

Napa Valley Swim Team
Short Course PC-C/B/A+ Swim Meet
Napa Valley College Pool, Napa, CA.
February 26th - February 28th, 2010

Enter online at: <http://ome.swimconnection.com/pc/napa20100226>

REVISED on 12/06/09 – Deadlines for Zone and non-Zone entries changed.

SANCTION: Held under USA/Pacific Swimming No.: **10-013**

LOCATION: **Napa Valley College. 2277 Napa-Vallejo Hwy., Napa, CA.** From the South Bay: Take Hwy. 80 to Vallejo. Go North on Hwy.37, then exit on Hwy. 29 North. Pass Hwy. 12 junction, stay in the right lanes and follow the signs to Napa/Lake Berryessa (*not* Sonoma/Calistoga). Pass Kaiser Rd and take the next left at Streblov – the Napa Valley College turnoff. Take the first right and follow the road to the North end of the parking lot. From the North Bay: Take Hwy 121 East to Hwy 29. Go North on Hwy 29 towards Napa. Exit on Imola Ave. and continue East on Imola to Soscol Ave. (Napa-Vallejo Hwy). Turn South onto Soscol (Napa-Vallejo Hwy). Take the first right into Napa Valley College parking lot. The pool is located on the left.

COURSE: 25 yard x 50 meter outdoor heated pool, with rim flow gutters and anti-turbulent lane lines. Up to twelve (12) competition lanes, with separate warm up and warm down areas available throughout meet. Colorado timing system, with touchpads and scoreboard, will be used. The minimum water depth measured in accordance with USA Swimming (USA-S) Article 103.2.3, is 5'11" at the start end and 5'11" at the turn end. The competition course has not been certified in accordance with USA-S 104.2.2C (4).

TIME: Friday session will begin at 5:00pm with warm ups from 4:00pm to 4:55pm.
Saturday and Sunday sessions will begin at 9:00am each day, with warm ups from 7:30am to 8:45 am.

RULES: Current USA and Pacific Swimming rules will govern the meet. Pacific Swimming warm up procedures will be in effect. A copy of these procedures will be posted at the Clerk of the Course. All events are timed finals. All swimmers ages 12 and Under should complete competition within four (4) hours. **Swimmers may enter more than four (4) events each day on Saturday and Sunday but may only compete in a maximum of four (4) events each day. No refunds will be given except as provided below for mandatory scratch-downs.** Entries will be accepted until the number of splashes exceeds the estimated time line per the Four Hour Rule, based on swimmers' age and gender. All coaches and deck officials must wear their USA-S membership cards in a visible manner. If conditions warrant, the Meet Referee with concurrence of the Meet Director, may require a mandatory scratch down to three (3) events. **Immediate refunds will be given ONLY for any mandatory scratch downs.** The 500 Free and all OPEN events may be seeded fastest to slowest, alternate girls and boys heats, or may be swum in combined heats of girls and boys at the discretion of the Meet Referee. **Swimmers in the 500 free are required to provide their own timers, as well as lap counters. Swimmers in the 11-12 age group may enter both the 200 IM and the 500 Free on Friday, however they will only be allowed to swim one of those events; They will be asked to scratch one of them at the time of check-in on Friday night, and no refund will be given in this instance. Entries for Friday night's session will be limited to the first 150 swimmers.**

RESTRICTIONS: Propane heaters, smoking and the use of other tobacco products, the sale and/or use of alcoholic beverages, glass bottles and containers of any kind are prohibited anywhere in the meet venue described as: on the Napa Valley College campus which includes on the pool deck, in the locker rooms, in spectator seating or standing areas, in the parking lot, and in all areas used by swimmers during the meet. No pets, except for "working dogs" are allowed anywhere in the meet venue. No food or drink is allowed in the locker rooms. **No tents will be allowed on the east/west sides of the**

pool, Other than Coach's Tents. Swimmers and parents are offered ample space in bleachers and surrounding area above the pool deck.

ELIGIBILITY: Swimmers must be current members of USA-S 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 swimmer with the registration and times database. The meet host must check all swimmer 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). **Swimmers in the "A+" Division must have met at least the listed "PC-A" time standard. Swimmers in the "B" Division must have met at least the listed "PC-B" time standard and not have met the listed "PC-A" time standard. All entry times slower than the listed "PC-B" time standard will be in the "C" Division. No time entries will be accepted** and will be seeded in the slowest heat(s) of the "C" Division. Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification procedures. Disabled swimmers are welcome to attend this meet and should contact the meet director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming policy. *Swimmers 19 years of age and older may participate in the 13-18 age group events but will not receive awards. Such swimmers must have met the 17-18 age group time standards.*

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk of Course. Close of check-in for all events shall be no more than 30 minutes before the estimated time of the start of the first heat of the event. Swimmers who do not check-in will not be allowed to compete in that event.

