

WAVES AQUATICS NAPA VALLEY
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
Sept. 25-26, 2021
Enter Online: <http://www.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **21-170**

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.

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: Debbi Tucker	Head Starter: Phil Grant
Meet Marshal: Janeen Talbott	Admin Official: Barbarie Gonzalez
Meet Director: Jon Hollister hollisterjon@aol.com	(707) 225-2264

LOCATION: ST. HELENA AQUATIC CENTER 1401 GRAYSON AVE. ST. HELENA, CA 94574

DIRECTIONS: From Highway 29 North turn right (west) on Grayson Ave. Pool is on the left just past the school office and gym. From Highway 29 South turn left (west) on Grayson Ave. Meet parking is available at the baseball field parking lot west of the pool facility.

COURSE: Outdoor 25 yard pool with up to 8 lanes available for competition. An additional 7 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 6'6" at the start end and 6' 6" at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

TIME: Meet will begin at **9:30 AM** with warm-ups at **8:30 AM**. A maximum of two (2) athletes shall be permitted per warm-up lane.

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 applicable 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 the MAAPP policy 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 a **MAXIMUM 4** events per day not including relays.
- 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, or when the number of entered athletes meets capacity per facility/local restrictions.
- 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.
- All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.
- All applicable Napa County Public Health and State of California Public Health requirements for protection against COVID-19 will apply. The Meet Director and Meet Referee may remove any individual who does not comply.

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.
- Locker rooms are designated and available for Athlete use only. No changing in the locker rooms will be permitted.
- A designated restroom for non athletes will be in the Field House (adjacent to the pool).

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, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail.
- 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**.
- 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.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

ENTRY FEES: \$4.50 per event plus an \$8.00 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: Online entries will be accepted through **Sept. 18, 2021**. To enter online go to www.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.

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 **Sept. 15, 2021** or hand delivered by 6:30 PM **Sept. 16, 2021**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Waves Aquatics Napa Valley

**Mail entries to: Kevin Twohey
P.O. Box 303
Napa, CA 94559**

**Hand deliver entries to: Kevin Twohey
26 Highland Drive
Napa, CA 94559**

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

SCRATCHES: Any Athletes not reporting for or competing in an individual timed final event that they have entered shall not be penalized.

AWARDS: Ribbons will be awarded to the 1st thru 8th place finishers in the C/B/A divisions for the following age groups: 6 & Under, 7-8, 9-10, 11-12, 13-14, 15-16, and 17-18. Ribbons will also be awarded for the 1-3rd place finishers in the Relay age groups. ‘A’ medals will be awarded to athletes with an entry time slower than ‘A’ achieving ‘A’ standard times for the first time.

Note: Awards will be mailed to all teams after the meet. All participating teams and clubs with unattached athletes must provide a mailing address with the Administrative Referee at the meet.

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 athlete 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.

ADMISSION: Free

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

HOSPITALITY: Coaches and working deck officials will be provided hospitality & lunch. Hospitality will be available to timers and volunteers on a self-serve basis.

SNACK BAR: Limited snack bar will be available

EVENT SUMMARY

SATURDAY SEPT 25th				SUNDAY SEPT 26th			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
50 FR	100 BK	100 BK	200 BK	25 FR	100 FR	100 FR	200 FR
50 BR	50 FR	50 FR	100 FR	50 BK	50 BK	50 BK	100 BK
500 FR	50 BR	50 BR	100 BR	25 BR	100 BR	100 BR	500 FR
25 BK	500 FR	500 FR	100 FL	50 FL	50 FL	50 FL	200 IM
25 FL	100 FL	100 FL			200 IM	200 IM	200 BR
100 IM	100 IM	100 IM					
100 Med Relay	200 Med Relay	200 Med Relay	200 Med Relay	100 Free Relay	200 Free Relay	200 Free Relay	200 Free Relay

ORDER OF EVENTS

SATURDAY SEPT 25		
EVENT #	EVENT	EVENT #
1	13-18 200 Back	2
3	11-12 100 Back	4
5	9-10 100 Back	6
7	13-18 100 Free	8
9	11-12 50 free	10
11	9-10 50 Free	12
13	8-UN 50 Free	14
15	13-18 100 Fly	16
17	11-12 100 Fly	18
19	9-10 100 Fly	20
21	8-UN 25 Fly	22
23	12 – UN 500 Free	24
25	8 – UN 25 Back	26
27	11-12 100 IM	28
29	10-UN 100 IM	30
31	13-18 100 Breast	32
33	11-12 50 Breast	34
35	9-10 50 Breast	36
37	8-UN 50 Breast	38
39	8-UN 100 Medley Relay	40
41	9-10 200 Medley Relay	42
43	11-12 200 Medley Relay	44
45	13-18 200 Medley Relay	46

SUNDAY SEPT 26		
EVENT #	EVENT	EVENT #
47	13-18 200 Free	48
49	11-12 100 Free	50
51	9-10 100 Free	52
53	8-UN 25 Free	54
55	13-18 100 Back	56
57	11-12 50 Back	58
59	9-10 50 Back	60
61	8-UN 50 Back	62
63	13-18 50 Free	64
65	9-10 100 Breast	66
67	11-12 100 Breast	68
69	8-UN 25 Breast	70
71	13-18 500 Free	72
73	11-12 50 Fly	74
75	9-10 50 Fly	76
77	8-UN 50 Fly	78
79	13-18 200 IM	80
81	11-12 200 IM	82
83	9-10 200 IM	84
85	13-18 200 Breast	86
87	8-UN 100 Free Relay	88
89	9-10 200 Free Relay	90
91	11-12 200 Free Relay	92
93	13-18 200 Free Relay	94

10-UN 100 IM's – 10-UN 100 IM shall be swum together and awarded separately by age groups: 8-UN, 9-10.

500 Free – Athletes must provide their own lap counting devices and counter for the 500's.
 12-UN 500 Free shall be swum together and awarded separately by age groups: 8-UN, 9-10, 11-12.
 13-18 500 Free shall be swum together and awarded separately by age groups: 13-14, 15-16,17-18.

Relays – Relays shall be seeded by Meet Referees discretion.
 Mixed gender and mixed ages relay entries shall be accepted and designated 'Exhibition'
 and not eligible for awards.

Pacific Swimming – Hosted by WANV
 Waves Aquatics Napa Valley C/B/A+ Endless Summer Meet
 Sept 25-26, 2021
 Consolidated Entry Form

Name: Last	First	Middle
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Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M F	LSC – (PC, SN)
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USA-#															
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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 \$4.50 = \$ _____
Participation Fee \$ 8.00
Total \$ _____

Coach

Athlete's Address

Home Phone	Cell Phone
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Email
