

**NVST'S LAST CHANCE AG CHAMPS SUMMER PLUNGE  
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET  
JUNE 21-22, 2025**



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

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **25-052**

*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 MeetMobile.**

**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, restrooms, 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:** Kian Tavakoli      **Head Starter:** Don Bautista  
**Meet Marshal:** Gloria Bazan      **Admin Official:** Mike Abegg  
**Meet Director:** Jeanne Abadie, [VicePresident@NapaValleySwim.com](mailto:VicePresident@NapaValleySwim.com)

**LOCATION:** NAPA VALLEY COLLEGE – 2277 NAPA VALLEJO HWY, NAPA, CA 94558

**DIRECTIONS:** · Google Maps: <https://goo.gl/maps/L7rLuuJDF13hV6h3A>

**COURSE:** 50-meter outdoor heated pool, with rim flow gutters and anti-turbulent lane lines. Up to 7 competition lanes, with separate warm up and cool down areas available throughout the meet, as well as the possibility of starts from both ends. Colorado timing system and scoreboard will be used. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 4 ft. at the shallow end and 12 ft at the deep end. The meet host shall ensure the required dimensions.

**TIME:** Meet will begin at **9:00 AM** each day with warm-ups from **7:30 AM** to **8:45 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.  
• 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 timed finals.
- All events will swim fast to slow.
- Athletes may compete in 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 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 in the discretion of the Meet Referee. X`
- All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.
- Medical Supervision available (e.g., EMT, AED, etc.) available to participants
- All athletes competing in the 800 and 1500 Freestyle events must provide their own timers and counters.

**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.
- **ONLY COACHES, ATHLETES, TIMERS, AND MEET STAFF ARE ALLOWED BEHIND THE STARTING BLOCKS WHEN MEET IS IN SESSION.**

**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.
- 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 will be in the "C" Division.
- Entries with **"NO TIME" will be ACCEPTED EXCEPT for the Open Events.**
- 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 accommodation, 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 PRIORITY:** Entries from members of Zone 3 clubs (including unattached athletes training with those clubs) postmarked or entered online by April 15, 2025 shall be given first priority for acceptance to the meet. All entries from other zones in Pacific Swimming or from other LSC's, postmarked or entered online by the entry deadline shall be considered in the order they are received.

**ENTRY FEES:** \$4.50 per event plus a \$14.00 participation fee per Athlete. 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 service 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 service fee is a separate fee from the Entry Fees. If you do not wish to pay the service 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, **June 11, 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 **June 9, 2025**, or hand delivered by 6:30 p.m. Wednesday, **June 11, 2025**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Napa Valley Swim Team (NVST)**

**Mail entries to: Jeanne Abadie**  
4015 Withers Rd.  
Napa, CA 94559

**Hand deliver entries to: Jeanne Abadie**  
4015 Withers Rd.  
Napa, CA 94559

**CHECK-IN:** The meet will 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. **Prior to 10:30 AM, close of check-in shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Close of check-in for all remaining events for that day shall be at 10:30 AM.** Athletes who do not check in will not be seeded in the 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:** • Individual events: Ribbons shall be awarded to the 1st-8th place finishers in the "A", "B", and "C" divisions, for each event and age group (8&U, 9-10, 11-12, 13-14, 15-16, 17-18). The 13 & Over individual events shall be swum in combined heats, with awards given for each separate age group (13-14, 15-16 17-18).

- Open events shall be swum in combined heats, with no awards being given.
- "A" medals shall be awarded to athletes achieving new "PC-A" times swam during this meet only.

**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, 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

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-OVER	8 & UN	9-10	11-12	13-OVER
400 IM OPEN	400 IM OPEN	400 IM OPEN	400 IM OPEN	400 FR OPEN	400 FR OPEN	400 FR OPEN	400 FR OPEN
200 FREE	200 FREE	200 FREE	200 FREE	100 FLY	100 FLY	200 FLY	100 FLY
100 BREAST	100 BREAST	50 BREAST	100 BREAST	100 FREE	100 FREE	100 FREE	100 FREE
50 FLY	50 FLY	100 FLY	200 FLY	50 BREAST	50 BREAST	100 BREAST	200 BACK
100 BACK	100 BACK	50 BACK	100 BACK	50 BACK	50 BACK	50 FLY	200 IM
50 FREE	50 FREE	50 FREE	50 FREE	200 IM	200 IM	100 BACK	
		200 BACK		200 BREAST OPEN	200 BREAST OPEN	200 IM	200 BREAST OPEN
1500 FREE OPEN	1500 FREE OPEN	1500 FREE OPEN	1500 FREE OPEN	800 FREE OPEN	800 FREE OPEN	200 BREAST OPEN	800 FREE OPEN
						800 FREE OPEN	

#### ORDER OF EVENTS

SATURDAY, JUNE 21, 2025		
GIRLS #	EVENT	BOYS #
101 7:19.69	OPEN 400 IM Qualifying Time	102 7:09.89
103	13 & OVER 200 FREE	104
105	11-12 200 FREE	106
107	10 & UNDER 200 FREE	108
109	13 & OVER 100 BREAST	110
111	11-12 50 BREAST	112
113	10 & UNDER 100 BREAST	114
115	13 & OVER 200 FLY	116
117	11-12 100 FLY	118
119	10 & UNDER 50 FLY	120
121	13 & OVER 100 BACK	122
123	11-12 50 BACK	124
125	10 & UNDER 100 BACK	126
127	13 & OVER 50 FREE	128
129	11-12 50 FREE	130
131	10 & UNDER 50 FREE	132
133	11-12 200 BACK	134
135 25:45.79	OPEN 1500 FREE Qualifying Time	136 25:13.59

SUNDAY, JUNE 22, 2025		
GIRLS #	EVENT	BOYS #
201 7:36.79	OPEN 400 FREE Qualifying Time	202 7:29.36
203	13 & OVER 100 FLY	204
205	11-12 200 FLY	206
207	10 & UNDER 100 FLY	208
209	13 & OVER 100 FR	210
211	11-12 100 FREE	212
213	10 & UNDER 100 FREE	214
215	11-12 100 BREAST	216
217	10 & UNDER 50 BREAST	218
219	11-12 50 FLY	220
221	13 AND OVER 200 BACK	222
223	11-12 100 BACK	224
225	10 & UNDER 50 BACK	226
227	13 & OVER 200 IM	228
229	11-12 200 IM	230
231	10 & UNDER 200 IM	232
233 3:52.59	OPEN 200 BREAST Qualifying Time	234 3:44.69
235 13:24.09	OPEN 800 FREE Qualifying Time	236 13:11.69

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

Pacific Swimming – Hosted by NVST LONG COURSE CBA+ JUNE 21-22, 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			
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							: .			SCY / LCM			
# of entries _____ x \$4.50 = \$ _____ Participation Fee      \$ 14.00 Total                      \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													