

SEBASTOPOL SEA SERPENTS  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
OCTOBER 5 & 6 2019  
Enter Online: <http://www.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **19-124**

*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:**  
*Meet Referee:* Irene Alameida      *Head Starter:* Phil Grant  
*Meet Marshal:* Kelsey Bonzell      *Admin Official:* Andy Downs  
*Meet Director:* Lehla Irwin [meetdirector@sea-serpents.org](mailto:meetdirector@sea-serpents.org)

**LOCATION:** Ives Pool, 7400 Willow Street, Sebastopol, California 95472

**DIRECTIONS:** From Highway 12 West: turn left at High Street, right on Willow St.  
From Highway 116: turn left on Bodega Hwy (12), left on High Street, right on Willow St.

### **PARKING IS NOT AVAILABLE AT THE VETERAN'S BUILDING/SEBASTOPOL CENTER FOR THE ARTS**

**COURSE:** Outdoor 25 yard pool with up to 6 lanes available for competition. A separate pool will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 8'-0" at the start end and 3'-6" at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA.

**TIME:** Meet will begin at 10:00 AM each day with warm-ups from 8:30 to 9:45 AM each day.

**RULES:**

- Current USA and Pacific Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- All events are timed finals.
- Athletes may compete in MAXIMUM FOUR (4) 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.
- 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 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.
- 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.
- Athletes entering the 13 & Over 50 Butterfly, 50 Breast and 50 Back events shall enter their 100 yards time for that stroke and shall be seeded using their entered time.

**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 must be properly secured.
- No pets allowed on deck, other than service assistance animals.
- 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.

**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.
- 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 FEES:** \$4.00 per event plus an \$8.00 participation fee per athlete. \$9.00 per relay entry. 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://www.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a processing fee for this service, equal to \$0.75 per transaction, regardless of the number of athletes, plus 6.5% of the total entry fees. **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, **SEPTEMBER 25, 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, **SEPTEMBER 23, 2019** or hand delivered by 6:30 PM Wednesday, **SEPTEMBER 25, 2019.** No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: SSS**

**Mail entries to: Sebastopol Sea Serpents  
P.O. Box 2517  
Sebastopol, CA 95473**

**Hand deliver entries to: Ives Pool c/o Sebastopol Sea Serpents  
7400 Willow Street,  
Sebastopol, CA 95472**

**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:** Ribbons shall be awarded 1<sup>st</sup>-8<sup>th</sup> in the C, B, A Divisions in the following age groups: 8 & Under, 9-10, 11-12, 13-14, and 15-18. 13 & Over events shall be swum together and awarded separately.

**ADMISSION:** Free. A program will be available for a nominal fee.

**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. **PARKING IS NOT AVAILABLE AT THE VETERAN'S BUILDING/SEBASTOPOL CENTER FOR THE ART.**

**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 required
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 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		
10/UNDER	11/12	13/OVER		10/UNDER	11/12	13/OVER
100 FL	500 FR	100 BK		500 FR	50 FL	100 FL
50 BK	100 BK	50 FL**		100 IM	100 IM	100 BR
100 BR	50 BR	50 BR **		50 BR	100 BR	50 BK**
50 FL	100 FL	100 FR		100 BK	50 BK	50 FR
100 FR	50 FR	200 IM		50 FR	100 FR	
* 49er Mixed 200 Medley Relay				* 49er Mixed 200 Free Relay		

\* mixed gender, ages add up to 49 or less.

\*\* entry times for the 13-over 50 Fly, 50 Breast, and 50 Back have to be 100 yards times.

**EVENTS**

Saturday October 5		
WOMEN'S EVENT #	EVENT	MEN'S EVENT #
1	13/Over 100 Back	2
3	10/Under 100 Fly	4
5	11-12 500 Free	6
7	10/Under 50 Back	8
9	11-12 100 Back	10
11	13/Over 50 Fly**	12
13	10/Under 100 Breast	14
15	11-12 50 Breast	16
17	13/Over 50 Breast**	18
19	10/Under 50 Fly	20
21	11-12 100 Fly	22
23	13/Over 100 Free	24
25	10/Under 100 Free	26
27	11-12 50 Free	28
29	13/Over 200 IM	30
101	49er Mixed 200 Medley Relay	

Sunday October 6		
WOMEN'S EVENT #	EVENT	WOMEN'S EVENT #
31	10/Under 500 Free	32
33	11-12 50 Fly	34
35	13/Over 100 Fly	36
37	11-12 100 IM	38
39	10/Under 100 IM	40
41	13/Over 100 Breast	42
43	11-12 100 Breast	44
45	10/Under 50 Breast	46
47	13/Over 50 Back**	48
49	11-12 50 Back	50
51	10/Under 100 Back	52
53	11-12 100 Free	54
55	10/Under 50 Free	56
57	13/Over 50 Free	58
202	49er Mixed 200 Free Relay	

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

