

NEPTUNE SWIMMING
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
DECEMBER 11-13, 2015
ENTER ONLINE: <http://ome.swimconnection.com/pc/SRN20151211>



SANCTION: Held under USA/Pacific Swimming Sanction No. **15-165**

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.

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:
Meet Referee: Bill Sargis mechanix30@sbcglobal.net *Head Starter:* Andy Downs
Meet Marshal: Sean Kazemini *Admin Official:* Irene Alameida
Meet Director: Ashley Britton - srnashleybritton@gmail.com

LOCATION: Quinn Swim Center, Santa Rosa Junior College, 1501 Mendocino Avenue, Santa Rosa, CA.

PARKING: SRJC charges \$4 per day for all-day parking pass, including weekends and holidays

DIRECTIONS: *From the north:* Travel south on Hwy 101. Exit at College Avenue turnoff. At stoplight, make a left turn onto College Avenue. Proceed eastbound on College Avenue to Mendocino Ave. Turn left on Mendocino Ave. At Pacific Avenue, turn left into the SRJC parking lot. *From the south:* Travel north on Hwy 101. Exit at College Avenue turnoff. At stoplight, make a right turn onto College Ave. Proceed eastbound on College Avenue to Mendocino Ave. Turn left on Mendocino Ave. At Pacific Avenue, turn left turn into the SRJC parking lot. Pass the football stadium to your right. Swim center and parking is to the right past the football stadium.. The gymnasium will be available for athletes and families. **Setting up around the pool deck is prohibited.**

COURSE: INDOOR 25 YARD pool with up to **8** lanes available for competition. An additional **6** lanes will be available in the outdoor 25 yd warm-up/down pool at all times during the meet 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 **5'** at the start end and **3'6"** 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: Friday night session will begin at 5:00 PM with warm ups between 4:00 PM and 4:45 PM. Meet will begin at **9:00 AM** on Saturday and Sunday with warm-ups from **7:30** to **8:45 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.
- All events are timed finals.
- All events will swim fast to slow.
- Swimmers may compete in **MAXIMUM 4** events per day.
- All swimmers ages 12 and under should complete competition within four (4) hours.
- Entries will be accepted until the number of splashes exceeds the estimated time line, per the "Four-Hour Rule," based on the swimmers 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 deck officials must wear their USA Swimming membership cards in a visible manner.**
- Swimmers entering the 500y free and/or 400y IM must supply their own timers. Swimmers entering the 500y free must provide their own lap counters.
- The 500y free and 400y IM will be swum fastest to slowest, alternating heats of boys and girls, or seeded combining boys and girls.

- Swimmers entering the 500y free must have met the minimum USA-S 11-12 Motivational "A" time standard for their gender. No Time entries will be accepted for all other events.

UNACCOMPANIED SWIMMERS: Any USA-S 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-S Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the swimmer 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-S Club Member-Coach.

RACING STARTS: Swimmers must be certified by a USA-S member-coach as being proficient in performing a racing start, or must start the race in the water. It is the responsibility of the swimmer or the swimmer'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 or standing areas and in all areas used by swimmers, 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.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is 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.

ELIGIBILITY:

- Swimmers must be current members of USA-S 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 swimmer with the registration and times database. The meet host will check all swimmer 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.
- Swimmers in the "A" Division must have met at least USA Swimming Motivational "A" minimum time standard. Swimmers 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 (Exception - 500 Free, See Rules)**
- Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Disabled swimmers 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.
- Swimmers 19 years of age and over may compete in the meet for time only, no awards. Such swimmers must have met standards for the 17-18 age group.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

ENTRY FEES: \$4.00 per event plus an \$8.00 participation fee per swimmer. 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.swimconnection.com/pc/SRN20151211> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% of the total Entry Fees. 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 a swimmer by Pacific Swimming.** Online entries will be accepted through Wednesday, December 2, 2015.

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be postmarked by midnight, **Monday, November 30, 2015** or

hand delivered by 6:30 p.m, **Monday, December 2, 2015**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Neptune Swimming

Mail entries to: Dan Greaves

PO Box 317

Santa Rosa, CA 95402

Hand deliver entries to: Dan Greaves

Ridgway Swim Center

Santa Rosa, CA 95401

CHECK-IN: The meet will be deck seeded. Swimmers 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. Swimmers who do not check in will not be seeded and will not be allowed to compete in that event.

