

**Redwood Empire Swim League
Closed Championship Meet
July 19-21, 2013**

Enter online at: <http://ome.swimconnection.com/pc/resl20130719>

Sanction: Held under USA /Pacific Swimming Sanction No.: **13-150**
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, psych sheets and live meet results.

Use of Audio & 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 electronic devices, including but not limited to film and digital cameras, cell phones and tablets, 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.

Officials:

<i>Head Referee:</i>	Glenda Goode
<i>Head Starter:</i>	Ted Goode
<i>Head Marshal:</i>	Angela D'Angelo
<i>Meet Director:</i>	Kathy Minor; 1swim-mom@sbcglobal.net /707-252-3320 – email preferred, no calls after 7:00pm Kevin Roberts 707-363-0261

Location: Contra Costa Community College Swimming Pool, 2600 Mission Bell Dr. San Pablo, CA 94806

Directions: From I-80 East or West exit El Portal Dr, Head West on El Portal, Turn right on Castro Dr. Pool is on the left.

Course: 25 yard outdoor heated pool. Up to eight (8) competition lanes, with separate warm up and warm down areas available throughout meet. Colorado timing system, and scoreboard, may be used. The minimum water depth measured in accordance with Article 103.2.3, is 6' to 12' at the start end and 6' to 12' at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

Time: Meet begins at 4:00pm on Friday. Warm-ups will be from 3:00-3:50 pm. Meet begins at 9:00 am on Saturday and Sunday. Warm ups will be from 7:30- 8:45 am. There will be a minimum one-hour warm-up before the beginning of finals each day. The starting time for finals on Saturday and Sunday will be determined and announced by the Head Referee each day.

Rules:

- Current USA/Pacific Swimming rules govern the meet. Pacific Swimming warm up procedures will be in effect. A copy of these procedures will be posted at the Clerk of the Course.
- Swimmers may compete in a maximum of 2 events on Friday and up to 3 individual events on both Saturday and Sunday. A maximum of eight (8) events over the three day competition.
- Swimmers 19/Over will be entitled to score points and win awards.
- All coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner. Coaches' registrations will be verified using the Pacific Swimming coach certification list.

Individual Events

Friday evening: Timed Finals Events: All events (1-14) are timed finals. In combined age group events (9-12 and 13-OV) the 16 fastest times in each age group (9-10, 11-12, 13-14, 15-OV) will be scored. The 400IM, 200 Breast and 500 Freestyle events will be swum fastest to slowest and may alternate women and men's heats.

Saturday and Sunday events:

Timed Finals Events: All 8/Un events as well as the 13/OV 200 Free, 200 IM, 200 Back, and 200 Fly.

Trials and Finals Events: Preliminary Heats will be swum in the morning session with finals (top 8 times) and consolation finals (the next fastest 8 times) to be swum in the afternoon session. Combined age groups (9-12 and 13-OV) will swim in that group during trials but will be separated into the top 16 swimmers in each age group for finals competition (9-10, 11-12, 13-14, 15-OV).

Relay Events

8/Un and 9-10 relays will be swum at the conclusion of the trials. All other relays will be swum as timed finals at the beginning of the finals session. Each team may enter as many relays as possible, but only the two fastest relays from each team will be scored and awarded. Relays will be deck entered and paid for the day of the event. Relays will be due at an announced time each day. Swimmers relay names may be changed at the Clerk-of-Course up to the announced time on the day of the event. Swimmers competing only in relays must be listed with the team's entries and must include their current USA-S swimmer registration number. No swimmer participation fee will be charged to these swimmers.

Unaccompanied Swimmers: Any USAS 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 USAS Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USAS Club Member-Coach. The swimmer 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 swimmer or the swimmer's legal guardian to ensure compliance with this requirement

Restrictions:

- Smoking and the use of other tobacco products is prohibited on the pool deck, locker rooms, in spectator seating or standing areas and in all areas used by swimmers during the course of the meet.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No glass containers are allowed on the pool deck at any time.
- All shelters must be properly secured.
- No propane heater is permitted except for snack bar/meet operations.
- No pets, except for "working dogs" are allowed anywhere in the meet venue.
- No food or drink is allowed in locker rooms.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker room or other designated areas is not appropriate and is strongly discouraged.

