

**WINE COUNTRY AQUATICS
PACIFIC SWIMMING ZONE 3 LCM C/B/A+
JULY 15th and 16th 2017**

Enter Online: <http://ome.swimconnection.com/pc/WCAN20170517>



SANCTION: Held under USA/Pacific Swimming Sanction No. **17-086**

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> Albert Yu	<i>Head Starter:</i> Irene Alameida
<i>Meet Marshal:</i> Ryan McCall	<i>Admin Official:</i> Phil Grant
<i>Meet Director:</i> Kevin Raab	coachkevin@wcanswim.org

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. If numbers warrant, a double ended meet shall be put into place. 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 five (5) events per day, but may only compete in a maximum of five (5) events per day. No refunds will be given for scratches due to the athlete entering more than four events per day. Athletes who enter more than four events in a day must scratch down to four events at check-in.
- 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 10 and under 200 events, no-time entries shall be accepted and placed in the slowest heats.
- **For all 10 and under 200 events, 8 and under athletes must have at least the 9-10 B time for the event.**
- 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.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is 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.
- 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 electronic devices, including but not limited to film and digital camera, cell phones, tablets, and Google Glass, is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in the ejection from the swimming pool facility by the meet referee or his/her designee.

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 10 and under 200 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.

- 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 PRIORITY: Entries from members of Zone 3 clubs (including unattached athletes training with those clubs), postmarked or entered on line by **June 5, 2017**, 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.

ENTRY FEES: \$4.00 per event plus a \$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.swimconnection.com/pc/wcan20170715> 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, July 5, 2017**. 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, July 3rd, 2017 or hand delivered by 6:30 p.m. **Wednesday, July 15th, 2017**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: "WCAN" or "Wine Country Aquatics"

Mail and Delivered entries to: Kevin Raab, 4131 Freeda Ct, Livermore CA 94550

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.

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, and 11-12). "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, PRE-PAID ENVELOPES SHALL BE PROVIDED. AWARDS SHALL NOT BE DISTRIBUTED INDIVIDUALLY THROUGHOUT THE MEET.

ADMISSION: Free. 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 team during each 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 clubs, or unattached officials at the meet who agree, to fulfill their obligation under the rule.

EVENT SUMMARY

SATURDAY				SUNDAY			
13-18	11-12	9-10	8 & UN	13-18	11-12	9-10	8 & UN
200 Free	200 Free	100 Breast	100 Breast	100 Free	100 Free	200 Back	200 Back
50 Free	50 Free	100 Fly	100 Fly	200 Breast	200 Breast	200 Free	200 Free
100 Breast	100 Breast	200 IM	200 IM	100 Back	50 Breast	100 Free	100 Free
200 Back	200 Back	50 Free	50 Free	200 Fly	100 Back	50 Breast	50 Breast
100 Fly	50 Back	50 Back	50 Back	400 Free	200 Fly	50 Fly	50 Fly
200 IM	100 Fly				50 Fly		
	200 IM						

EVENTS

Saturday, July 15		
EVENT #	EVENT	EVENT #
1	13-18 200 Free	2
3	11-12 200 Free	4
5	13-18 50 Free	6
7	11-12 50 Free	8
9	9-10 50 Free	10
11	8 and Under 50 Free	12
13	13-18 100 Breast	14
15	11-12 100 Breast	16
17	10 & Under 100 Breast	18
19	13-18 200 Back	20
21	11-12 200 Back	22
23	9-10 50 Back	24
25	8 & Under 50 Back	26
27	11-12 50 Back	28
29	13-18 100 Fly	30
31	11-12 100 Fly	32
33	10 & Under 100 Fly	34
35	13-18 200 IM	36
37	11-12 200 IM	38
39 4:09.39	10 & Under 200 IM Minimum Times	40 4:06.19

Sunday, July 16		
EVENT #	EVENT	EVENT #
41	13-18 100 Free	42
43	11-12 100 Free	44
45	9-10 100 Free	46
47	8 & Under 100 Free	48
49	13-18 200 Breast	50
51	11-12 200 Breast	52
53	9-10 50 Breast	54
55	8 & Under 50 Breast	56
57	11-12 50 Breast	58
59	13-18 100 Back	60
61	11-12 100 Back	62
63	10 & Under 100 Back	64
65	13-18 200 Fly	66
67	11-12 200 Fly	68
69	8 & Under 50 Fly	70
71	9-10 50 Fly	72
73	11-12 50 Fly	74
75 3:45.79	10 & Under 200 Free Minimum Times	76 3:33.49
77	13-18 400 Free	78

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

Pacific Swimming – Hosted by Wine Country Aquatics Long Course CBA+ July 15-16, 2017 Consolidated Entry Form													
Name: Last, First Middle													
Club Abbr.			UNATT CLUB 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				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 10.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													