

**NVST'S LAST CHANCE JO SUMMER PLUNGE
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET**

JUNE 25-26, 2022

Enter Online: <http://ome.swimconnection.com/pc/NVST20220625>



SANCTION: Held under USA/Pacific Swimming Sanction No. **22-070**

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.

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:	DEBBI TUCKER	Head Starter:	SARAH OBBAGY
Meet Marshal:	SUSIE DAVIS	Admin Official:	MIKE ABEGG
Meet Director:	PAUL ROBERTS		napavalleyswim@yahoo.com

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

DIRECTIONS: 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.
Directions 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.

Directions 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: 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. Colorado timing system and scoreboard will 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 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.
 - All events will be swum in event order and in a “FAST to SLOW” sequence with the options of reversing the sequence at the discretion of the Meet Referee and Meet Director.
 - At the discretion of the Meet Referee, events and heats may be combined.
 - Athletes may enter more than four (4) events per day, but may only compete in a maximum of four (4) events per day. No refunds will be given for scratches due to the athlete entering more than four events per 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. Entry forms and payment received after the close of the meet will be returned with an explanation.
 - If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds shall be made for any mandatory scratches.
 - EXCEPT OPEN events, no-time entries shall be accepted and placed in the slowest heats.
 - All OPEN events may be swum in alternate girls’ and boys’ heats, or in combined heats of girls and boys at the discretion of the Meet Referee and/or Meet Director.
 - In order to enter the OPEN events, the athlete shall have met the listed qualifying time or have coach verification. If the athlete’s coach is to verify the athlete’s ability to achieve the minimum entry time per Pacific Swimming Rule 4A2, please contact the Meet Director and Meet Referee.
 - Athletes in the 1500 and 800 freestyle events shall provide their own lap counters and timers.
 - **All coaches and deck officials shall display their current USA Swimming membership cards in a visible manner. Deck Pass may also be used to prove current registration status.**

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:**
- 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 shall be properly secured.
 - Deck Changes are prohibited.
 - No pets allowed on deck, other than service assistance animals.
 - 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.

- **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 WHEN MEET IS IN SESSION.**
- 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 drinks are allowed in the locker rooms.

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 will be added to the regular registration fee). Duplicate registrations will be refunded by mail.

- Athletes in the "A" Division shall have met at least 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 listed "B" time standard will be in the "C" Division.
- Entries with **"NO TIME" will be accepted except for the Open Events.**
- 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 a \$14.00 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/NVST20220625> 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 Wednesday, **June 15, 2022**. Please ensure that the athlete's name and date of birth in Swim Connection match what is shown on the athlete's USA Swimming Registration Card.

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, **June 13, 2022** or hand delivered by 6:30 p.m. Wednesday, **June 15, 2022**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: "NVST" or "Napa Valley Swim Team"
Mail and Delivered entries to: Meet Director, 1137 Pintura Lane, Napa CA 94558

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 not previously closed, will be 10:30 am each session day. 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.

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).
- 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. IF YOU'RE UNABLE TO PICK UP YOUR TEAM'S AWARDS, PLEASE BRING A PRE-PAID ENVELOPE SO THAT WE CAN SEND THEM TO YOU. AWARDS SHALL NOT BE DISTRIBUTED INDIVIDUALLY THROUGHOUT THE MEET.

MEET MOBILE / PROGRAMS: Meet events and results will be posted in MeetMobile, and there will be no paper programs.

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 will 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 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. Clubs may use officials "borrowed" from other clubs, or unattached officials at the meet who agree, to fulfill their obligation under the rule.

SATURDAY JUNE 25, 2022		
EVENT #	EVENT	EVENT #
101	OPEN 400 IM GIRLS MIN TIME : (7:19.69) BOYS MIN TIME : (7:10.19)	102
103	13 & OVER 200 FREE	104
105	11-12 200 FREE	106
107	10 & UNDER 200 FREE	108
109	13 & OVER 100 BREAST	110
111	11-12 50 BREAST	112
113	10 & UNDER 100 BREAST	114
115	13 & OVER 200 FLY	116
117	11-12 100 FLY	118
119	10 & UNDER 50 FLY	120
121	13 & OVER 100 BACK	122
123	11-12 50 BACK	124
125	10 & UNDER 100 BACK	126
127	13 & OVER 50 FREE	128
129	11-12 50 FREE	130
131	10 & UNDER 50 FREE	132
133	11-12 200 BACK	134
135	OPEN 1500 FREE GIRLS MIN TIME:(25:45.79) BOYS MIN TIME:(25:13.59)	136

SUNDAY JUNE 26, 2022		
EVENT #	EVENT	EVENT #
201	OPEN 400 FREE GIRLS MIN TIME : (7:36.79) BOYS MIN TIME : (7:29.49)	202
203	13 & OVER 100 FLY	204
205	11-12 200 FLY	206
207	10 & UNDER 100 FLY	208
209	13 & OVER 100 FREE	210
211	11-12 100 FREE	212
213	10 & UNDER 100 FREE	214
215	11-12 100 BREAST	216
217	10 & UNDER 50 BREAST	218
219	13 & OVER 200 BACK	220
221	11-12 100 BACK	222
223	10& UNDER 50 BACK	224
225	13 & OVER 200 IM	226
227	11-12 200 IM	228
229	10 & UNDER 200 IM	230
231	OPEN 200 BREAST GIRLS MIN TIME : (3:52.69) BOYS MIN TIME : (3:44.69)	232
233	OPEN 800 FREE GIRLS MIN TIME : (13:26.79) BOYS MIN TIME : (13:11.69)	234

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

Pacific Swimming – Hosted by NVST
 LAST CHANCE JO SUMMER PLUNGE
 June 25-26, 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				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.50 = \$ _____ Participation Fee \$ 14.00 Total \$ _____													
Coach Name: _____ Coach Email: _____ Coach Cellphone: _____													
Athlete's Address													
Home Phone							Cell Phone						
Email													