

NEPTUNE SWIMMING
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
JUNE 11-12, 2022
Enter Online: <http://www.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **22-059**

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 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: Andy Downs	Head Starter: Kevin Campbell
Meet Marshal: Colin Garvin	Admin Official: Mike Abegg
Meet Director: Ashley Denize srnashleybritton@gmail.com	

LOCATION: Ridgway Swim Center, 455 Ridgway Avenue, Santa Rosa, CA 95401

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 Ridgway Ave., turn left. Pool is on the left. **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 Ridgway Ave, turn left. Pool is on the left. **Setting up around the pool deck is prohibited**

COURSE: 25 yard x 25 yard outdoor, heated pool with up to 6 lanes available for competition. An additional 2 lanes will be available for warm-up/warm down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 12' at the start end and 3.6" at the turn end. In accordance with Article 104.2.2C(4) the competition course has not been certified in accordance with 104.2.2C(4).

TIME: Meet will begin at **9:00 AM** each day with warm-ups from **7:30 to 8:45 AM** 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.
- 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 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.**
- Meet Management reserves the right to close entries for Saturday & Sunday sessions if the estimated timeline shows a completion time after 12:30 p.m. for that session.

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.
- **All tents set up must be taken down at the end of each day.**

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.
- **Athletes in the “B+” Division must have met at least USA Swimming Motivational “B+” minimum time standard for their age group and gender. All entry times slower than the listed “B+” time standard will be in the “C” Division**
- 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.
- 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 \$8.00 SCY 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: FASTSWIMS: To enter online go to www.fastswims.com to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a processing 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 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 Wednesday, June 1, 2022.

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, May 30, 2022 or hand delivered by 6:30 p.m. Wednesday, June 1, 2022. 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: Neptune Swimming
PO Box 317
Santa Rosa, CA 95402

Hand deliver entries to: Neptune Swimming
455 Ridgway Ave
Santa Rosa, CA 95401

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each 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.

AWARDS: None.

ADMISSION: Free. A program will be posted on the Neptune Swimming website.

SNACK BAR & HOSPITALITY: Coaches and working officials will be provided coffee and breakfast snacks. No snack bar available.

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

*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. 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

Saturday Events			Sunday Events		
8 and Under	10 and Under	11 and Over	8 and Under	10 and Under	11 and Over
25 Fly	100 Free	200 Free	25 Breast	100 IM	200 IM
25 Free	50 Breast	100 Breast	25 Back	50 Fly	100 Fly
				50 Free	100 Free
	50 Back	100 Back			

ORDER OF EVENTS

Saturday, June 11, 2022 Meet Starts at 9:00 AM		
Events		
Girls & Boys Combined	Age Group	Event
1	10 Under	100 Free
2	11 Over	200 Free
3	8 Under	25 Fly
4	10 Under	50 Breast
5	11 Over	100 Breast
6	8 Under	25 Free
7	10 Under	50 Back
8	11 Over	100 Back

Sunday, June 12, 2022 Meet Starts at 9:00 AM		
Events		
Girls & Boys Combined	Age Group	Event
9	10 Under	100 IM
10	11 Over	200 IM
11	8 Under	25 Breast
12	10 Under	50 Fly
13	11 Over	100 Fly
14	8 Under	25 Back
15	10 Under	50 Free
16	11 Over	100 Free

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

Pacific Swimming – Hosted by SRN SHORT COURSE CBA+ June 11-12, 2022 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				
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						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.50 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													