

NVST'S LAST CHANCE AG CHAMPS SUMMER PLUNGE  
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET  
JUNE 22-23, 2024  
Enter Online: <http://ome.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **24-079**

*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. The results of this meet may be posted in real time on the Internet on MeetMobile.

**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:** DON BAUTISTA      **Head Starter:** KIAN TAVAKOLI  
**Meet Marshal:** SUSIE DAVIS      **Admin Official:** GARY LAI  
**Meet Director:** Jeanne Abadie [driaw223@ymail.com](mailto:driaw223@ymail.com)

**LOCATION:** NAPA VALLEY COLLEGE – 2277 NAPA VALLEJO HWY, NAPA, CA 94558

**DIRECTIONS:** · Google Maps: <https://goo.gl/maps/L7rLuuUDF13hV6h3A>  
· Apple Maps:  
<https://maps.apple.com/?address=2277%20Napa%20Vallejo%20Hwy,%20Napa,%20CA%20%2094558,%20United%20State&ll=38.273335,-122.275252&q=2277%20Napa%20Vallejo%20Hwy>

**COURSE:** 50 meter outdoor heated pool, with rim flow gutters and anti-turbulent lane lines. Up to 7 competition lanes, with separate warm up and cool down areas available throughout the meet, as well as the possibility of starts from both ends. Colorado timing system and scoreboard will be used. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 4 ft. at the shallow end and 12 ft at the deep end. The competition course has not been certified in accordance with 104.2.2C(4).

**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 and warm-up procedures shall govern the meet. A copy of these procedures shall 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 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 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.
- Athletes may enter more than four (4) events per day but may only compete in a maximum of four (4) events per day. No refunds will be given for scratches due to the athlete entering more than four 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 timeline, per the “Four-Hour Rule,” based on the athlete’s age and gender. Entry forms and payment received after the close of the meet will be returned with an explanation.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds shall be made for any mandatory scratches.
- EXCEPT OPEN events, no-time entries shall be accepted and placed in the slowest heats.
- All OPEN events may be swum in alternate girls’ and boys’ heats, or in combined heats of girls and boys at the discretion of the Meet Referee and/or Meet Director.
- In order to enter the OPEN events, the athlete shall have met the listed qualifying time or have coach verification. If the athlete’s coach is to verify the athlete’s ability to achieve the minimum entry time per Pacific Swimming Rule 4A2, please contact the Meet Director and Meet Referee.
- Athletes in the 1500 and 800 freestyle events shall provide their own lap counters and timers.
- Medical Supervision: Coaches are acting lifeguards. First aid and AED are available.
- All coaches and deck officials shall display their current USA Swimming membership cards in a visible manner. Deck Pass may also be used to prove current registration status.

**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:** 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 shall be properly secured.
- Deck changes are prohibited. 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.
- No food or drinks are allowed in the locker rooms.
- **ONLY HOSTING CLUB, VENDOR AND COACHES’ TENTS ARE ALLOWED ON THE POOL DECK.**
- **ONLY COACHES, ATHLETES, TIMERS AND MEET STAFF ARE ALLOWED BEHIND THE STARTING BLOCKS WHEN MEET IS IN SESSION.**

**ELIGIBILITY:** • Athletes must be current members of USA Swimming and enter their name and registration number exactly as they are shown in their USA Swimming Registration. 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, athletes shall be required to register online via USA Swimming's online member registration before being allowed to swim in the meet.

- Athletes in the "A" Division shall have met at least 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 listed "B" time standard will be in the "C" Division.

- Entries with "**NO TIME**" will be accepted except for the Open Events.

- 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.

- Athletes with a disability 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 athletes must have met standards for the 17-18 age group.

- 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 a \$14.00 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:** To enter online go to <http://ome.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service fee for this service, 6.5% of the total Entry Fees plus \$0.75 per transaction, regardless of the number of Athletes. Please note that the service fee is a separate fee from the Entry Fees. If you do not wish to pay the service 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, **June 12, 2024**. Please ensure that the athlete's name and date of birth in Swim Connection match what is shown on the athlete's USA Swimming Registration Card.

**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, **June 10, 2024** or hand delivered by 6:30 p.m. Wednesday, **June 12, 2024**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to:** "NVST" or "Napa Valley Swim Team"

**Mail and Delivered entries to:** Meet Director, 4015 Withers Rd., Napa, CA 94559

**CHECK-IN:** The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Prior to 10:30 AM, close of check-in shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Close of check-in for all remaining events for that day shall be at 10:30 AM. Athletes who do not check in will not be seeded in the event.

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

**AWARDS:** • Individual events: Ribbons shall be awarded to the 1st-8th place finishers in the "A", "B", and "C" divisions, for each event and age group (8&U, 9-10, 11-12, 13-14, 15-16, 17-18). The 13 & Over individual events shall be swum in combined heats, with awards given for each separate age group (13-14, 15-16 17-18).

