

NEPTUNE SWIMMING SWIM LIKE THE DICKENS  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
DECEMBER 8-10, 2023  
Enter Online: <http://ome.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-123**

*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 at Meet Mobile.**

**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:** Bill Sargis                      **Head Starter:** Kian Tavakoli  
**Meet Marshal:** Dan Greaves                      **Admin Official:** Mike Abegg  
**Meet Director:** Ashley Denize [srnashleybritton@gmail.com](mailto:srnashleybritton@gmail.com)

**LOCATION:** Quinn Swim Center. Kathryn Kettler Pool: 1501 Mendocino Avenue, Santa Rosa, CA 95401

**DIRECTIONS:** From the north: Travel south on Hwy 101. Exit at College Avenue turnoff. At stoplight, make a left turn onto College Avenue. Proceed eastbound on College Avenue to Mendocino Ave. Turn left on Mendocino Ave. At Pacific Avenue, turn left into the SRJC parking lot. From the south: Travel north on Hwy 101. Exit at College Avenue turnoff. At stoplight, make a right turn onto College Ave. Proceed eastbound on College Avenue to Mendocino Ave. Turn left on Mendocino Ave. At Pacific Avenue, turn left turn into the SRJC parking lot. Pass the football stadium to your right. Swim center and parking is to the right past the football stadium.

**COURSE:** OUTDOOR 25 YARD pool with up to 10 lanes available for competition. An additional 9 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 8' at the start end and 8' 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 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. Friday warm up shall be from 4:00-4:45 PM, meet shall begin at 5:00 PM

**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 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 MAAPP 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 **MAXIMUM 4** events per day.
- 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.
- 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.
- Lifeguards and AED will be available to participants
- Athletes in the 500 Freestyle shall provide their own timers and lap counters and 400 IM shall provide their own timers. These events shall be swum alternating heats of girls and boys or seeded combining girls and boys. Minimum time standard shall be met for the 400 IM and 500 Freestyle. Entry times for the 400 IM and/or 500 Freestyle which cannot be proven using the Pacific Swimming database may be verified by a complete set of meet results or verified by the athlete’s coach. Please contact the Meet Director AND Meet Referee. (Refer to Pacific Swimming Rule 4A2)
- At the discretion of the Meet Referee, events and heats may be combined.

**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.
- All pathways should be clear, and no pop-ups are allowed on pathways and in front of entry and exit gates. Pathways and entry and exit gates must be clear for emergency personal and vehicles to pass through.
- No set up on pool deck. Set up allowed on upper deck and the indoor pool area. Set up allowed outside the facility on tank bark areas.
- Leave belongings overnight at your own risk.

**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, 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 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 (Exception – 500 Freestyle and 400 IM. See Rules).**
- 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 an \$10.00 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 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. Online entries will be accepted through Wednesday, **November 29, 2023.**

**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 midnight, Monday, November 27, 2023 or hand delivered by 6:30 p.m. Wednesday, **November 29, 2023.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Neptune Swimming**

**Mail entries to: Neptune Swimming**

**PO Box 317**

**Santa Rosa, CA 95402**

**Hand deliver entries to: Neptune Swimming**

**PO Box 317**

**Santa Rosa, CA9 5401**

**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.**

**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 will be awarded in the A, B, and C Divisions. Ribbons for 1st– 8th place are given within each division to 4 the following age groups: 6/un, 7-8, 9-10, and 11-12. Athletes 13 years of age and older will not receive ribbons. All awards must be picked up at the meet by the swimmer before the end of the meet. **Awards will NOT be sent home with a coach or club representative. Awards will NOT be mailed.**

**ADMISSION:** Free.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working Officials will be provided lunch.

**MISCELLANEOUS:**

- No overnight parking is allowed.
- Facilities will not be provided after meet hours.
- Parking costs \$4.00 per day and will be enforced.
- No set up around indoor or outdoor lower pool deck. Set up is allowed on the grass area, along the upper deck so long as that exits are clear.

**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 requested
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 Trainees 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**

FRIDAY			
8 & UN	9-10	11 & OVER	13 & OVER
	200 Free	400 IM	
		500 Free	

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13 & OVER	8 & UN	9-10	11-12	13 & OVER
25 Back	100 Back	200 Free	200 Back	100 IM	100 free	100 Free	200 free
25 Fly	50 Fly	100 Back	100 Free	25 Breast	50 Breast	50 Breast	100 Back
50 Breast	100 Breast	50 Fly	100 Breast	50 Back	50 Back	100 Fly	200 Breast
50 Free	50 Free	100 Breast	200 IM	25 Free	100 Fly	50 Back	200 Fly
	200 IM	200 IM	100 Fly		100 IM	100 IM	50 Free
		50 Free					

## ORDER OF EVENTS

Friday, December 8, 2023				
Meet Starts At 5:00pm				
Event	Women's Event #	Age Group	Event	Men's Event #
200 Free	1	9-10	200 Free	2
400 IM 6:24.19	3	11& over Min Time Standard Required	400 IM 6:13.09	4
500 Free 7:09.09	5	11& over Min Time Standard Required	500 Free 6:57.29	6

Saturday, December 9, 2023			
Meet Starts At 9:00am			
Women's Event #	Age Group	Event	Men's Event #
7	13 & Over	200 Back	8
9	9-10	100 Back	10
11	11-12	200 Free	12
13	8 & UN	25 Back	14
15	13 & Over	100 Free	16
17	9-10	50 Fly	18
19	8 & UN	25 Fly	20
21	11-12	100 Back	22
23	13 & Over	100 Breast	24
25	9-10	100 Breast	26
27	8 & UN	50 Breast	28
29	11-12	50 Fly	30
31	9-10	50 Free	32
33	8 & UN	50 Free	34
35	9-10	200 IM	36
37	11-12	200 IM	38
39	13 & Over	200 IM	40
41	11-12	100 Breast	42
43	13 & Over	100 Fly	44
45	11-12	50 Free	46

Sunday, December 10, 2023			
Meet Starts At 9:00am			
Women's Event #	Age Group	Event	Men's Event #
47	13 & Over	200 Free	48
49	9-10	100 Free	50
51	8 & UN	100 IM	52
53	13 & Over	100 Back	54
55	9-10	50 Breast	56
57	8 & UN	25 Breast	58
59	11-12	100 Free	60
61	13 & Over	200 Breast	62
63	9-10	50 Back	64
65	8 & UN	50 Back	66
67	11-12	50 Breast	68
69	9-10	100 Fly	70
71	8 & UN	25 Free	72
73	11-12	100 Fly	74
75	9-10	100 IM	76
77	13 & Over	200 Fly	78
79	11-12	50 Back	80
81	13 & Over	50 Free	82
83	11-12	100 IM	84

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

Pacific Swimming – Hosted by SRN  
 SHORT COURSE CBA+  
 DECEMBER 8-10, 2023  
 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				
# of entries _____ x \$4.50 = \$ _____ Participation Fee      \$ 10.00 Total                      \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													