SANCTION: Held under USA/Pacific Swimming Sanction No. 19-122
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: Bill Sargis <br> Head Starter: Phil Grant Admin Official: Sarah Obbagy Meet Director: Ashley Britton srnashleybritton@gmail.com

LOCATION: Finley Pool: 2060 West College Avenue, Santa Rosa.

DIRECTIONS: The Finley Aquatic Center is located at the intersection of West College Avenue and Stony Point Road in Santa Rosa, approximately 2 miles west of U.S. Highway 101, taking the College Avenue exit. Limited officials \& coaches parking available.

COURSE: OUTDOOR 25 YARD pool with up to 7 lanes available for competition. An additional 2 lanes shall be available for warmup/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is $5^{\prime}$ at the start end and $5^{\prime}$ at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified.

TIME: Meet shall begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. Friday warm up shall be from 4:00-4:45 PM, meet shall begin at 5:00 PM.

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.
- All events shall swim fast to slow.
- Athletes may compete in MAXIMUM 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. Immediate cash refunds shall 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.
- Athletes in the 500 Freestyle shall provide their own timers and lap counters and 400 IM shall provide their own timers. These events shall be swum alternating heats of girls and boys or seeded combining girls and boys. No Time entries shall be accepted for the 400 IM . Minimum time standard shall be met for the 500 Freestyle. Entry times for the 500 Freestyle which cannot be proven using the Pacific Swimming database may be verified by a complete set of meet results or verified by the athlete's coach. Please contact the Meet Director AND Meet Referee. (Refer to Pacific Swimming Rule 4A2)

UNACCOMPANIED ATHLETES: Any USA Swimming 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 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: Athletes 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 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.
- 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 must be current members of USA Swimming 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 athlete with the registration and times 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 must have met at least USA Swimming Motivational "A" minimum time standard. Athletes in the " $B$ " Division must have met at least the listed " $B$ " minimum time standard. All entry times slower than the listed " $B$ " time standard shall be in the "C" Division.
- Entries with "NO TIME" shall be ACCEPTED except for the 500 free (See Rules). Coach verified times for 500 free 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 athletes must have met standards for the 17-18 age group.
- The athlete's age shall 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. Entries shall be rejected if payment is not sent at time of request. No refunds shall be made, except mandatory scratch downs.

ONLINE ENTRIES: You may enter this meet online or by U.S. mail. To enter on-line 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, $6.5 \%$ of the total Entry Fees plus $\$ 0.75$ per transaction, regardless of number of athletes. 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, October $\mathbf{2}^{\text {nd }}$, 2019. LATE ENTRIES SHALL NOT BE ACCEPTED. NO REFUNDS.

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athlete's best time. Entries must be postmarked by midnight, Monday, September $30^{\text {th }}, 2019$ or hand delivered by 6:30 p.m. Wednesday, October, $\mathbf{2}^{\text {nd }}, \mathbf{2 0 1 9}$. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

## Make check payable to: Neptune Swimming

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Mail entries to: Dan Greaves
    PO Box 317
    Santa Rosa, CA 95402
PO Box 317
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## Hand deliver entries to: Dan Greaves

PO Box 317
Santa Rosa, CA 95402

CHECK-IN: The meet shall be deck seeded. Athletes must 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: Ribbons shall be awarded to the 1st -8th place finishers in the C/B/A divisions for the following age groups: $6 \&$ under, 7 -$8,9-10,11-12.8 \&$ under events shall be awarded separately as $6 \&$ under, 7-8. No awards will be given to athletes aged 13 years and older. Awards shall be picked up on Sunday by a club's coach or club representative. Unattached athletes shall coordinate with the awards desk for pickup of awards. All awards must be collected at the meet, NO AWARDS WILL BE DISTRIBUTED AFTER THE MEET IS COMPLETED. " $A$ " medals shall be awarded to athletes with an entry time slower than " $A$ " achieving the " $A$ " time standard for the first time. See Pacific Swimming web site for time standards.

ADMISSION: Free. Programs shall be posted on Neptune Swimming's website.

SNACK BAR \& HOSPITALITY: A snack bar shall be available throughout the competition. Coaches and working deck officials shall be provided lunch. Hospitality shall serve refreshments to timers and volunteers.

