

**NEPTUNE SWIMMING
14 and UN SINGLE AGE INVITATIONAL WITH SUPER FINAL
PACIFIC SWIMMING SHORT COURSE INVATIONAL MEET
FEBRUARY 14-16, 2025**



Enter Online: <http://ome.fastswims.com>

Invited Clubs: QSS, MONT, OAPB, WAC, MCSD, WCAB, NSS, PASA, CMAC, LAC, EGAC, CCA, SRN

SANCTION: Held under USA/Pacific Swimming Sanction No. **25-011**

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 on the Internet at Meet Mobil.**

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: Sarah Obbagy	Head Starter: Kian Tavakoli
Meet Marshal: Allie Davis	Admin Official: Mike Abegg
Meet Director: Ashley Denize srnashleybritton@gmail.com	

LOCATION: Quinn Swim Center. Kathryn Kettler Pool: 1501 Mendocino Avenue, Santa Rosa, CA 95401

DIRECTIONS: From the north: Travel south on Hwy 101. Exit at College Avenue turnoff. At stoplight, make a left turn onto College Avenue. Proceed eastbound on College Avenue to Mendocino Ave. Turn left on Mendocino Ave. At Pacific Avenue, turn left into the SRJC parking lot. From the south: Travel north on Hwy 101. Exit at College Avenue turnoff. At stoplight, make a right turn onto College Ave. Proceed eastbound on College Avenue to Mendocino Ave. Turn left on Mendocino Ave. At Pacific Avenue, turn left into the SRJC parking lot. Pass the football stadium to your right. Swim center and parking is to the right past the football stadium.

COURSE: OUTDOOR 25 YARD pool with up to 10 lanes available for competition. An additional 9 lanes 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 8'0" at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Meet will 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. Finals start time is TBD 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.
 - The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
 - All 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 MAAPP is a condition of participation in the conduct of this competition.
 - All events are prelims and finals EXCEPT the 400 IM and 500 Free.
 - Timed finals will swim fast to slow
 - Prelim events will be circle seeded.
 - Athletes may compete in **MAXIMUM 3** events per day.
 - Athletes may only enter one relay per event offered.
 - 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.
 - Events may be combined at the discretion of the Meet Referee.
 - All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.
 - Lifeguards and AED are available to participants.
 - Prelims shall be swum in combined ages.
 - Events with super finals for 11-14 year old events shall have 5 heats. The super final heat will include the top 8 Athletes regardless of age (11-14). Preceding the super final will be a top 8 heat of the remaining 11 year olds, a top 8 heat of the remaining 12 year olds, a top 8 heat of the remaining 13 year olds, and a top 8 heat of the remaining 14 year olds. 10 and under Athletes will NOT compete in a super final.
 - All other events with finals shall have one top 8 heat for each age group -- 10 year olds and under, 11 year olds, 12 year olds, 13 year olds and 14 year olds -- as applicable.
 - The following events will have a super final - 13, 14, 17, 18, 27, 28, 31, 32, 39, 40, 49, 50, 57, 58
 - Athletes may enter both 500y free and 400y IM and will supply their own counters.

- RELAYS:**
- Relays are limited to 2 relays per Club.
 - Athletes may only be entered into one relay per relay event
 - Relays are due no later than 10:00 AM on Saturday and 10:00 AM on Sunday.
 - Payment is due no later than 10 AM on Sunday, February 17, 2025.

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 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 will check all Athlete registrations against the SWIMS database and if not found to be registered, Athletes shall be required to register online via USA Swimming's online member registration before being allowed to swim in the meet.

- Meet is open to all qualified athletes registered with QSS, MONT, OAPB, WAC, MCSD, WCAB, NSS, PASA, CMAC, LAC, EGAC, CCA, SRN
- Athletes who are unattached, but participating with QSS, MONT, OAPB, WAC, MCSD, WCAB, NSS, PASA, CMAC, LAC, EGAC, CCA, SRN are eligible to compete.
- Entries with "**NO TIME**" will be **REJECTED**. **Coach verified 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.
- Athletes with a disability 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: \$6.00 per event plus a \$10.00 participation fee per Athlete. Relays are \$16.00 per relay. 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.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 will be accepted through Wednesday, **February 5, 2025**.

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 **February 3, 2025**. 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

Mail entries to: Neptune Swimming

**PO Box 317
Santa Rosa, CA 95402**

Hand deliver entries to: Neptune Swimming

**455 Ridgway Ave
Santa Rosa, CA 95401**

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event.

SCRATCHES:

- Prelims: there is no penalty for an athlete that is entered in this meet and that misses one of his or her events during prelims. Coaches must please turn in their scratch list for Saturday's events by the completion of Friday night's events. Sunday's scratch list must be turned in by the completion of Saturday's finals.
- Finals: Any athlete qualifying for any level of finals in an individual event and who does not wish to compete must scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that they may not intend to compete in finals. In this case, they must declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event. Any athlete qualifying for a final race in an individual event who fails to show up in said final race prior to calling the alternate shall be barred from the remainder of any final events that day. Should the athlete have no more final events for that day they will be barred from their next

preliminary event. Should the athlete have no more final events for that day they will be barred from their next preliminary event. If the No-Show occurs on the last day that the athlete is entered in an individual event in the meet, and no other individual event penalty is applicable, the athlete shall then be fined \$100.00. The fine will be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.

AWARDS: Awards will be given to the top 8 finalists in each event as follows: Medals awarded for 1st through 3rd place and ribbons awarded for 4th through 8th place in both Super Final events and final events. Distinctive individual High Point Awards will be given for each age group and gender. All awards must be picked up by athletes or coaches at the completion of the meet.

