

**PACIFIC SWIMMING**  
**North Bay Aquatics Closed LCM Invitational**  
**June 30, 2013**



This Meet is open to Qualified Senior Swimmers from NBA, MP, SRN, TERA, WCAB, and unattached members training with these clubs.

**SANCTION: Held under USA Pacific Swimming Sanction No. 13-137**

*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 VIDEO:** 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 electronic devices, including but not limited to film and digital cameras, cell phones and tablets, 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 OFFICIALS:**

Meet Referee: **Leo Lin**

Head Starter: **Ken Barsanti**

Head Marshall: **Julian Garcia**

Meet Director: **Mehdi Saghafi**

**LOCATION: Indian Valley College, 1800 Ignacio Blvd, Novato, CA.** From the east, take CA-37 west toward San Rafael; at intersection with US 101, take left ramp to US-101 South toward San Rafael/San Francisco and take first immediate exit on US-101 for Ignacio Blvd. Proceed on Enfrente Road to Ignacio Blvd. Turn right and proceed west about 2.5 miles to Indian Valley College pool. From the south, take US-101 north to the Bel Marin Keys Blvd / Ignacio Blvd exit, turn left at Nave Drive, turn left on Ignacio Blvd and proceed about 2.5 mi to the pool. From the north, south on US-101, take Ignacio Blvd exit. Proceed on Enfrente Road to Ignacio Blvd. Turn right and proceed west about 2.5 miles to Indian Valley College pool. **Tents and/or canopies will not be allowed on the pool deck (except for coaches) as there is ample room in the bleachers and surrounding areas.**

**COURSE:** 25 yard x 50 meter outdoor heated pool, anti-turbulent lanes lines. The minimum water depth, measured in accordance with Article 103.2.3 is 4 ft at the start end and 4 ft at the turn end. Up to 7 competition lanes available. Warm-up and warm-down lanes will be available throughout the meet. Electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

**TIME:** Meet begins at 10:00 AM. The competition course will be open for warm-ups from 8:30 to 9:45AM.

**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 the Course.

•All events are timed finals.

•Swimmers can compete in a maximum of **three individual (3) events**.

•**All coaches and deck officials must wear their USA swimming membership cards in a visible manner.**

•All events will be seeded fastest to slowest.

•**Each team may have only 4 swimmers from each gender in the 800 Freestyle.**

•**The 800 Freestyle will be swum alternating girls and boys.**

**UNACCOMPANIED SWIMMERS:** USAS 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 USAS Club does not attend the meet to serve in said supervisory capacity; it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that

such arrangements be made in advance of the meet by the athlete's USAS Club Member-Coach

**RACING STARTS:** Any swimmer entered in this meet, unaccompanied by a USA Swimming member coach, 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 swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:** • Sale and use of alcoholic beverages and smoking and the use of other tobacco products is prohibited in all areas

of the meet venue during the meet.

- Coaches, parents, siblings and officials may not use the pool.
- Glass containers of any kind are not allowed in pool area.
- All pets are prohibited in the pool area.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in the locker rooms or designated areas is not appropriate and is strongly discouraged.

**ELIGIBILITY:** • Meet is open only to Senior Swimmers 13 and over from WCAB, NBA, TERA, SRN, MP who have achieved one or more Pacific Senior I time standard(s) or better.

- Swimmers must be current members of USA-S. The meet host will 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. Duplicate registrations will be refunded by mail.
- Each team is LIMITED to FIFTY (50) swimmers.
- Unattached or post-graduate swimmers training with any of the invited clubs are eligible as long as they are current with USA-S membership.

**CHECK-IN:** The entire meet will be deck seeded after coaches meeting. Coaches will do a roll call of their swimmers before the coaches meeting and will provide the computer operators with the scratched swimmers. There will be no penalty for missing an event.

**ENTRIES:** • Option 1 – Online Meet Entries: Deadline by 11:59 PM, Wednesday, June 26th.

Enter online at: <http://ome.swimconnection.com/pc/nba20130630> Online entry requires payment by credit card using the secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fee. Please note that the processing fee is a separate fee from the entry fee. Online meet entry fees are paid to Swim Connection, LLC. Use of this system is completely voluntary. Online Meet Entry is not required or expected by Pacific Swimming.

- Option 2 – Team entry Deadline by 11:59 PM, Wednesday, June 26<sup>th</sup> Email to [mednchris@gmail.com](mailto:mednchris@gmail.com)

**Entry Fees:** \$5.50 per individual event, plus a \$10 per swimmer participation fee. There are no refunds.

**ADMISSION:** Admission is free.

**HOSPITALITY/SNACK BAR:** Minimum hospitality will be available.

**AWARDS:** None

**Minimum Number of Officials Rule:** One half-hour before the scheduled start of each session, the Meet Referee shall conduct an inventory of Officials, and shall compare the number of swimmers presents against the number of Officials present representing each team. No more than 3 days after close of entries, Meet management (ref or director) shall contact a representative from each team participating, and provide a preliminary inventory. Each team shall, by the start of the meet, provide to the Meet Director or designee a list of Officials who have agreed to represent that team during the meet, in accordance with the following table:

Number of swimmers competing in meet per team:	*Number of trained and carded officials required:
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5

\*Zone 3 Pacific Swimming will include Colorado, Intermediary/ Chief Timing Judge, and Hy-Tek-Computer into the count of Officials for a session: these positions are not carded. Zone 3 Pacific Swimming will accept Trainees into the count of Officials for a session, so long as they are carded.

### Order of Events – Sunday - June 30, 2013

Women			Men	
Event #	Qualifying Time	Stroke & Distance	Event #	Qualifying Time
1	3:24.89	200 Breast	2	3:13.79
3	1:12.19	100 Free	4	1:07.49
5	2:57.79	200 Back	6	2:56.19
7	3:02.69	200 Fly	8	2:54.09
9	6:17.59	400 IM	10	6:05.29
11	2:36.39	200 Free	12	2:26.99
13	1:23.39	100 Back	14	1:20.89
15	5:26.39	400 Free	16	5:15.59
17	1:34.29	100 Breast	18	1:28.29
19	1:21.69	100 Fly	20	1:16.59
21	2:58.19	200 IM	22	2:48.49
23	33.49	50 Free	24	31.39
25	11:08.19	800 Free	26	10:25.49