

**NAPA VALLEY SWIM TEAM**  
**PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET**  
**FEBRUARY 24-25, 2024**  
Enter Online: <https://ome.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **24-010**

*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 at MeetMobile .**

**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:**

<b>Meet Referee:</b> KIAN TAVAKOLI	<b>Head Starter:</b> MIKE ABEGG
<b>Meet Marshal:</b> SUSIE DAVIS	<b>Admin Official:</b> GARY LAI
<b>Meet Director:</b> ALEXA JAYNE <a href="mailto:alexa@sea-serpents.org">alexa@sea-serpents.org</a>	

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

**DIRECTIONS: FROM THE EAST BAY:** Interstate 80 east towards Sacramento: take the Napa exit at Highway 37: 2 miles to junction of Highway 37 and Highway 29, turn north (right) on Highway 29; 7 miles to junction of Highway 29 and Napa/Lake Berryessa turnoff (Highway 221), stay in the right hand lanes toward Napa; 1 1/2 miles to Streblov Drive and Napa Valley College exit (third stop light, left turn), turn right off Streblov onto Diemer Drive, proceed to the second parking lot facing the highway.

**FROM THE SACRAMENTO AREA:** Interstate 80 east towards Sacramento: take the Napa exit at Highway 12 (Jameson Canyon): Follow Highway 12 for approx. 6.3 miles until it intersects at a light with Highway 29; turn north (right) on Highway 29; 0.2 miles to junction of Highway 29 and Napa/Lake Berryessa turnoff (Highway 221), stay in the right hand lanes toward Napa; 1 1/2 miles to Streblov Drive and Napa Valley College exit (third stop light, left turn), turn right off Streblov onto Diemer Drive, proceed to the second parking lot facing the highway.

**FROM THE GOLDEN GATE BRIDGE AND MARIN COUNTY:** Highway 101 north to Highway 37 (east) exit at Novato (watch for sign that says Napa); turn north (left) on Highway 121 at Sears Point; follow 121/12 to junction of Highway 29 and 121 in Napa (stop light), turn north (left) on 29, go to the first exit (Imola Avenue), stay on Imola until it intersects to the right at Soscol/221, (the sign says Vallejo) and then the next exit into the college parking lot.

**COURSE:** Outdoor heated pool; 25-yard pool, with up to 8 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 Meet Host shall ensure required course dimensions.

**TIME:** Meet shall begin at 9:00 AM on both days 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.
- 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 MAXIMUM 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.
- 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.**
- AED is available on the pool deck. First Aid/CPR certified personnel will be available to participants.

**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 the 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.
- **ONLY HOSTING CLUB, VENDOR AND COACHES' TENTS ARE ALLOWED ON THE POOL DECK**
- **ONLY COACHES, ATHLETES, TIMERS AND MEET STAFF ARE ALLOWED BEHIND THE STARTING BLOCKS DURING WARMUPS AND WHILE MEET IS IN SESSION.**

**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.
- **EXCEPT for the events requiring a minimum time entry, "NO TIME" will be accepted and shall be placed in the slowest heats**
- 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 FEES:** \$4.50 per event plus an \$10.00 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.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service 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 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 Pacific Swimming. Online entries will be accepted through **WEDNESDAY, FEBRUARY 14<sup>TH</sup>, 2024**

**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, FEBRUARY 12, 2024, or hand delivered by WEDNESDAY, FEBRUARY 14<sup>TH</sup>, 2024. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: NAPA VALLEY SWIM TEAM (OR NVST)**

**Mail entries to: NVST Meet Director  
850 Russell Ave Apt E5  
Santa Rosa, CA 95403**

**CHECK-IN:** The meet shall be deck seeded. Athletes shall check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. On Saturday and Sunday, prior to 10:30 AM, close of check-in shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Close of check-in for all remaining events on Saturday and Sunday shall be at 10:30 AM. Athletes who do not check in shall not be seeded and shall 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/entered shall not be penalized.

**AWARDS:**

- Individual events: Ribbons shall be awarded to the 1st-8th place finishers in the "A", "B", and "C" divisions, for each event and age group (8&U, 9-10, 11-12, 13-14, 15-16, 17-18). The 13 & Over individual events shall be swum in combined heats, with awards given for each separate age group (13-14, 15-16 17-18).
- Open events shall be swum in combined heats, with no awards being given.
- "A" medals shall be awarded to athletes achieving new "PC-A" times swam during this meet only.

AWARDS SHALL BE PICKED UP ON SUNDAY, THE LAST DAY OF THE MEET, BY A CLUB'S COACH OR CLUB REPRESENTATIVE. AWARDS SHALL NOT BE MAILED. NON ZONE 3 CLUBS AND UNATTACHED ATHLETES SHALL COORDINATE WITH THE AWARDS DESK FOR PICK-UP AND/OR DELIVERY OF AWARDS. FOR THOSE AWARDS NOT PICKED UP, CLUB OR RECIPIENT SHALL PROVIDE

SELF-ADDRESSED AND PRE-PAID ENVELOPES TO THE AWARDS DESK. AWARDS SHALL NOT BE INDIVIDUALLY DISTRIBUTED THROUGHOUT THE MEET.

**ADMISSION:** Free.

**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.

## ORDER OF EVENTS

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

SATURDAY, FEBRUARY 24		
EVENT#	EVENT	EVENT#
101	OPEN 400IM GIRLS Min Time: 6:24.19 BOYS Min Time: 6:13.09	102
103	11-12 100 FLY	104
105	9-10 100 FLY	106
107	8 & U 50 FLY	108
109	13 & OVER 200 FLY	110
111	11-12 50 BACK	112
113	9-10 50 BACK	114
115	8 & U 25 BACK	116
117	13 & OVER 200 BACK	118
119	11-12 200 BREAST	120
121	9-10 100 BREAST	122
123	8 & U 25 BREAST	124
125	13 & OVER 100 BREAST	126
127	11-12 200 FREE	128
129	9-10 100 FREE	130
131	8 & U 50 FREE	132
133	13 & OVER 100 FREE	134
135	11-12 50 FREE	136
137	9-10 100 IM	138
139	8 & U 100 IM	140
141	13 & OVER 50 FREE	142
143	OPEN 500 FREE GIRLS Min Time: 7:08.79 BOYS Min Time: 6:57.29	144

SUNDAY, FEBRUARY 25		
EVENT#	EVENT	EVENT #
201	OPEN 200IM	202
203	11-12 100 BREAST	204
205	9-10 50 BREAST	206
207	8 & U 50 BREAST	208
209	13 & OVER 200 BREAST	210
211	11-12 100 BACK	212
213	9-10 100 BACK	214
215	8 & U 50 BACK	216
217	13 & OVER 100 BACK	218
219	11-12 200 FLY	220
221	9-10 50 FLY	222
223	8 & U 25 FLY	224
225	13 & OVER 100 FLY	226
227	11-12 100 FREE	228
229	9-10 200 FREE	230
231	8&U25 FREE	232
233	13 & OVER 200 FREE	234
235	11-12 100 IM	236
237	9-10 50 FREE	238
239	8 & U 100 FREE	240
241	OPEN 1000 FREE GIRLS Min Time: 14:48.09 BOYS Min Time: 14:32.59	242

Pacific Swimming - Hosted by NVST  
 SHORT COURSE C/B/A+ MEET  
 FEBRUARY 24-25, 2023  
 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 \$4.50 = \$ _____ Participation Fee        \$10.00 Total                        \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													