SCRATCHES: Any swimmer who has checked in for an individual event and fails to swim that event will be scratched from the meet unless the swimmer returns to the clerk of course and repeats the check-in process for all remaining events. Failure to swim an event after re-check-in will result in being barred from the next individual event in which a swimmer is entered on that day or the next meet day, whichever is first. The penalty will not apply if the swimmer scratches the event before it is seeded, or if the Referee accepts proof that the failure was caused by illness, injury or other circumstances beyond the control of the swimmer.

PRIORITY ENTRIES:

Only entries from Zone 3 teams (CCSC, FOG, HSC, JCSC, KYSC, LCCC, MCSD, MP, NAPA, NBA, OPSR, PCM, QUIK, RAYS, RSC, SFSC, SHSC, SON, SRN, SSS, SST, STAR, TVA, UD, VJO, WA, WCAN, WILL, YPAC), plus unattached swimmers registered to Zone 3 teams will be accepted before **11:59pm, January 25, 2010. After 11:59pm, January 25, 2010, the meet will be open to all other teams.**

ENTRIES: **TWO OPTIONS FOR MEET ENTRY**

Option 1: Online Meet Entries:

1. Using your browser go to: <http://ome.swimconnection.com/pc/napa20100226>
2. Follow entry instructions:

- a. Enter all swimmers in your family at the same time.
- b. Make online credit card payment for meet entries at the secured site.
- c. You will receive confirmation of acceptance into the meet at time of payment. This confirmation should be brought to the meet as proof of entry.
- d. ***Online entries will close at Midnight on Wednesday February 10, 2010.***

Note: Swim Connection charges an internet processing fee of \$1.00 per swimmer + 5% of the total entry fee. Online entry fees are paid to Swim Connection, LLC. **Entry via the online system is entirely voluntary, and is not required.**

All entries must be on the attached Consolidated Entry Card. Entry cards must be completely filled out including best time for each event, and the swimmer's address, phone number and family e-mail address. **"No Time" entries will be accepted.**

Entries must be **postmarked by Monday, February 8, 2010** or **hand delivered** to Kathy Minor, 2500 Pacific Street, Napa, CA 94558 **by 5:00pm Wednesday, February 10, 2010**. Make **Checks payable to "Napa Valley Swim Team"**

No refunds will be made, except for mandatory scratches and **no late entries will be accepted.**

ENTRY FEES: \$2.75 per individual event plus a one time \$5.00 participation fee per swimmer.

AWARDS: Ribbons will be awarded to the 1st– 6th place finishers in the “A,” “B” and “C” divisions, for each event and age group (8&U, 9-10, and 11-12, 13-14, 15-16, 17-18.) Swimmers 19 years of age and older will not receive awards. 10 & U individual events will be swum in combined heats, with awards given for each separate age group (8&U and 9-10).

Open events will be swum in combined heats, with awards given to the top 6 finishers in each age group (8 & U, 9-10, 11-12, 13-14, 15-16, 17-18) regardless of division. Swimmers 19 years of age and older will not receive awards. "A" medals will be awarded to swimmers achieving new "PC-A" times swum during this meet only.

Awards will be available for pickup by the coaches, or a team representative, at the end of the meet. Awards will NOT be mailed

OFFICIALS: **Head Referee:** Dennis Sturdevant
 Head Starter: Ron Selim
 Meet Director: Kathy Minor 1swim-mom@sbcglobal.net
 707-252-3320 (**please no calls after 8:00pm**)
 Head Meet Marshal: Jean Amundson

ADMISSION: FREE

PROGRAM: A program will be available for a nominal fee.

SNACK BAR: A snack bar will be available on Saturday and Sunday.

HOSPITALITY: Lunches and refreshments will be provided for officials and coaches. Refreshments will be provided to timers.

Each team is asked to provide at least the number of officials shown in the table below, based on the number of swimmers entered:

Number of swimmers per team entered	# of trained and carded officials required
0-24	0
25-50	1
51-75	2
76-100	3
101 and up	4

