

UKIAH DOLPHINS
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
July 15-17, 2016
Enter Online: <http://ome.swimconnection.com/pc/UD20160715>



SANCTION: Held under USA/Pacific Swimming Sanction No. **16-074**

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:

<i>Meet Referee:</i> Peggy Ramirez peggyr2016@gmail.com	<i>Head Starter:</i> Susi Jackson
<i>Meet Marshal:</i> John Flammang	<i>Admin Official:</i> Bill Sargis
<i>Meet Director:</i> Heath Dolan pws@sonic.net 707-799-2852	

LOCATION: Ukiah High School 1000 Low Gap Road Ukiah, CA 95482

DIRECTIONS: From US 101 Northbound: take US 101 North to Ukiah; take North State Street exit, and turn left on North State Street. Continue to 3rd stoplight and turn right on Low Gap Road. 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 eight (8) lanes available for competition. An additional two (2) 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 4'6" at the start end and 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 5:00PM Friday with warm-up from 4:00 to 4:45pm. Meet will begin at 9:00am on Saturday and Sunday with warm-ups from 7:30am to 8:45am 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.
- All events are timed finals.
- All events will swim fast to slow.
- Athletes may compete in five (5) individual events per day plus 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 time line, per the "Four-Hour Rule," based on the athlete's 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.**
- All Open events (25 Free, 1650 Free, 400 IM, 500 Free, 200 Breast, 200 Back, and 200 Butterfly) may alternate girls and boys heats, or may be swum in combined heats of girls and boys at the discretion of the Meet Referee. Athletes must provide their own counters for the 500 Free and 1650 Free.
- No time entries will be accepted for all events except for OPEN events. **In order to enter the Open events (400 IM, 500 Freestyle, 200 Breaststroke, 200 Backstroke and 200 Butterfly), the athlete must have met the listed qualifying time or have coach verification.** If the athlete's coach will be verifying the athlete's ability to achieve the minimum entry time, per Pacific Swimming Rule 4A(2), please contact the meet director AND the meet referee.

UNACCOMPANIED ATHLETES: 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 athlete or the athlete's legal guardian to arrange for supervision by a USA-S 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-S Club Member-Coach.

RACING STARTS: Athletes 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 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.
- 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.
- No pets, except for "working dogs" are allowed anywhere in the meet venue.

ELIGIBILITY:

- Athletes 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 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.
- 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 for all events except the OPEN events and will be seeded in the slowest heat(s) of the "C" division.
- 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 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: \$4.00 per event plus an \$8.00 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.swimconnection.com/pc/UD20160715> 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 athlete 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 an athlete by Pacific Swimming.** Online entries will be accepted through Monday, July 4, 2016.

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, Saturday, July 2, 2016 or hand delivered by 6:30 p.m by Monday, July 4, 2016. 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: Heath Dolan
PO Box 635
Ukiah, CA 95482

Hand deliver entries to: Carol Larson (Cuppa Joe to Go)
1900-4 North State Street
Ukiah, CA 95482

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

AWARDS:

- **Individual events:** Distinctive pins will be awarded to 1st-3rd place in the "A," "B" and "C" divisions and ribbons will be awarded to the 4th – 8th place finishers in the "A," "B" and "C" divisions, for each event and age group (8&U, 9-10, and 11-12, 13-14, 15-16, 17-18.) The 13 & Over individual events will be swum in combined heats, with awards given for each separate age group (13-14, 15-16, 17-18). The 11 & Over individual events will be swum in combined heats, with awards given for each separate age group (11-12, 13-14, 15-16, 17-18). Athletes 19 years of age and older will not receive awards.
- **Open events:** Will be swum in combined heats, with awards being given by each separate age group (8&U, 9-10, and 11-12, 13-14, 15-16, 17-18.)
- "A" medals will be awarded to athletes achieving new "USAS-A" times swum during this meet only.
- **Relays:** Ribbons will be awarded to 1st-6th place relay finishers.
- **AWARDS MUST BE PICKED UP ON SUNDAY, THE LAST DAY OF THE MEET, BY A TEAM'S COACH OR TEAM REPRESENTATIVE. AWARDS WILL NOT BE MAILED.**
- **ZONE 3 TEAMS:** AWARDS THAT ARE NOT PICKED UP AT THE MEET WILL BE AVAILABLE AT THE NEXT ZONE 3 BOARD MEETING.
- **NON ZONE 3 TEAMS AND UNATTACHED ATHLETES:** TEAMS AND ATHLETES MUST COORDINATE WITH THE AWARDS DESK PICK UP &/OR DELIVERY OF AWARDS AND FOR THOSE AWARDS NOT PICKED UP. IF AWARDS WILL NOT BE ABLE TO BE PICKED UP ON THE LAST DAY OF THE MEET, A PRE-PAID ENVELOPE MUST BE PROVIDED.

ADMISSION: Free. A 3-day meet program will be available for \$5

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.

CAMPING: Free overnight camping will be available on the Ukiah High School campus Friday and Saturday nights on one of the fields near the pool.

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 trials and finals meet, the club will be fined \$100 per missing official per session of the meet.