MISCELLANEOUS: No overnight parking is allowed. Facilities shall 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 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.

| FRIDAY |  |  |  |
| :---: | :---: | :---: | :---: |
| 8 \& UN | $\mathbf{9 - 1 0}$ | 11 \& OVER | 13 \& OVER |
|  | $\mathbf{2 0 0} \mathrm{IM}$ | 500 FREE | 400 IM |


| SATURDAY |  |  |  | SUNDAY |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 8 \& UN | 9-10 | 11-12 | 13 \& OVER | 8 \& UN | 9-10 | 11-12 | 13 \& OVER |
| 50 Fly | 100 IM | 100 Free (B) | 200 Free | 100 IM | 100 Free | 200 Free | 100 Breast |
| 25 Free | 100 Breast | 50 Fly (B) | 100 Back | 25 Fly | 50 Fly | 100 Back (B) | 100 Fly |
| 50 Breast | 50 Free | 50 Breast | 50 Free | 50 Back | 100 Back | 200 IM (B) | 100 Free |
| 25 Back | 50 Back | 100 Fly | 200 Breast | 100 Free | 50 Breast | 100 Breast | 200 Back |
| 50 Free | 100 Fly | 50 Free |  | 25 Breast |  | 200 IM (G) | 200 IM |
|  |  | 100 Back (G) |  |  |  | 50 Back (B) |  |
|  |  | 100 Free (G) |  |  |  | 50 Back (G) |  |

## EVENTS

| Friday, October 18, 2019 <br> Meet Starts At 5:00PM |  |  |  |
| :---: | :---: | :---: | :---: |
| Girls | Age Group and Event Description | Boys |  |
| 1 | $9-10200$ IM | 2 |  |
| 3 | 13 \& over 400 IM | 4 |  |
| 5 | 11 \& over 500 Free <br> GIRLS Min Time: $7: 35.49$ <br> BOYS Min Time: 7:26.99 | 6 |  |


| Saturday, October 19, 2019 |  |  |  |
| :---: | :---: | :---: | :---: |
| Meet Starts At 9:00AM |  |  |  |
| Women's Event \# | Age Group | Event | Men's Event \# |
| 7 | 13-over | 200 Free | 8 |
| 9 | 9-10 | 100 IM | 10 |
| - | 11-12 Boys | 100 Free | 12 |
| 13 | 13-over | 100 Back | 14 |
| 15 | 9-10 | 100 Breast | 16 |
| 17 | 8- UN | 50 Fly | 18 |
| - | 11-12 Boys | 50 Fly | 20 |
| 21 | 9-10 | 50 Free | 22 |
| 23 | 8-UN | 25 Free | 24 |
| 25 | 11-12 | 50 Breast | 26 |
| 27 | 9-10 | 50 Back | 28 |
| 29 | 13- Over | 50 Free | 30 |
| 31 | 9-12 | 100 Fly | 32 |
| 33 | 8-UN | 50 Breast | 34 |
| 35 | 11-12 | 50 Free | 36 |
| 37 | 8-UN | 25 Back | 38 |
| 39 | 11-12 Girls | 100 Back | - |
| 41 | 8-UN | 50 Free | 42 |
| 43 | 13-over | 200 Breast | 44 |
| 45 | 11-12 Girls | 100 Free | - |


| Sunday, October 20, 2019 |  |  |  |
| :---: | :---: | :---: | :---: |
| Meet Starts At 9:00AM <br> Event \# |  |  |  |
| Age <br> Group | Event | Men's <br> Event \# |  |
| 47 | 13 -over | 100 Breast | 48 |
| 49 | $11-12$ | 200 Free | 50 |
| 51 | 13 -over | 100 Fly | 52 |
| - | $11-12$ Boys | 100 Back | 54 |
| 55 | $9-10$ | 100 Free | 56 |
| 57 | $8-$ UN | 100 IM | 58 |
| 59 | 13 -over | 100 Free | 60 |
| - | $11-12$ Boys | 200 IM | 62 |
| 63 | $9-10$ | 50 Fly | 64 |
| 65 | $8 \& U N$ | 25 Fly | 66 |
| 67 | $11-12$ | 100 Breast | 68 |
| 69 | $9-10$ | 100 Back | 70 |
| 71 | $8 \& U N$ | 50 Back | 72 |
| 73 | $11-12$ Girls | 200 IM | - |
| - | $11-12$ Boys | 50 Back | 74 |
| 75 | 13 -over | 200 Back | 76 |
| 77 | $9-10$ | 50 Breast | 78 |
| 79 | $8-$ UN | 100 Free | 80 |
| 81 | $11-12$ Girls | 50 Back | - |
| 83 | $8-$ UN | 25 Breast | 84 |
| 85 | 13 -over | 200 IM | 86 |
|  |  |  |  |

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


