

**REDWOOD EMPIRE AQUATICS LEAGUE CHAMPIONSHIPS
PACIFIC SWIMMING SHORT COURSE P/F MEET
AUGUST 5-7, 2022
CLUBS: AC, DART, LCCC, NVST, SON, SRN, SSS, UD, VJO**



Club Entries only via CL2 or HY3 electronic file

SANCTION: Held under USA/Pacific Swimming Sanction No. **22-096**

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:	Irene Alameida	Head Starter:	Kian Tavakoli
Meet Marshal:	Susie Davis	Admin Official:	Barbarie Gonzalez
Meet Director:	Paul Roberts		pjroberts@gmail.com

LOCATION: NAPA VALLEY COLLEGE – 2277 NAPA VALLEJO HWY, NAPA, CA 94558

COURSE: Outdoor heated pool; 25-yard pool, with up to 10 lanes available for competition. Additional lanes will be available for warm-up/warm down throughout the meet. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 5' at the start end and 5' at the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

TIME: Meet shall begin at 5:00 PM on Friday with warm up from 4:00-4:45 PM. Meet shall begin at 8:30 AM on Saturday and Sunday with warm-ups from 7:15 to 8:15 AM. Finals may not begin less than 90 minutes after the completion of the last preliminary heat that day. The warm-up pool will open one hour prior to the start of finals.

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 Official's Table.

- 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 preliminary events will swim fast to slow with the top 3 heats circle seeded. Finals will swim Championship Final first and Consolation Final second.
- Athletes may compete in 1 event on Friday and up to 3 events per day on Saturday and Sunday, not including relays. Athletes exceeding these limits are required to scratch down to the allowable limit and are not eligible for refunds.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds shall be made for any mandatory scratches.
- Relays:
 - All relays will be swum as Timed Finals at the beginning of Finals.
 - All relay athletes must be entered in an individual event in the meet.
 - Athletes may compete in 1 relay per day.
- All 8 & under events shall be swum together as Timed Finals during Finals. 8 & UN will be scored as 6 & UN and 7-8.
- Individual Events for 13 & OV age groups shall be swum together in Preliminaries, but swum as 13-14 and 15 & OV during Finals.
- The following Friday events shall be swum as Timed Finals:
 - 10 & U 200 Free
 - 11-12 200 IM
 - 11 & OV 500 Free
 - 13 & OV 400 IM
- The Following events shall be swum as Timed Finals during Finals in event number order:
 - 11-12 200 Free
 - 13 & OV 200 Back, 200 Fly, 200 Free, and 200 Breast
- The 400 IM and 500 Free shall be swum as Timed Finals, fastest to slowest, alternating women’s and men’s heats. Genders may be combined at the discretion of the Meet Referee and Meet Director.
- All remaining events shall be swum as Preliminaries and Finals.
- Friday Events: 500 Free athletes shall provide their own timers and lap counters. Friday 400 IM, 200 Free, 200 IM athletes shall also provide their own timers.
- The 8 fastest times from the Preliminaries will qualify for the Championship Finals and the next 8 fastest times from the Preliminaries will qualify for Consolation Finals.
- At the discretion of the Meet Referee, events and heats may be combined.
- All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. Deck Pass may be used to prove registration status.

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, 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.
- The meet is open to all qualified athletes of clubs in the Redwood Empire Aquatic League (REAL): AC Swim Club (AC), Lake County Channel Cats (LCCC), DART-Solano (DART), Napa Valley Swim Team (NVST), Sonoma Sea Dragons (SON), Neptune Swimming (SRN), Sebastopol Sea Serpents (SSS), Ukiah Dolphins (UD), and Vallejo Aquatics (VJO). Unattached athletes, practicing with a REAL member club are eligible to swim in prelims and timed finals, but are not eligible to score points, receive awards, participate in relays, or to qualify for finals in a preliminary and final event. Unattached athletes competing in timed finals will be treated as exhibition athletes for purposes of scoring.
- 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.
- 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.
- Relays shall be pre-entered with club entries or deck entered but charged at the conclusion of the meet based on results.
- The athlete's age will be the age of the athlete on the first day of the meet.

ENTRY FEES: \$6.00 per event plus an \$8.00 participation fee per athlete. Relays are \$16.00 per relay. No refunds will be made, except mandatory scratch downs. Full payment of individual entries (single team check) shall be turned in no later than 10 AM on Saturday, August 6. Relay entries submitted by hand must have payment at the time of entry. Relay entries submitted via Hy-Tek shall be turned in no later than 10:00 AM on Sunday, August 7.

ENTRIES: CLUB ENTRIES ONLY. All entries shall be submitted only by the club entry representatives. Club Manager entry file is REQUIRED. All entries shall be submitted using a Club Manager CL2 or HY3 electronic file. Entries must include: Full legal name, age, USA Swimming Registration Number, home club code, and LSC code. Entries must be emailed by Wednesday, July 27, 2022. No late entries shall be accepted.

