

**WESTSIDE AQUADUCKS SWIM INTO SPRING
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET**

APRIL 12-14, 2019

Enter Online: <http://ome.swimconnection.com/pc/WA20190412>



SANCTION: Held under USA/Pacific Swimming Sanction No. **19-035**

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: Phil Grant	Head Starter: Andy Downs
Meet Marshal: Ricardo Rico	Admin Official: Debbi Tucker
Meet Director: Beth Kalinowski (508) 963-4376	meetdirector@westsideaquaducks.com

LOCATION: Petaluma Swim Center, 900 E. Washington Street, Petaluma CA 94952

DIRECTIONS: From US 101, exit East Washington Street; travel westbound for ¼ mile, turn left at Ellis Street. The Swim Center is visible from East Washington Street. Please park in the parking lot section next to Washington Street (around "Java Hut") or behind the Swim Center. Parking at the Swim Center is for Coaches and Officials only. **There are no drop-offs in the parking lot.**

COURSE: OUTDOOR 50 METER pool with up to 7 lanes available for competition. An additional 120 foot lane will be available for warm-up/warm down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 14'0" 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: Friday's session will begin at 5:00pm, with warm-ups from 3:30-4:45pm. Saturday and Sunday sessions will begin at 9:00am each day, with warm ups from 7:30-8:45am.

RULES:

- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall be posted at the Clerk-of-Course.
- All events are timed finals.
- Athletes may compete in 1 event on Friday and a maximum of 4 events per day on Saturday and Sunday.
- 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, subject to the provisions of Pacific Swimming Rules and Regulations.
- At the discretion of the Meet Referee, events and heats may be combined.
- All events will be swum in event order and in a "FAST to SLOW" sequence with the options of reversing the sequence at the discretion of the Meet Referee and Meet Director.
- At the discretion of the Meet Referee, events and heats may be combined.
- The 1500 Free event will be swum as a combined (boys and girls) event and will be limited to the first 28 entrants.
- Athletes entering the 11 & Over 1500 Freestyle and/or Open Events (400 IM, 400 Free, 800 Free, 200 Back) must meet the minimum time standard for their gender.
- Athletes entering the 1500, 400, and 800 freestyle events shall provide their own timers and lap counters.
- **All coaches and deck officials shall display their current 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 or 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.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is 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 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. 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 shall have met at least the listed USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division shall have met at least the listed "B" minimum time standard. All entry times slower than the "B" time standard shall be in the "C" Division.
- Entries with "**NO TIME**" shall be **ACCEPTED** with the exception of the 1500 Free and Open Events. See Rules.
- 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.
- Age on the first day of the meet shall determine the athlete's age for the entire meet.

ENTRY PRIORITY: Entries from members of Zone 3 clubs (including unattached athletes training with those clubs) postmarked or entered on line by Monday, March 4, 2019 shall be given first priority for acceptance to the meet. All entries from other zones in Pacific Swimming or from other LSCs, postmarked or entered on line by the entry deadline shall be considered in the order they are received.

ENTRY FEES: \$4.00 per event plus a \$10.00 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: To enter online go to <http://ome.swimconnection.com/pc/WA20190412> 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 shall be accepted through Wednesday, April 3, 2019 or until the number of splashed exceeds the estimated time line. See Rules.

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 1, 2019** or hand delivered by 6:30 p.m, Wednesday, **April 3, 2019**. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Aquaducks, Inc.

Mail entries to: Beth Kalinowski
2156 Falcon Ridge Drive
Petaluma, CA 94954

Hand deliver entries to: Beth Kalinowski
2156 Falcon Ridge Drive
Petaluma, CA 94954

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. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

AWARDS: Ribbons will be awarded to 1st through 8th place finishers in the A+, B, and C divisions, for each event and age group. 10 & Under events will be awarded as 8 & Under and 9-10 age groups. 13 & Over events will be awarded as 13-14, 15-16, and 17-18 age groups. Athletes aged 19 & Over will not be awarded. “A” medals will be awarded to athletes achieving new USA Swimming Motivational A times swum during this meet only. Open events will not be awarded (400 IM, 800 Free, 200 Back, and 400 Free) and neither will the 1500 Free event.

ADMISSION: Free. A three-day program will be available for \$5.00.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition, serving hot breakfast, hot lunches, salads, and other nutritious items and beverages. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers. Water jugs for refilling water bottles will be available. **PLEASE BRING REFILLABLE WATER BOTTLES TO THE MEET.**

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

*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

Friday, April 13, 2018							
8 & Under		9 - 10		11 - 12		13 & Over	
200 IM		200 IM		200 IM		1500 Free*	
				1500 Free*			
Saturday, April 14, 2018				Sunday, April 15, 2018			
8 & Under	9 - 10	11 - 12	13 & Over	8 & Under	9 - 10	11 - 12	13 & Over
400 IM*	400 IM*	400 IM*	400 IM*	200 Back*	200 Back*	200 Back*	200 Back*
50 Breast	50 Breast	100 Back	200 Free	50 Fly	50 Fly	100 Free	200 IM
100 Back	100 Back	50 Breast	100 Back	100 Free	100 Free	50 Fly	100 Free
50 Free	50 Free	50 Free	50 Free	100 Breast	100 Breast	100 Breast	100 Breast
100 Fly	100 Fly	100 Fly	200 Breast	50 Back	50 Back	800 Free*	200 Fly
400 Free*	400 Free*	400 Free*	100 Fly	800 Free*	800 Free*		800 Free*
			400 Free*				

*Minimum time standards required for entry.

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

EVENTS

Friday, April 12, 2019

GIRLS EVENT #	Event Description and Age Group	BOYS EVENT #
1	12 & Under 200 I.M.	2
3 25:45.79	11 & Over 1500 Free* Minimum Seed Time	3# 25:45.79

Saturday, April 13, 2019

GIRLS EVENT #	Event Description and Age Group	BOYS EVENT #
5 7:19.69 min	Open 400 IM Minimum Seed Time	6 7:10.19 min
7	13 & Over 200 Free	8
9	10 & Under 50 Breast	10
11	11-12 100 Back	12
13	10 & Under 100 Back	14
15	11-12 50 Breast	16
17	13 & Over 100 Back	18
19	10 & Under 50 Free	20
21	11-12 50 Free	22
23	13 & Over 50 Free	24
25	10 & Under 100 Fly	26
27	13 & Over 200 Breast	28
29	11-12 100 Fly	30
31	13 & Over 100 Fly	32
33 6:23.89 min	Open 400 Free* Minimum Seed Time	34 6:15.49 min

Sunday, April 14, 2019

GIRLS EVENT #	Event Description and Age Group	BOYS EVENT #
35 3:24.79 min	Open 200 Back Minimum Seed Time	36 3:20.79 min
37	10 & Under 50 Fly	38
39	11-12 100 Free	40
41	13 & Over 200 IM	42
43	10 & Under 100 Free	44
45	11-12 50 Fly	46
47	13 & Over 100 Free	48
49	10 & Under 100 Breast	50
51	11 & Over 100 Breast	52
53	10 & Under 50 Back	54
55	13 & Over 200 Fly	56
57 13:26.79 min	Open 800 Free* Minimum Seed Time	58 13:11.69 min

*Athletes must provide their own timers and lap counters for this event.

#The 1500 Free is being swum as a combined Girls and Boy's event, thus boys should enter Event 3.

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

Pacific Swimming – Hosted by Westside Aquaducks C/B/A+ April 12-14, 2019 Consolidated Entry Form													
Name: Last, First Middle													
Club Abbr.			UNATT CLUB 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				
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						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$10.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													