MEET SUMMARY

**(No Time Entries will be accepted and swimmers
will be seeded in the slowest heats of the "C" division)**

FRIDAY 2-26-10					
	10 & U	11-12	13-14	15-16	17-18
	200 IM	200 IM	500 Free	500 Free	500 Free
		500 Free			
SATURDAY 2-27-10					
8 & U	9-10	11-12	13-14	15-16	17-18
Open 400 IM	Open 400 IM	Open 400 IM	Open 400 IM	Open 400 IM	Open 400 IM
100 IM	50 Breast	100 Breast	100 Back	100 Back	100 Back
50 Breast	100 IM	50 Fly	200 Free	200 Free	200 Free
50 Back	100 Free	100 Back	100 Fly	100 Fly	100 Fly
25 Free	50 Fly	100 Free			
		100 Fly			
Open 200 Breast	Open 200 Breast	Open 200 Breast	Open 200 Breast	Open 200 Breast	Open 200 Breast
SUNDAY 2-28-10					
8 & U	9-10	11-12	13-14	15-16	17-18
Open 200 Fly	Open 200 Fly	Open 200 Fly	Open 200 Fly	Open 200 Fly	Open 200 Fly
25 Breast	50 Free	50 Free	100 Free	100 Free	100 Free
25 Back	Open 200 Back	Open 200 Back	Open 200 Back	Open 200 Back	Open 200 Back
Open 200 Back	100 Fly	100 IM	200 IM	200 IM	200 IM
50 Free	100 Back	50 Back	100 Breast	100 Breast	100 Breast
25 Fly	100 Breast	200 Free	50 Free	50 Free	50 Free

Swimmers may compete in up to four (4) events on Saturday and up to four (4) events on Sunday.

The 500 Free and all OPEN events may be seeded fastest to slowest, alternate girls and boys heats, or may be swum in combined heats of girls and boys at the discretion of the Meet Referee.

Swimmers in the 500 free are required to provide their own timers, as well as lap counters.

Swimmers in the 11-12 age group may enter both the 200 IM and the 500 Free on Friday, however they will only be allowed to swim one of those events; They will be asked to scratch one of them at the time of check-in on Friday night, and no refund will be given in this instance.

Entries for Friday night's session will be limited to the first 150 swimmers.

The 13 & Over individual events will be swum in combined heats.

+ Open events will be swum in combined heats, with awards given to the top 6 finishers in age groups (8-U, 9-10, 11-12, 13-14, 15-16, 17-18), regardless of division

NAPA VALLEY SWIM TEAM SHORT COURSE						
PC- C/B/A+ SWIM MEET						
FRIDAY, FEBRUARY 26, 2010						
SCHEDULE OF EVENTS						
Girls			Age Group and Event Description	Boys		
Event #	PC-A Time	PC-B Time		PC-A Time	PC-B Time	Event #
1	3:22.09	3:42.59	10 & U 200 IM	3:23.59	3:44.39	2
3	2:59.09	3:17.29	11-12 200 IM	2:59.09	3:17.29	4
5			11 & Over 500 Free No Minimum Time Required			6
	6:59.99	7:42.69	11-12	6:59.39	7:41.99	
	6:34.49	7:14.59	13-14	6:17.49	6:55.89	
	6:29.59	7:09.19	15-16	6:10.49	6:48.19	
	6:45.39	7:26.59	17-18	6:10.49	6:48.19	

NAPA VALLEY SWIM TEAM PC – C/B/A+ SWIM MEET						
SATURDAY FEBRUARY 27, 2010						
SCHEDULE OF EVENTS						
GIRLS			Age Group and Event Description	BOYS		
EVENT #	PC-A TIME	PC-B TIME		EVENT #	PC-A TIME	PC-B TIME
7			Open 400 IM <i>No Minimum Time Required</i>	8		
9	1:49.29	2:09.99	8 & Under 100 IM	10	1:45.09	2:09.99
11	1:33.89	1:43.39	11-12 100 Breast	12	1:33.19	1:42.59
13	49.09	54.09	9-10 50 Breast	14	49.09	54.09
15	55.29	1:04.99	8 & Under 50 Breast	16	54.79	1:04.99
17			13 & Over 100 Back	18		
	1:18.59	1:26.69	13-14		1:14.99	1:22.69
	1:19.79	1:27.99	15-16		1:12.59	1:19.99
	1:23.59	1:32.09	17-18		1:13.09	1:20.49
19	36.69	40.39	11-12 50 Fly	20	36.29	39.99
21	1:33.19	1:42.59	9-10 100 IM	22	1:33.19	1:42.59
23	51.59	59.99	8 & Under 50 Back	24	50.49	59.99
25	1:23.49	1:31.99	11-12 100 Back	26	1:23.49	1:31.99
27			13 & Over 200 Free	28		
	2:27.59	2:42.59	13-14		2:30.39	2:34.59
	2:27.59	2:42.59	15-16		2:14.29	2:27.99
	2:32.09	2:47.59	17-18		2:14.29	2:27.99
29	1:21.09	1:29.29	9-10 100 Free	30	1:21.09	1:29.29
31	1:11.59	1:18.89	11-12 100 Free	32	1:10.79	1:17.99
33			13 & Over 100 Fly	34		
	1:17.79	1:25.69	13-14		1:13.19	1:20.69
	1:15.89	1:23.59	15-16		1:08.19	1:15.19
	1:17.39	1:25.29	17-18		1:08.89	1:15.99
35	1:22.69	1:31.19	11-12 100 Fly	36	1:22.89	1:31.29
37	19.49	23.49	8 & Under 25 Free	38	18.39	23.49
39	41.69	45.99	9-10 50 Fly	40	41.19	45.49
41			Open 200 Breast <i>No Minimum Time Required</i>	42		