MEET SCORING: Points will be awarded as follows:

Finals 20-17-16-15-14-13-12-11

Super Finals will be scored 40-37-36-35-34-33-32-31

Relays-18-14-12-10-8-6-4-2.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working 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 Athletes 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

NOTE: 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 Carded Apprentices in the count of officials. 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

Friday					Saturday					Saturday				
10 UN	11	12	13	14	10 UN	11	12	13	14	10 UN	11	12	13	14
500 FR	500 FR	500 FR	400 IM	400 IM	200 M-R	200 M-R	200 M-R	200 M-R	200 M-R	200 FR-R	200 FR-R	200 FR-R	200 FR-R	200 FR-R
			500 FR	500 FR	50 FR	50 FR	50 FR	50 FR	50 FR	100 FR	100 FR	100 FR	100 FR	100 FR
					100 BK	100 BK	100 BK	100 BK	100 BK	50 BK	50 BK	50 BK	200 BK	200 BK
					50 FL	50 FL	50 FL	200 FL	200 FL	100 FL	100 FL	100 FL	100 FL	100 FL
					100 BR	100 BR	100 BR	100 BR	100 BR	50 BR	50 BR	50 BR	200 BR	200 BR
						200 IM	200 IM	200 IM	200 IM		200 FR	200 FR	200 FR	200 FR

ORDER OF EVENTS

Friday, February 14, 2025					
Meet Starts at 5:00 PM					
Women's Event #		Age Group	Event		Men's Event #
1	5:47.39	13	400 IM (Timed Final)	5:27.59	2
3	5:39.99	14	400 IM (Timed Final)	5:13.59	4
5	7:45.69	10 & UN	500 Free (Timed Final)	7:34.09	6
7	7:01.59	11	500 Free (Timed Final)	6:54.39	8
7	6:46.09	12	500 Free (Timed Final)	6:29.99	8
7	6:30.59	13	500 Free (Timed Final)	6:10.19	8
7	6:22.89	14	500 Free (Timed Final)	5:58.39	8

Saturday, February 15, 2025

Meet Starts at 9:00 AM

Women's Event #		Age Group	Event		Men's Event #
9%		12 UN	200 Medley Relay		10%
11%		14 UN	200 Medley Relay		12%
13*	2:58.99	11	200 IM	2:58.19	14*
13*	2:50.79	12	200 IM	2:45.79	14*
13*	2:44.09	13	200 IM	2:32.89	14*
13*	2:40.19	14	200 IM	2:26.69	14*
15	1:33.99	10 & UN	100 Back	1:30.49	16
17*	1:23.59	11	100 Back	1:22.69	18*
17*	1:19.79	12	100 Back	1:15.69	18*
17*	1:13.59	13	100 Back	1:09.09	18*
17*	1:11.69	14	100 Back	1:06.29	18*
19	42.69	10 & UN	50 Fly	41.29	20
21	36.09	11	50 Fly	36.89	22
21	34.29	12	50 Fly	34.19	22
23	2:43.69	13	200 Fly	2:33.49	24
23	2:39.19	14	200 Fly	2:25.69	24
25	1:46.89	10 & UN	100 Breast	1:43.59	26
27*	1:32.89	11	100 Breast	1:32.59	28*
27*	1:29.39	12	100 Breast	1:25.49	28*
27*	1:24.49	13	100 Breast	1:18.29	28*
27*	1:22.39	14	100 Breast	1:14.89	28*
29*	36.09	10 & UN	50 Free	34.79	30
31*	32.99	11	50 Free	32.59	32 *
31*	31.69	12	50 Free	30.49	32*
31*	30.89	13	50 Free	28.89	32*
31*	30.39	14	50 Free	27.69	32*

Sunday, February 16, 2025

Meet Starts at 9:00 AM

Women's Event #		Age Group	Event		Men's Event #
33%		12 UN	200 Free Relay		34%
35%		14 UN	200 Free Relay		36%
37	1:21.19	10 & UN	100 Free	1:19.29	38
39*	1:12.19	11	100 Free	1:10.59	40*
39*	1:09.39	12	100 Free	1:06.39	40*
39*	1:07.29	13	100 Free	1:02.69	40*
39*	1:05.89	14	100 Free	1:00.39	40*
41	43.29	10 & UN	50 Back	43.09	42
43	37.69	11	50 Back	38.09	44
43	36.09	12	50 Back	35.59	44
45	2:38.79	13	200 Back	2:30.59	46
45	2:35.89	14	200 Back	2:24.09	46
47	1:41.39	10 & UN	100 Fly	1:39.29	48
49*	1:23.49	11	100 Fly	1:22.99	50*
49*	1:19.19	12	100 Fly	1:16.09	50*
49*	1:13.29	13	100 Fly	1:08.49	50*
49*	1:11.39	14	100 Fly	1:05.49	50*
51	48.69	10 & UN	50 Breast	47.79	52
53	42.29	11	50 Breast	43.19	54
53	40.89	12	50 Breast	40.09	54
55	3:01.99	13	200 Breast	2:49.89	56
55	2:57.39	14	200 Breast	2:42.79	56
57*	2:37.09	11	200 Free	2:34.69	58*
57*	2:31.69	12	200 Free	2:24.89	58*
57*	2:26.49	13	200 Free	2:17.19	58*
57*	2:22.89	14	200 Free	2:12.39	58*

% Relay events will be swum at the START of finals on each day.
Relays are limited to 2 per team. Athletes may enter only one relay per relay event.

***Events will have a super final**

Pacific Swimming – Hosted by SRN
 Invitational – February 14 – 16, 2025
 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				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$6.00 = \$ _____ Participation Fee \$ 10.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													