

**NAPA VALLEY SWIM TEAM "SPRING SPLASH"  
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET**

**APRIL 27-28, 2019**

**Enter Online: <http://ome.swimconnection.com/pc/NVST20190427>**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **19-037**

*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>	<b>IRENE ALAMEIDA</b>	<i>Head Starter:</i>	<b>PHIL GRANT</b>
<i>Meet Marshal:</i>	<b>GLENN DUSKY</b>	<i>Admin Official:</i>	<b>KIAN TAVAKOLI</b>
<i>Meet Director:</i>	<b>JOHN CISCO</b>		<b><a href="mailto:napavalleyswim@yahoo.com">napavalleyswim@yahoo.com</a></b>

**LOCATION:** Napa Valley College. 2277 Napa-Vallejo Hwy., Napa, CA

**COURSE:** 50-meter outdoor heated pool, with rim flow gutters and anti-turbulent lane lines. Up to (7) competition lanes, with separate warm and warm down areas available throughout the meet. If numbers warrant, a double ended meet shall be put into place. Colorado timing system and scoreboard shall be used. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 4 ft at the shallow end and 12 ft at the deep end. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** Meet shall begin at 9:00 AM each day, with warm ups from 7:30 AM to 8:45 AM each day.

- RULES:**
- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall be posted at the Clerk-of-Course.
  - All events are timed finals.
  - Athletes may enter more than four (4) events each day; but may only compete in a maximum of four (4) events each day.
  - All athletes ages 12 and under should complete competition within four (4) hours.
  - Entries shall 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, subject to the provisions of Pacific Swimming Rules and Regulations.
  - All events shall be swum in event order and in a "fast to slow" sequence with the option of reversing the sequence at the discretion of the Meet Referee and the Meet Director.
  - At the discretion of the Meet Referee, events and heats may be combined.
  - **All coaches and deck officials shall display their current USA Swimming membership cards in a visible manner. Deck Pass may be used to prove registration status.**
  - **No time entries shall be accepted for all events EXCEPT the Open events.**
  - **In order to enter the Open events** (400 IM, 400 Freestyle, 800 Freestyle, 200 Backstroke, 200 Breaststroke 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.
  - All Open events may alternate women and men's heats; or may be swum in combined heats of women and men at the discretion of the Meet Referee.

**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 unattach 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 shall 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:** Any athlete entered in the meet shall be certified by a USA Swimming member-coach as being proficient in performing a racing start; or shall start each race from within the water. When unaccompanied by a USA Swimming member coach, it is the responsibility of the athlete or the athlete's legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:** • **ONLY COACHES' TENTS SHALL BE ALLOWED ON THE POOL DECK.**

- No tents, EZ Ups, Chairs (except those for coaches) or any form of "set up" or "loitering" shall be allowed on pool deck. Team tent/set up shall be allowed in the bleachers and the area above the bleachers.
- All shelters must be properly secured.
- 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 athletes, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- ABSOLUTELY NO GLASS CONTAINERS in, on or around the meet venue.
- No propane heater is permitted anywhere in the meet venue, except for snack bar/meet operations.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- No pets, except for "service assistance animals," are allowed anywhere in the meet venue.
- 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.
- No food or drink is allowed in the locker rooms.
- During general warm-up, athletes must use 3-point entry into the pool.

- ELIGIBILITY:** • Athletes shall be current members of USA Swimming and enter their name and registration number on the meet entry card exactly as they are shown on their Registration Card. If this is not done, it may be difficult to match the athlete with the registration database. The meet host shall 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 shall be added to the regular registration fee). Duplicate registrations shall be refunded by mail.
- Athletes in the "A" Division shall have met at least the listed USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division shall have met at least the listed "B" minimum time standard. All entry times slower than the "B" time standard shall be in the "C" Division.
  - Entries with "NO TIME" shall be accepted for all entries EXCEPT the OPEN events (See Rules) and shall be seeded in the slowest heat(s) of the "C" Division.
  - 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 athlete shall meet standards for the 17-18 age group.
  - Age on the first day of the meet shall determine the athlete's age for the entire meet.

**ENTRY PRIORITY:** Entries from members of Zone 3 clubs (including unattached athletes training with those clubs) postmarked or entered on line by **Monday, March 18, 2019**, shall be given first priority for acceptance to the meet. All entries from other zones in Pacific Swimming or from other LSC's, postmarked or entered on line by the entry deadline shall be considered in the order they are received. In addition to Zone 3 clubs, athletes who are members of or train with the following clubs may enter during the entry priority period: ONDA and SN-DART.

**ENTRY FEES:** \$4.00 per event plus a \$10.00 participation fee per athlete. Entries shall be rejected if payment is not sent at time of request. No refunds shall be made except mandatory scratch downs.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/NVST20190427> 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 shall be accepted through **5:00pm on Wednesday, April 17, 2019.**

**MAILED OR HAND DELIVERED ENTRIES:** Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with athlete's best time. Entries shall be postmarked by midnight, Monday, April 15, 2019 or hand delivered by 5:00pm Wednesday April 17, 2019. **No late entries shall be accepted.** Requests for confirmation of receipt of entries should include a self-addressed envelope.