RELAY ENTRIES: All relays shall be swum at the start of Finals. Relay cards are due NO LATER than 12:00 PM Saturday and Sunday. Relays may be entered electronically via Hy-Tek file.

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. Close of check-in for all individual events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check in will not be seeded and will not be allowed to compete in that event.

SCRATCHES:

- Athletes will not be penalized for missing preliminary events.
- Any athlete qualifying for any level of finals in an individual event who may not wish to swim in finals must either scratch or declare intent to scratch from that final within 30 minutes after the announcement of qualifiers. An athlete who declares intent to scratch must declare their final intention within 30 minutes after their last individual preliminary event.
- Any athlete qualifying for a consolation final or final race in an individual event who fails to show up in said consolation final or final race prior to calling the alternate shall be barred from their next final event for that day. Should the Athlete have no additional final events for that day they will be barred from their next preliminary event.

RELAY SCRATCHES: Any relay team entered in a relay event that fails to compete in or report for that event shall not be penalized

AWARDS:

- **Individual:** Distinctive pins for 1st – 8th place; Ribbons for 9th – 16th place.
- **Relays:** Distinctive pins for 1st – 3rd place.
- **Club:** 1st place club receives Perpetual Banner; 2nd and 3rd place Clubs receive Banners.
- No awards shall be given to 13 & OV athletes.
- 8-UN will be awarded and scored as 6UN and 7-8. Individual Events for 13 & OV age groups will be scored as 13-14 and 15 & OV.
- A selection committee comprised of a parent and athlete representative from each club and the Meet Referee shall vote for Club Spirit Award.
- Awards not picked up by the end of the meet will be sent to the club representative.

SCORING: Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay Events: 40-34-32-30-28-26-24-22

ADMISSION: Free.

PROGRAMS: Meet events and results will be posted in MeetMobile, and there will be no paper programs.

SNACK BAR & HOSPITALITY: A 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.

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 Trainees in the count of officials for up to two sessions. 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

Friday		
10 & UN	11-12	13 & OV
200 FR*	200 IM*	400 IM*
	500 FR*	500 FR*

Saturday				Sunday			
8 & UN	9-10	11-12	13-OV	8 & UN	9-10	11-12	13-OV
25 BK@	50 BK	200 FR@	200 FL@	25 FR@	100 IM	100 IM	200 FR@
25 BR@	50 BR	100 BK	100 BR	25 FL@	50 FL	100 BR	100 BK
50 FR@	100 FR	50 BR	200 IM	100 IM@	50 FR	50 BK	50 FR
100 MR%	200 MR%	50 FL	100 FR	100 FR-R%	200 FR-R%	100 FL	100 FL
		100 FR	200 BK@			50 FR	200 BR@
		200 MR%	200 MR%			200 FR-R%	200 FR-R%

EVENTS

Friday, August 5, 2022		
Event #	Event	Event #
1*	11-12 200 IM	2*
3*	13 & OV 400 IM	4*
5*	10 & UN 200 FREE	6*
7*	11 & OV 500 FREE	8*

Saturday, August 6, 2022		
Event #	Event	Event #
105@	11-12 200 Free	106@
107@	13 & OV 200 Fly	108@
109@	8 & UN 25 Back	110@
111	11-12 100 Back	112
113	13 & OV 100 Breast	114
115	9-10 50 Back	116
117	11-12 50 Breast	118
119@	8 & UN 25 Breast	120@
121	13 & OV 200 IM	122
123	9-10 50 Breast	124
125	11-12 50 Fly	126
127@	8 & UN 50 Free	128@
129	13 & OV 100 Free	130
131	9-10 100 Free	132
133	11-12 100 Free	134
135@	13 & OV 200 Back	136@
137%	8 & UN 100 MED Relay	138%
139%	10 & UN 200 MED Relay	140%
101%	12 & UN 200 MED Relay	102%
103%	Open MED Relay	104%

Sunday, August 7, 2022		
Event #	Event	Event #
205	11-12 100 IM	206
207@	13 & OV 200 Free	208@
209	11 -12 100 Breast	210
211@	8 & UN 25 Free	212@
213	13 & OV 100 Back	214
215	9-10 100 IM	216
217	11-12 50 Back	218
219@	8 & UN25 Fly	220@
221	13 & OV 50 Free	222
223	9-10 50 Fly	224
225	11-12 100 Fly	226
227@	8 & UN 100 IM	228@
229	13 & OV 100 Fly	230
231	9-10 50 Free	232
233	11-12 50 Free	234
235@	13 & OV 200 Breast	236@
237%	8 & UN 100 Free Relay	238%
239%	10 & UN 200 Free Relay	240%
201%	12 & UN 200 Free Relay	202%
203%	Open 200 Free Relay	204%

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

*** Event Swum as Timed Final.**

% Event Swum at the Beginning of Finals

@ Event Swum as Timed Finals during Finals

NOTE: 13 & OV events will be swum together in Preliminaries, but will be swum and scored as 13-14, 15 & OV in Finals. 11 & OV and 13 & OV timed finals will be swum together, but will be scored separately as 11-12, 13-14 and 15 & OV.