- Open events shall be swum in combined heats, with no awards being given.

- "A" medals shall be awarded to athletes achieving new "PC-A" times swam during this meet only.

AWARDS SHALL BE PICKED UP ON SUNDAY, THE LAST DAY OF THE MEET, BY A CLUB'S COACH OR CLUB REPRESENTATIVE. AWARDS SHALL NOT BE MAILED. NON ZONE 3 CLUBS AND UNATTACHED ATHLETES SHALL COORDINATE WITH THE AWARDS DESK FOR PICK-UP AND/OR DELIVERY OF AWARDS. FOR THOSE AWARDS NOT PICKED UP, CLUB OR RECIPIENT SHALL PROVIDE SELF ADDRESSED AND PRE-PAID ENVELOPES TO THE AWARDS DESK. AWARDS SHALL NOT BE INDIVIDUALLY DISTRIBUTED THROUGHOUT THE MEET.

**ADMISSION:** Free.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working deck officials will be

provided lunch. Hospitality will serve refreshments to timers and volunteers.

**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.

<b>Club Athletes entered in session</b>	<b>Trained and carded Officials requested</b>
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5

**NOTE:** 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 Carded Apprentices in the count of officials. 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
400 IM OPEN	400 IM OPEN	400 IM OPEN	400 IM OPEN	400 FR OPEN	400 FR OPEN	400 FR OPEN	400 FR OPEN
200 FREE	200 FREE	200 FREE	200 FREE	100 FLY	100 FLY	200 FLY	100 FLY
100 BREAST	100 BREAST	50 BREAST	100 BREAST	100 FREE	100 FREE	100 FREE	100 FREE
50 FLY	50 FLY	100 FLY	200 FLY	50 BREAST	50 BREAST	100 BREAST	200 BACK
100 BACK	100 BACK	50 BACK	100 BACK	50 BACK	50 BACK	100 BACK	200 IM
50 FREE	50 FREE	50 FREE	50 FREE	200 IM	200 IM	200 IM	
		200 BACK		200 BREAST OPEN	200 BREAST OPEN	200 BREAST OPEN	200 BREAST OPEN
1500 FREE OPEN	1500 FREE OPEN	1500 FREE OPEN	1500 FREE OPEN	800 FREE OPEN	800 FREE OPEN	800 FREE OPEN	800 FREE OPEN

**ORDER OF EVENTS**

SATURDAY, JUNE 22, 2024		
GIRLS #	EVENT	BOYS #
101 <b>7:19.69</b>	OPEN 400 IM <b>Qualifying Time</b>	102 <b>7:09.89</b>
103	13 & OVER 200 FREE	104
105	11-12 200 FREE	106
107	10 & UNDER 200 FREE	108
109	13 & OVER 100 BREAST	110
111	11-12 50 BREAST	112
113	10 & UNDER 100 BREAST	114
115	13 & OVER 200 FLY	116
117	11-12 100 FLY	118
119	10 & UNDER 50 FLY	120
121	13 & OVER 100 BACK	122
123	11-12 50 BACK	124
125	10 & UNDER 100 BACK	126
127	13 & OVER 50 FREE	128
129	11-12 50 FREE	130
131	10 & UNDER 50 FREE	132
133	11-12 200 BACK	134
135 <b>25:45.79</b>	OPEN 1500 FREE <b>Qualifying Time</b>	136 <b>25:13.59</b>

SUNDAY, JUNE 23, 2024		
GIRLS #	EVENT	BOYS #
201 <b>7:36.79</b>	OPEN 400 FREE <b>Qualifying Time</b>	202 <b>7:29.36</b>
203	13 & OVER 100 FLY	204
205	11-12 200 FLY	206
207	10 & UNDER 100 FLY	208
209	13 & OVER 100 FLY	210
211	11-12 100 FREE	212
213	10 & UNDER 100 FREE	214
215	11-12 100 BREAST	216
217	10 & UNDER 50 BREAST	218
219	13 AND OVER 200 BACK	220
221	11-12 100 BACK	222
223	10 & UNDER 50 BACK	224
225	13 & OVER 200 IM	226
227	11-12 200 IM	228
229	10 & UNDER 200 IM	230
231 <b>3:52.59</b>	OPEN 200 BREAST <b>Qualifying Time</b>	232 <b>3:44.69</b>
233 <b>13:24.09</b>	OPEN 800 FREE <b>Qualifying Time</b>	234 <b>13:11.69</b>

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

Pacific Swimming – Hosted by NVST LONG COURSE CBA+ JUNE 22-23, 2024 Consolidated Entry Form													
Name: Last			First				Middle						
Club Abbr.			UNATT TEAM 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				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.50 = \$ _____ Participation Fee      \$ 14.00 Total                      \$ _____													
Coach Name:  Coach Email and Cellphone Number:													
Athlete's Address													
Home Phone							Cell Phone						
Email													