NAPA VALLEY SWIM TEAM PC – C/B/A+ SWIM MEET						
SUNDAY FEBRUARY 28, 2010						
SCHEDULE OF EVENTS						
GIRLS			Age Group and Event Description	BOYS		
EVENT #	PC-A TIME	PC-B TIME		EVENT #	PC-A TIME	PC-B TIME
43			Open 200 Fly <i>No Minimum Time Required</i>	44		
45	24.79	29.99	8 & Under 25 Breast	46	24.29	29.99
47			13 & Over 100 Free	48		
	1:08.79	1:15.89	13-14		1:04.29	1:10.79
	1:08.39	1:15.29	15-16		1:01.59	1:07.89
	1:09.19	1:16.29	17-18		1:00.79	1:07.09
49	32.89	36.29	11-12 50 Free	50	32.69	35.99
51	36.49	40.29	9-10 50 Free	52	36.59	40.39
53	23.19	27.99	8 & Under 25 Back	54	22.69	27.99
55			Open 200 Back <i>No Minimum Time Required</i>	56		
57	1:35.59	1:45.29	9-10 100Fly	58	1:37.99	1:47.99
59	1:22.89	1:31.29	11-12 100 IM	60	1:21.19	1:29.49
61	42.99	51.99	8 & Under 50 Free	62	40.89	51.99
63	1:33.19	1:42.59	9-10 100 Back	64	1:35.59	1:45.29
65			13 & Over 200 IM	66		
	2:48.29	3:05.39	13-14		2:39.69	2:55.99
	2:46.99	3:03.99	15-16		2:33.19	2:48.79
	2:53.59	3:11.29	17-18		2:33.69	2:49.29
67	38.69	42.69	11-12 50 Back	68	38.69	42.69
69	21.59	26.99	8 & Under 25 Fly	70	20.49	26.99
71			13 & Over 100 Breast	72		
	1:28.19	1:37.19	13-14		1:23.49	1:31.99
	1:29.49	1:38.69	15-16		1:19.79	1:27.99
	1:34.39	1:43.99	17-18		1:21.09	1:29.29
73	1:46.49	1:57.29	9-10 100 Breast	74	1:47.69	1:58.59
75	2:36.49	2:52.39	11-12 200Free	76	2:37.49	2:53.59
77			13 & Over 50 Free	78		
	31.79	35.09	13-14		29.79	32.79
	31.39	34.69	15-16		28.09	30.99
	32.29	35.59	17-18		28.09	30.99

NAPA VALLEY SWIM TEAM									
C/B/A+ Short Course Meet									
February 26th-February 28th, 2010									
Consolidated Entry Card									
NAME	LAST		FIRST		INITIAL				
Club Abbr	Unattached Yes No		Club Name						
Age	Date of Birth			Amt Paid					
USAS Registration									
Sex Boy Girl		Age Group 8&U 9-10 11-12 13&O							
Event #	Distance	Stroke			Entry Time				
					: .				
					: .				
					: .				
					: .				
					: .				
					: .				
					: .				
					: .				
					: .				
# of entries _____				x \$2.75		\$ _____			
Participation fee				+ \$5.00					
Total				\$ _____					
Coaches Name									
Swimmers		Address							
		City							
		State							
		Zip							
Swimmer Phone									
Family Email									

NAPA VALLEY SWIM TEAM									
C/B/A+ Short Course Meet									
February 26 th -February 28 th , 2010									
Consolidated Entry Card									
NAME	LAST		FIRST		INITIAL				
Club Abbr	Unattached Yes No		Club Name						
Age	Date of Birth			Amt Paid					
USAS Registration									
Sex Boy Girl		Age Group 8&U 9-10 11-12 13&O							
Event #	Distance	Stroke			Entry Time				
					: .				
					: .				
					: .				
					: .				
					: .				
					: .				
					: .				
					: .				
					: .				
# of entries _____				x \$2.75		\$ _____			
Participation fee				+ \$5.00					
Total				\$ _____					
Coaches Name									
Swimmers		Address							
		City							
		State							
		Zip							
Swimmer Phone									
Family Email									

OFFICE USE ONLY	
CASH	AMT: _____
CHECK # _____	AMT: _____
DATE ENTERED: _____	BY: _____

OFFICE USE ONLY	
CASH	AMT: _____
CHECK # _____	AMT: _____
DATE ENTERED: _____	BY: _____