

**MENDOCINO COAST SEA DRAGONS**  
**PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET**  
**NOVEMBER 16-17<sup>th</sup>, 2019**  
Enter Online: <http://ome.swimconnection.com/pc/MCSD20191116>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **19-137**

*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 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:**

<i>Meet Referee:</i>	<b>BILL SARGIS</b>	<i>Head Starter:</i>	<b>IRENE ALAMEIDA</b>
<i>Chief Judge:</i>	<b>KEN BAUMGARTNER</b>	<i>Meet Marshal:</i>	<b>LARRY THOLBERG</b>
<i>Admin Official:</i>	<b>BARBARIE GONZALEZ</b>		
<i>Meet Director:</i>	<b>ANNA RUSSELL, (707) 357-6928</b>		<a href="mailto:annarussell2018@gmail.com">annarussell2018@gmail.com</a>

**LOCATION:** C.V. Starr Community Center and Sigrid and Harry Spath Aquatics Facility; 300 Lincoln Street, Fort Bragg CA 95437

**DIRECTIONS: From the South:** Drive north on Hwy 1/Main Street into Fort Bragg. Turn Right on Chestnut St. Turn left on Lincoln; C.V. Starr will be on your right after passing Redwood Elementary School. **From the North:** Drive south on Hwy 1/Main St. into Fort Bragg. Turn Left on Chestnut St. Turn left on Lincoln, C.V. Starr Center will be on your right after passing Redwood Elementary School.

**COURSE:** 25 yard, 8 lane indoor pool, with separate pool for warm-up during competition. The minimum water depth, measured in accordance with Article 103.2.3, is 6'0" at the start end and 4' 0" 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 shall begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day

**RULES:**

- Current USA and Pacific Swimming rules including the Minor Athlete Abuse Prevention Policy (MAAPP), 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 four (4) events per day.
- 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.
- 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.
- **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.**

**RELAYS:** Relays will be run as 100 yard events for age 10 and under and 200 yard events for age 11 and over. All entries will be turned in to the Clerk of Course by 10:00 a.m. Exhibition entries will be accepted.

**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 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 shall be properly secured.
- Deck changes are 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 shall be current members of USA Swimming and enter their name and registration number on the meet entry card exactly as they are shown on their Registration Card. If this is not done, it may be difficult to match the athlete with the registration database. 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 (**Exception – Open 400 IM. See Events Table for Qualifying Standards**)
- 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.
- **All athletes 18 and older shall have completed Athlete Protection Training in order to be allowed to compete.**
- 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 FEES:** \$4.00 per event plus an \$8.00 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. Relay fees \$9.00 per team.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/MCSD20191116> 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 November 6th, 2018.

**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, November 4, 2018 or hand delivered by 6:30 p.m, November 6th, 2018. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Mendocino Coast Sea Dragons**

**Mail entries to: MCSD**

**Hand deliver entries to: Anna Russell**

**P.O. Box 2939  
Fort Bragg, CA 95347**

**224 Wall Street  
Fort Bragg, CA 95347**

**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 shall be awarded to the 1st-8th place finishers in the C/B/A divisions. All awards should be picked up at the end of the day by Team Coach.

**ADMISSION:** Free. A **2 DAY** program will be available for \$5.00.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working deck officials will be provided breakfast and lunch. Hospitality will serve refreshments to timers and volunteers.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. The C.V. Starr Center will open its Splash and Slide facility to the public after the meet closes. Admission fees will apply.

**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 required
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**

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-Over	8 & UN	9-10	11-12	13-Over
50 FR	200 FR	200 FR	200 FR	400 IM			
25 BR	100 BR	100 BR	100 BR	50 BK	100 BK	100 BK	200 BK
100 IM	100 IM	100 IM	200 IM	50BR	100 FR	200 IM	200 BR
25 BK	50 FL	100 FL	100 BK	25 FR	50 BR	100 FR	100 FR
	50 BK	50 BK	500 FR	25 FL	50 FR	50 FL	100 FL
		500 FR				50 BR	50 FR
100 Medley Relay		200 Medley Relay				50 FR	
				100 Free Relay		200 Free Relay	

**EVENTS**

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

Sunday 11/17		
EVENT #	EVENT	EVENT #
43	Open 400 IM Min Qualifying times Girls 5:56.79 Boys 5:46.39	44
45	13-Over 200 Back	46
47	11-12 100 Back	48
48	9-10 100 Back	50
51	8-UN 50 Back	52
53	13-Over 200 Breast	54
55	11-12 200 IM	56
57	8-UN 50 Breast	58
59	9-10 100 Free	60
61	11-12 100 Free	62
63	13-Over 100 Free	64
65	8-UN 25 Free	66
67	11-12 50 Fly	68
69	10-UN 100 Free Relay	70
71	11-Over 200 Free Relay	72
73	8-UN 25 Fly	74
75	13-Over 100 Fly	76
77	9-10 50 Breast	78
79	11-12 50 Breast	80
81	9-10 50 Free	82
83	11-12 50 Free	84
85	13-Over 50 Free	86

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

Pacific Swimming – Hosted by Mendocino Coast Sea Dragons  
 PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
 NOVEMBER 16-17<sup>th</sup>, 2019  
 Consolidated Entry Form

Name: Last,                      First                      Middle

Club Abbr.	UNATT CLUB 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 \$4.00 = \$ \_\_\_\_\_  
 Participation Fee      \$ 8.00      Total                      \$ \_\_\_\_\_

Coach

Athlete's  
Address

Home Phone	Cell Phone
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Email