Eligibility:

- The meet is only open to swimmers attached to the following teams: **BBR, EBSD, ECG, FOG, MONT, NBA, NVST, PCM, QUIK, SD, SON & STAR**. Unattached swimmers may enter the meet only if they are affiliated with any of the teams listed above. Unattached swimmers may not score points for their team, but can win awards.
- Swimmers must be current members of USA-S 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 swimmer with the registration and times database. The meet host must check all swimmer 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.
- NO TIME entries will be accepted.
- Disabled swimmers are welcome to attend this meet and should contact the meet director regarding special accommodations.

Entry Fees: \$2.75 per individual event, \$8.00 per swimmer participation fee. Relay fees \$9.00 per relay.

Entries: **THREE OPTIONS FOR MEET ENTRY:**

Option 1: Online Meet Entries:

1. Using your browser go to: <http://ome.swimconnection.com/pc/resl20130719>
 2. Follow entry instructions:
 - a. Enter all swimmers in your family at the same time.
 - b. Make online credit card payment for meet entries at the secured site.
 - c. You will receive confirmation of acceptance into the meet at time of payment. This confirmation must be brought to the meet as proof of entry.
 - d. **Online meet entries will close at 5:00pm on Monday, July 15, 2013.** Note: Swim Connection charges an internet processing fee of \$1.00 per swimmer + 5% of the total entry fee. Online entry fees are paid to Swim Connection, LLC.
- Entry via the online system is entirely voluntary, and is not required.**

Option 2: HyTek Entry File:

1. If you would like to submit your team's entries through HyTek, please contact Kathy Minor (1swim-mom@sbcglobal.net) to request the HyTek file.
2. HyTek Entry file must be submitted to Kathy Minor (1swim-mom@sbcglobal.net) by **5:00pm Monday, July 15, 2013. NO LATE ENTRY FILES WILL BE ACCEPTED**

Option 3: Traditional Postal System Mailed Entries:

1. Entries must be on the attached consolidated entry form. Entry cards must be completely filled out including best time for each event and the swimmer's address, phone number and family e-mail address.

In order to ensure that Mailed Entries are received by Monday, July 15, 2013, they must be postmarked by Friday July 12, 2013. Hand Delivered entries must be delivered by 5:00pm Monday, July 15, 2013 to Kathy Minor, 2500 Pacific Street, Napa, CA 94558

Make checks payable to "RESL"

No refunds will be made, except for mandatory scratches and **NO LATE ENTRIES WILL BE ACCEPTED.**

Check-In: The meet will be deck seeded. Swimmers must check-in at the clerk of course. Close of check-in for all events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. No event shall be closed more than 30 minutes before the scheduled start of the session. Swimmers who do not check-in will not be allowed to compete in the event.

Scratches:

Pacific Swimming rule Section 3.5.b as amended by Pacific Swimming will be enforced. These rules include the following:

Preliminary and Timed Final Events: Swimmers who have checked in for an event and who fail to show will be scratched from their next individual event either on that day or the next meet day, whichever is first. The penalty will not apply if the swimmer scratches before the event is seeded, or if the referee accepts proof that the failure to compete was caused by illness, injury, or other circumstances beyond the control of the swimmer.

Final Events: Any swimmer originally qualifying for a final, Top 16, who fails to compete in that final will be barred from the remainder of the meet, or, if it is the swimmer's last event of the meet, the swimmer will be subject to a fine of \$25.00. No penalty shall apply if the referee accepts proof of injury or some other circumstance beyond the swimmer's control, which caused the swimmer to miss the event.

Awards:

Individual Event Finals: Ribbons 1st thru 16th.

Relays: Ribbons 1st, 2nd & 3rd place teams (8&U, 9-10, 11-12, 13-14, 15&Ov)

Team Trophies: 1st through 3rd.

High point trophy: boy & girl, in each of the following age groups (8&U, 9-10, 11-12, 13-14, 15&Ov)

Scoring:

Individual Events: *Finals:* 20, 17, 16, 15, 14, 13, 12, 11 / *Consolations:* 9, 7, 6, 5, 4, 3, 2, 1
 Relays: 1st through 8th place: 40, 34, 32, 30, 28, 26, 24, 22
 9th through 16th place: 18,14,12,10,8,6,4,2

Admission:

Free. A three-day program is available for \$3.00. Finals programs may be available for sale.

Hospitality:

Hospitality will be offered to coaches and officials only.