**SHOULD THE MEET REACH CAPACITY AND NEED TO BE CLOSED PRIOR TO THE ONLINE ENTRY "CLOSE DATE" LISTED ABOVE (Wednesday, April 17, 2019), ABSOLUTELY NO ADDITIONAL ENTRIES SHALL BE ACCEPTED AFTER THAT DATE (DATE MEET CLOSED SHALL BE LISTED ON OME SWIM CONNECTION). THIS INCLUDES MAIL-IN ENTRIES.**

**Make check payable to:** Napa Valley Swim Team or NVST

**Mail or hand deliver entries to:** Meet Director  
1942 Shurtleff Avenue  
Napa, CA 94559

**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. 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 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 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:** Ribbons shall be awarded to the 1<sup>st</sup> – 8<sup>th</sup> 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 shall be swum in combined heats, with awards given for each separate age group (13-14, 15-16, 17-18.) The 10 & Under individual events shall be swum in combined heats, with awards given for each separate age group (8 & U, 9-10.) Athletes 19 years of age and older shall not receive awards.
- **Open events:** Shall be swum in combined heats, with no awards being given.
- "A" medal shall be awarded to athletes achieving new "USAS-A" times swum during this meet only.
- **Awards shall be picked up on Sunday, the last day of the meet, by a club coach or club representative. Awards shall not be individually distributed throughout the meet.** Clubs and athletes shall coordinate with the awards' desk for pick up and/or delivery of awards and if awards will not be picked up on the last day of the meet, a pre-paid envelop shall be provided.

**ADMISSION:** FREE. A 2-day program will be available for \$5.00.

**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.

<b>Club athletes entered in session</b>	<b>Trained and carded officials requested</b>
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5

\*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 un-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

<b>SATURDAY</b>				<b>SUNDAY</b>			
<b>10 &amp; UN</b>	<b>11-12</b>	<b>13 &amp; OVER</b>	<b>OPEN</b>	<b>10 &amp; UN</b>	<b>11-12</b>	<b>13 &amp; OVER</b>	<b>OPEN</b>
100 FR	100 FL	200 FR	400 FR	100 BR	100 BR	100 BK	400 IM
200 FR	50 BK	100 FL	200 BK	50 FL	50 FL	200 IM	200 BR
50 BR	50 BR	50 FR	200 FL	50 BK	100 BK	100 FR	800 FR
100 BK	200 FR	100 BR		200 IM	200 IM		
100 FL	50 FR			50 FR	100 FR		

SCHEDULE OF EVENTS

Saturday April 27, 2019		
WOMEN'S EVENT	EVENT	MEN'S EVENT
101	OPEN 400 Free <i>Women's Min Time: 6:23.89</i> <i>Men's Min Time: 6:15.49</i>	102
103	10 & Under 100 Free	104
105	13 & Over 200 Free	106
107	11-12 100 Fly	108
109	13 & Over 100 Fly	110
111	11-12 50 Back	112
113	10 & Under 200 Free	114
115	OPEN 200 Back <i>Women's Min Time: 3:24.79</i> <i>Men's Min Time: 3:20.79</i>	116
117	11-12 50 Breast	118
119	10 & Under 50 Breast	120
121	13 & Over 50 Free	122
123	11-12 200 Free	124
125	10 & Under 100 Back	126
127	13 & Over 100 Breast	128
129	11-12 50 Free	130
131	10 & Under 100 Fly	132
133	Open 200 Fly <i>Women's Min Time: 3:24.89</i> <i>Men's Min Time: 3:22.09</i>	134

Sunday April 28, 2019		
WOMEN'S EVENT	EVENT	MEN'S EVENT
201	OPEN 400 IM <i>Women's Min Time: 7:19.69</i> <i>Men's Min Time: 7:10.19</i>	202
203	10 & Under 100 Breast	204
205	11-12 100 Breast	206
207	13 & Over 100 Back	208
209	11-12 50 Fly	210
211	10 & Under 50 Fly	212
213	Open 200 Breast <i>Women's Min Time: 3:52.69</i> <i>Men's Min Time: 3:44.69</i>	214
215	11-12 100 Back	216
217	10 & Under 50 Back	218
219	13 & Over 200 IM	220
221	11-12 200 IM	222
223	10 & Under 200 IM	224
225	13 & Over 100 Free	226
227	11-12 100 Free	228
229	10 & Under 50 Free	230
231	OPEN 800 Free <i>Women's Min Time: 13:26.79</i> <i>Men's Min Time: 13:11.69</i>	232

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

Pacific Swimming - Hosted by Napa Valley Swim Team Long Course C/B/A+ Swim Meet April 27-28, 2019 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				
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						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee                   \$                   10.00 Total                                   \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													