enter Online: <http://www.fastswims.com>

SANCTION: Held under USA/Pacific Swimming Sanction No. **21-078**

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> ANDY DOWNS
<i>Meet Marshal:</i> CAROL LARSON	<i>Admin Official:</i> BARBARIE GONZALEZ
<i>Meet Director:</i> KIMBERLY WELLINGTON kawelly1@gmail.com (707) 695-5975	

LOCATION: UKIAH HIGH SCHOOL, 1000 LOW GAP RD, UKIAH CA 95482

DIRECTIONS: From US 101 Northbound: take 101 North to Ukiah; take North State St exit, and turn left on North State St. Continue to 3rd stoplight and turn right on Low Gap Rd. 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 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 10:00 AM with warm-ups from 8:30 to 9:45 AM each day. A maximum of two (2) athletes shall be permitted per warm-up lane. The athletes shall start from opposite ends of the pool.

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, or when the number of entered athletes meets capacity per local/facility 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.**
- All applicable Mendocino County, City of Ukiah and State of California Public Health requirements for protection against COVID-19 will apply. All persons in the facility must be masked (with the exception of athletes during warm up, warm down and actual competition). The Meet Director and Meet Referee may remove any individual who does not comply.

ATTENTION HIGH SCHOOL ATHLETES: If you are a high school athlete in season, you need to be Unattached from this meet. It is the athlete’s responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of Nevada Interscholastic Activities Association (NIAA).

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.
- Spectators (2 immediate family members per athlete during the swim event only) 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.
- Spectators must remain in the designated spectator area outside of the north fencing pool area with masks on.
- **Locker rooms are available for restroom use only. No changing in the locker rooms will be permitted.**

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, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail.

- Meet is open only to qualified athletes registered with UKIAH DOLPHINS, MENDOCINO COAST SEA DRAGONS, or WILLITS OTTERS. Athletes who are unattached but participating with UKIAH DOLPHINS, MENDOCINO COAST SEA DRAGONS, or WILLITS OTTERS are eligible to compete.
- Entries with "NO TIME" will be accepted.
- 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 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 FEES: Flat rate of \$30.00 per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

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 **MAY 7, 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

**Mail entries to: UKIAH DOLPHINS
ATTN: MAY SWIM MEET
PO BOX 635
UKIAH, CA 95482**

**Hand-delivered entries: CUPPA JOE TO GO
ATTN: CAROL LARSON
1900 N. STATE ST.
UKIAH, CA 95482**

ONLINE ENTRIES: You may enter this meet online or by U.S. mail. To enter on-line go to <http://www.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service fee, 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 Ukiah Dolphins Swim Team or Mendocino Coast Sea Dragons. Online entries will be accepted through **MAY 9, 2021**. LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event.

SCRATCHES: Any Athletes not reporting for or competing in an individual timed final event that they have entered shall not be penalized.

AWARDS: None.

ADMISSION: Free.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

EVENT SUMMARY

SATURDAY MAY 15, 2021

8 & UN	9-10	11-12	13-18
25 FR	50 FR	50 FR	50 FR
25 BR	50 FL	100 FR	100 FR
25 BK	100 FR	100 BR	100 BR
25 FL	100 BR	100 BK	100 BK
50 FR	100 BK	100 FL	100 FL
50 BR	100 IM	100 IM	100 IM
100 IM	200 IM	200 FR	200 FR
	500 FR	200 IM	200 IM
		500 FR	500 FR

ORDER OF EVENTS

EVENT #	EVENT
1	Mixed 9-Over 500 Free
2	Mixed 9-Over 100 Back
3	Mixed 8-UN 25 Back
4	Mixed 9-Over 100 Free
5	Mixed 8-UN 25 Free
6	Mixed 11-Over 200 Free
7	Mixed 8-UN 25 Breast
8	Mixed 9-Over 100 Breast
9	Mixed 8-UN 50 Breast
10	Mixed 11-Over 50 Free
11	Mixed 10-UN 50 Free
12	Mixed 11-Over 100 Fly
13	Mixed 8-UN 25 Fly
14	Mixed 9-10 50 Fly
15	Mixed 9-Over 200 IM
16	Mixed OPEN 100 IM

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