SCRATCHES: Any swimmers not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized. Swimmers who must withdraw from an event after it is seeded are requested to inform the referee immediately.

Awards: Individual Events: Distinctive awards will be given to 1st-7th Place each for each "A", "B" and "C" division: 6&U, 7-8, 9-10, 11-12. 8-U events will be awarded separately as 6-UN, 7-8. 9-12 events will be awarded separately as 9-10, 11-12. No awards will be given to swimmers aged 13 years and older. **Awards will not be distributed throughout the meet. All awards must be collected at the meet, NO AWARDS WILL BE DISTRIBUTED AFTER THE MEET IS COMPLETED.** "A" medals will be awarded to swimmers with an entry time slower than "USA-S A" achieving the "USA-S A" time standard for the first time. See Pacific Swimming web site for time standards.

ADMISSION: Admission is free. A three day program will be available for purchase starting Saturday, December 11th, for **\$5.00 each**.

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 team participating in the meet, and provide a preliminary inventory of the officials that team is required to provide for each session. Each team shall, by the start of the meet, provide to the Meet Director or designee a list of Officials who have agreed to represent that team during each session of the meet.

At the meet, meet management shall conduct an inventory of officials, and shall compare the number of swimmers entered in each session by each team with the number of officials present representing each team. If meet management certifies that a team has not provided sufficient officials for any session of the meet in accordance with the table below, excluding finals in a trials and finals meet, the team will be fined \$100 per missing official per session of the meet.

Club swimmers entered in session	Trained and carded officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5

*Zone 3 will 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 will accept un-carded Trainees in the count of officials for up to two sessions. Teams may use officials "borrowed" from other teams, or unattached officials at the meet who agree, to fulfill their obligation under the rule.

SCHEDULE OF EVENTS

Friday, December 11, 2015						
Minimum Time Standard	Meet Starts At 5:00pm					Minimum Time Standard
Athletes Entry Time Must Meet:	Event	Women's Event #	Age Group	Event	Men's Event #	Athletes Entry Time Must Meet:
	400 IM	1	11& over	400 IM	2	
A Time: 6:07.99	500 Free	3	11& over	500 Free	4	A Time: 6:02.59

SCHEDULE OF EVENTS

Saturday, December 12, 2015			
Meet Starts At 9:00am			
Women's Event #	Age Group	Event	Men's Event #
5	13-18	200 Back	6
7	9-10	100 Back	8
9	8&UN	25 Back	10
11	13-18	100 Free	12
13	9-10	50 Fly	14
15	8&UN	25 Fly	16
17	11-12	100 Back	18
19	13-18	100 Breast	20
21	9-10	100 Breast	22
23	8&UN	50 Breast	24
25	11-12	50 Fly	26
27	9-10	50 Free	28
29	8&UN	50 Free	30
31	9-10	200 IM	32
33	11-12	200 IM	34
35	13-18	200 IM	36
37	11-12	100 Breast	38
39	13-18	100 Fly	40
41	11-12	50 Free	42

Sunday, December 13, 2015			
Meet Starts At 9:00am			
Women's Event #	Age Group	Event	Men's Event #
43	13-18	200 Free	44
45	9-10	100 Free	46
47	8&UN	100 IM	48
49	13-18	100 Back	50
51	9-10	50 Breast	52
53	8&UN	25 Breast	54
55	11-12	100 Free	56
57	13-18	200 Breast	58
59	9-10	50 Back	60
61	8&UN	50 Back	62
63	11-12	50 Breast	64
65	9-10	100 Fly	66
67	8&UN	25 Free	68
69	11-12	100 Fly	70
71	9-10	100 IM	72
73	13-18	200 Fly	74
75	11-12	50 Back	76
77	13-18	50 Free	78
79	11-12	100 IM	80

Pacific Swimming – Hosted by SRN CBA+ Short Course Meet December 11-13, 2015 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				
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						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													