

**SEBASTOPOL SEA SERPENTS  
PACIFIC SWIMMING SHORT COURSE CAMP PENTATHLON MEET  
SEPTEMBER 19, 2021**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **21-179**

*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.*

*An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.*

*USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.*

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.**

**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. **The results of this meet may be posted in real time using the Meet Mobile app.**

**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> Mike Abegg	<i>Head Starter:</i> Sarah Obbagy
<i>Meet Marshal:</i> Jamien Martinez	<i>Admin Official:</i> Kevin Campbell
<i>Meet Director:</i> Veronica Hernandez	<a href="mailto:vhernandez@pacswim.org">vhernandez@pacswim.org</a>

**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 VETERANS BUILDING/SEBASTOPOL CENTER FOR THE ARTS**

**COURSE:** OUTDOOR 25 YARD pool with up to 6 lanes available for competition A separate pool shall 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' 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 Swimming.

**TIME:** Meet shall begin at 9:00 AM with warm-ups from 7:30 to 8:45 AM.

**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.
- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.

- All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- All events are timed finals.
- All events will swim fast to slow.
- Athletes must enter all **5 events** in their age group to be eligible for the Pentathlon Awards.
- 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 timeline, per the “Four-Hour Rule,” based on the Athletes 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 Officials must wear their USA Swimming membership cards in a visible manner.**

**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.
  - All animals, except service animals, are prohibited from all areas of the competition venue.

- ELIGIBILITY:**
- Meet is open only to athletes registered and participating in the Pacific Swimming “Back to Swim” Camp.
  - 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 will 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.
  - 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 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 FEES:** Free for Pacific Swimming camp participants.

**ENTRIES:** Entries can be submitted by each team via Hy-Tek file, which will be emailed to coaches directly. Hand delivered entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with Athlete's best time. Entries shall be emailed to Lehla Irwin at [Lehla.irwin@sea-serpents.org](mailto:Lehla.irwin@sea-serpents.org) no later than 12:30 PM on Saturday, September 18<sup>th</sup>

**CHECK-IN:** The meet shall be pre-seeded between 6:00 PM on Friday, September 17<sup>th</sup> but no later than 8:30 AM on Sunday September 19<sup>th</sup>. 9-10, 11-12, and 13/over age groups will swim the 50 yard events together, seeded only by time, irrespective of gender or age. Athletes shall report to the bull-pen area at their scheduled time for each event.

**SCRATCHES:** Any Athletes not reporting for or competing in an individual timed final event that they have checked in for/entered shall not be penalized.

**AWARDS:** Distinctive awards will be given to girls and boys with the top three (3) cumulative times for the 8&U, 9-10, 11-12, and 13 & Over age group. Athletes must successfully complete all 5 events in order to be eligible for these awards. All awards will be delivered to each team after the meet. This meet does not provide medals for new "A" times.

**ADMISSION:** Free.

**SNACK BAR & HOSPITALITY:** There will be NO snack bar available during the competition. Hospitality will be provided for camp participants 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 ARTS.**

EVENT SUMMARY			
8 & UN	9-10	11-12	13-18
25 BK	50 BK	50 BK	50 BK
25 BK	50 BR	50 BR	50 BR
25 FR	50 FL	50 FL	50 FL
25 FL	50 FR	50 FR	50 FR
100 IM	100 IM	100 IM	100 IM

#### EVENTS

SUNDAY, September 19, 2021	
EVENT #	EVENT
1	Mixed 9 & Over 50 BK
2	Mixed 8 & Under 25 BK
3	Mixed 9 & Over 50 BR
4	Mixed 8 & Under 25 BR
5	Mixed 9 & Over 50 FL
6	Mixed 8 & Under 25 FL
7	Mixed 9 & Over 50 FR
8	Mixed 8 & Under 25 FR
9	Mixed 11 & Over 100 IM
10	Mixed 10 & Under 100 IM

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

Pacific Swimming – Hosted by SSS  
 SHORT COURSE CAMP PENTATHLON  
 September 19, 2021  
 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				
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						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													