Summary of Events:

Friday				
	9-10	11-12	13-14	15&Ov
	200 IM	200 IM	400 IM	400 IM
	200 Free	200 Free	200 Breast	200 Breast
			500 Free	500 Free
Saturday				
8&Un	9-10	11-12	13-14	15&Ov
50 free	100 IM	100 IM	100 Fly	100 Fly
25 back	50 Free	50 Free	50 Free	50 Free
25 fly	50 Breast	100 Back	100 Back	100 Back
100 Medley Relay	100 Fly	50 Breast	200 Free	200 Free
	200 Medley Relay	100 Fly	200 Medley Relay	200 Medley Relay
		200 Medley Relay		
Sunday				
8&Un	9-10	11-12	13-14	15&Ov
100 IM	100 Free	100 Free	200 IM	200 IM
25 breast	50 Back	100 Breast	100 Breast	100 Breast
25 free	50 Fly	50 Back	200 Back	200 Back
100 Free Relay	200 Free Relay	50 Fly	100 Free	100 Free
		200 Free Relay	200 Fly	200 Fly
			200 Free Relay	200 Free Relay

Schedule of Events:

Friday		
Girls #	Age Group / Distance / Stroke	Boys #
1%	13-Over 400 IM	2%
3%	9-10 200 IM	4%
5%	11-12 200 IM	6%
7%	13-Over 200 Breast	8%
9%	9-10 200 Free	10 %
11%	11-12 200 Free	12 %
13%	13-Over 500 Free	14 %

Saturday		
Girls #	Age Group / Distance / Stroke	Boys #
15	9-10 100 IM	16
17	11-12 100 IM	18
19	13-14 100 fly	20
21	15-Up 100 Fly	22
23%	8&Un 50 free	24%
25	9-10 50 free	26
27	11-12 50 Free	28
29	13-14 50 Free	30
31	15-Up 50 free	32
33%	8&Un 25 Back	34%
35	11-12 100 Back	36
37	13-14 100 Back	38
39	15-Up 100 Back	40
41%	8&un 25 Fly	42%
43	9-10 50 Breast	44
45	11-12 50 Breast	46
47%	13-14 200 Free	48%
49%	15-Up 200 Free	50%
51	9-10 100 Fly	52
53	11-12 100 Fly	54
55&	8&Un 100 Med. R.	56&
57 &	9-10 200 Med. R.	58 &
59#	11-12 200 Med. R.	60#
61#	13-14 200 Med. R.	62#
63 #	15&Ov 200 Med. R.	64 #

Sunday		
Girls #	Age Group / Distance / Stroke	Boys #
65	9-10 100 free	66
67	11-12 100 Free	68
69%	13-14 200 IM	70%
71%	15-Up 200 IM	72%
73 %	8&Un 100 IM	74%
75	11-12 100 Breast	76
77	13-14 100 Breast	78
79	15-Up 100 Breast	80
81%	8&Un 25 breast	82%
83%	13-14 200 Back	84%
85%	15-Up 200 Back	86%
87	9-10 50 Back	88
89	11-12 50 Back	90
91	13-14 100 Free	92
93	15-Up 100 Free	94
95%	8&Un 25 free	96%
97	9-10 50 fly	98
99	11-12 50 Fly	100
101%	13-14 200 Fly	102%
103%	15-Up 200 Fly	104%
105&	8&Un 100 Free R.	106&
107 &	9-10 200 Free R.	108&
109 #	11-12 200 Free R.	110 #
111 #	13-14 200 Free R.	112 #
113 #	15&Ov 200 Free R.	114 #

Events marked by “#” will be swum at beginning of finals
 Events marked by “&” will be swum at the end of prelims
 Events marked by “%” will be swum as timed finals

REDWOOD EMPIRE SWIM LEAGUE CHAMPIONSHIPS July 19-21, 2013 Consolidated Entry Form		
Name: Last First Initial		
Club Abbr.	Club Name	
Age	Date of Birth	Amt. Paid
USA-S Registration		
Sex: Boy Girls	(Circle one of the above)	
Age Group		
Event #	Distance/ Stroke	Entry Time
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
# of Entries _____ X \$ 2.75= _____ Participation Fee: \$8.00 Total : _____		
Coach:		
Swimmer's Address		
Phone # ()		
E Mail		