

**MOTHER'S DAY SPLASH AND DASH
PACIFIC SWIMMING SHORT COURSE CBA+ MEET**

May 11 & 12 2019

Enter Online: <http://ome.swimconnection.com/pc/PRNA20190511>



SANCTION: Held under USA/Pacific Swimming Sanction No. **19-064**

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> Sarah Obbagy	<i>Head Starter:</i> Mike Abegg
<i>Meet Marshal:</i> Jerrod Marshall	<i>Admin Official:</i> Phil Grant
<i>Meet Director:</i> Ericka Richards	piranhacoachericka@gmail.com (707)235-5570

LOCATION: Honey Bee Pool 1170 Golf Course Drive, Rohnert Park CA 94928

DIRECTIONS: From the South: Take 101 N, exit Golf Course Drive turn left onto Commerce Blvd and then an immediate right to get on Golf Course Drive, pool will be almost a mile down the road on the left hand side. From the North: Take Exit Golf Course Drive turn left onto Golf Course Drive pool will almost a mile down the road on the left hand side.

COURSE: OUTDOOR 25 YARD pool with up to 6 lanes available for competition. An additional area 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 5'6" at the start end and 3'6" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Meet will begin at 9:30 AM each day with warm-ups from 8:00 to 9:15 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.
- All events are timed finals.
- All events will swim fast to slow.
- Athletes may compete in **MAXIMUM of 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 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. Immediate cash refunds will be made for any mandatory scratches.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. Deck Pass may be used to prove registration status.**

ATTENTION HIGH SCHOOL ATHLETES: If you are a high school athlete in season, you need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

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.
- 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.

- 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.
- 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.
- The athlete's age will be the age of the athlete on the first day of the meet.

ENTRY FEES: \$4.00 per event plus an \$8.00 participation fee per athlete. \$9.00 per relay team. 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/PRNA20190511> 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 will be accepted through **Wednesday May 1st, 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 April 29th 2019** or hand delivered by 6:30 p.m. **Wednesday May 1st, 2019.** No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Piranhas Swimming

**Mail entries to: ERICKA RICHARDS
959 GOLF COURSE DR #142
ROHNERT PARK, CA 94928**

**Hand deliver entries to: ERICKA RICHARDS
1170 GOLF COURSE DR
ROHNERT PARK, CA 94928**

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: 1st thru 8th Ribbons for each age group, 8&under, 9-10,11-12, 13-14, 15&over. Trophies for the Top Girl and Boy in each Age Group (8&UN, 9-10, 11-12, 13-14, 15-16, 17-18) for fastest combined time in 50 FL, 50BK, 50BR, 50 FR & 100 IM. Relays will be awarded ribbons 1st thru 3rd place.

ADMISSION: Free

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 shall be fined \$100 per missing official per session of the meet.

Club athlete 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. 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				
8 & UN	9-10	11-12	13-18	OPEN	8 & UN	9-10	11-12	13-18	OPEN
25 Fr	100 Fr	100 Fr	100 Fr	200 Fr	25 FL	100 FL	100 FL	100 FL	200 IM
25 BK	100 BK	100 BK	100 BK		50 BK	50 BK	50 Bk	50 BK	
50 FL	50 FL	50 FL	50 FL		25 BR	100 BR	100 BR	100 BR	
50 Br	50 BR	50 BR	50 BR		50 FR	50 FR	50 FR	50 FR	
100 IM	100 IM	100 IM	100 IM						
	200 Fr-R	200 Fr-R	200 Fr-R			200 M-R	200 M-R	200 M-R	

EVENTS

SATURDAY, May 11		
EVENT #	EVENT	EVENT #
1	Open 200 Free	2
3	13-18 100 Free	4
5	11-12 100 Free	6
7	9-10 100 Free	8
9	8 & UN 25 Free	10
11	13-18 100 Back	12
13	11-12 100 Back	14
15	9-10 100 Back	16
17	8&UN 25 Back	18
19	13-18 50 FL	20
21	11-12 50 FL	22
23	9-10 50 FL	24
25	8 & UN 50 FL	26
27	13-18 50 Breast	28
29	11-12 50 Breast	30
31	9-10 50 Breast	32
33	8 & UN 50 Breast	34
35	13-18 100 IM	36
37	11-12 100 IM	38
39	9-10 100 IM	40
41	8& UN 100 IM	42
43	11-12 200 Free Relay	44
45	10 & UN 200 Free Relay	46
47	13-18 200 Free Relay	48

SUNDAY, MAY 12		
EVENT #	EVENT	EVENT #
49	Open 200 IM	50
51	13-18 100 FL	52
53	11-12 100 FL	54
55	9-10 100 FL	56
57	8&UN 25 FL	58
59	13-18 50 Back	60
61	11-12 50 Back	62
63	9-10 50 Back	64
65	8&UN 50 Back	66
67	13-18 100 Breast	68
69	11-12 100 Breast	70
71	9-10 100 Breast	72
73	8&Un 25 Breast	74
75	13-18 50 Free	76
77	11-12 50 Free	78
79	9-10 50 Free	80
81	8&UN 50 Free	82
83	11-12 200 Medley Relay	84
85	9-10 200 Medley Relay	86
87	13-18 200 Medley Relay	88

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

Pacific Swimming – Hosted by PIRANHAS SWIMMING SHORT COURSE C/B/A+ May 11 & 12, 2019 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 \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													