Club athletes 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 uncarded Trainees in the count of officials for up to two sessions. Clubs may use officials “borrowed” from other teams, or unattached officials at the meet who agree, to fulfill their obligation under the rule.

SUMMARY

Friday			
8&U	9-10	11-12	13-Over
200IM	200IM	200IM	25 FREE
25 FREE	25 FREE	25 FREE	1650 FREE OPEN
1650 FREE OPEN	1650 FREE OPEN	1650 FREE OPEN	
Qualifying times for 1650 FREE OPEN: Girls- 25:01.49/ Boys-24:43.79			

Saturday				Sunday			
8&U	9-10	11-12	13-Over	8&U	9-10	11-12	13-Over
400IM OPEN	400IM OPEN	400IM OPEN	400IM OPEN	500 FREE OPEN	500 FREE OPEN	500 FREE OPEN	500 FREE OPEN
25 FLY	50 FLY	100 FLY	100 BACK	25 BACK	200 FREE	100IM	200 BACK OPEN
50 BACK	50 BREAST	50 BREAST	200 FREE	200 BACK OPEN	50 BACK	50 BACK	200 IM
100 IM	100 BACK	200 FREE	100 FLY	50 FREE	200 BACK OPEN	200 BACK OPEN	100 BREAST
25 FREE	100 FREE	50 FREE	100 FREE	50 BREAST	50 FREE	100 BREAST	50 FREE
200 BREAST OPEN	200 BREAST OPEN	100 BACK	200 BREAST OPEN	50 FLY	100 BREAST	50 FLY	200 FLY OPEN
100 MEDLEY RELAY	200 MEDLEY RELAY	200 BREAST OPEN	200 MEDLEY RELAY	25 BREAST	100 FLY	100 FREE	200 FREE RELAY
		200 MEDLEY RELAY		200 FLY OPEN	100IM	200 FLY OPEN	
				100 FREE RELAY	200 FLY OPEN	200 FREE RELAY	
					200 FREE RELAY		
Qualifying Times:				Qualifying Times:			
400 IM OPEN: Girls - 6:28.59/ Boys - 6:20.09				500 FREE OPEN: Girls - 7:09.29/ Boys - 7:02.99			
200 BREAST OPEN: Girls - 3:25.79/ Boys - 3:17.69				200 BACK OPEN: Girls - 2:59.49/ Boys - 2:55.29			
				200 FLY OPEN: Girls - 3:02.39/ Boys - 2:58.09			

EVENTS

Friday, July 24, 2015		
EVENT #	EVENT	EVENT #
1	11-12 200 IM	2
3	10-Under 200 IM	4
5	OPEN 25 FREE	6
7	OPEN 1650 FREE*	8

Saturday, July 25, 2015		
EVENT #	EVENT	EVENT #
101	OPEN 400 IM*	102
103	11-12 100 Fly	104
105	8 & U 25 Fly	106
107	9-10 50 Fly	108
109	13 & O 100 Back	110
111	11-12 50 Breast	112
113	8 & U 50 Back	114
115	9-10 50 Breast	116
117	11 & O 200 Free	118
119	8 & U 100 IM	120
121	9-10 100 Back	122
123	11-12 50 Free	124
125	13 & O 100 Fly	126
127	9-10 100 Free	128
129	8 & U 25 Free	130
131	13 & O 100 Free	132
133	11-12 100 Back	134
135	OPEN 200 Breast*	136
137	8-U 100 Medley Relay	138
139	9-10 200 Medley Relay	140
141	11-12 200 Medley Relay	142
143	13-O 200 Medley Relay	144

Sunday, July 26, 2015		
EVENT #	EVENT	EVENT #
201	OPEN 500 FREE*	202
203	11-12 100 IM	204
205	9-10 200 Free	206
207	8 & U 25 Back	208
209	11-12 50 Back	210
211	9-10 50 Back	212
213	OPEN 200 BACK*	214
215	8 & U 50 Free	216
217	9-10 50 Free	218
219	13 & O 200 IM	220
221	8 & U 50 Breast	222
223	9-10 100 Breast	224
225	11 & O 100 Breast	226
227	8 & U 50 Fly	228
229	9-10 100 Fly	230
231	11-12 50 Fly	232
233	13 & O 50 Free	234
235	8 & U 25 Breast	236
237	9-10 100 IM	238
239	11-12 100 Free	240
241	OPEN 200 FLY*	242
243	8-Under 100 FREE Relay	244
245	9-10 200 FREE Relay	246
247	11-12 200 FREE Relay	248
249	13-O 200 FREE RELAY	250

***OPEN EVENT QUALIFYING TIMES:**

1650 FREE OPEN: Girls- 25:01.49/ Boys-24:43.79

400 IM OPEN: Girls - 6:28.59/ Boys - 6:20.09

200 BREAST OPEN: Girls - 3:25.79/ Boys - 3:17.69

500 FREE OPEN: Girls - 7:09.29/ Boys - 7:02.99

200 BACK OPEN: Girls - 2:59.49/ Boys - 2:55.29

200 FLY OPEN: Girls - 3:02.39/ Boys - 2:58.09

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

Pacific Swimming – Hosted by UKIAH DOLPHINS C/B/A+ MEET July 15-17, 2016 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 \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													