

**ROHNERT PARK SWIM CLUB PIRANHAS
PACIFIC SWIMMING SHORT COURSE CBA+ AG CHAMPS MINUS MEET
MARCH 16TH & 17TH 2024
Enter Online: <http://ome.fastswims.com>**



SANCTION: Held under USA/Pacific Swimming Sanction No. **24-030**

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: Kian Tavakoli **Head Starter:** Mike Abegg
Meet Marshal: Rebecca Sotelo **Admin Official:** Millie Nygren
Meet Director: Jaime Omary, jaimeh76@msn.com

LOCATION: Sonoma State University Dr. G Edward Rudloff Pool, 1801 E. Cotati Ave, Rohnert Park, CA 94928

DIRECTIONS: From Highway 101, exit Rohnert Park Expressway, head east, turn right into SSU campus on Redwood Circle Road, follow road to pool and parking lot G on the right-hand side after crossing the campus bridge.

COURSE: OUTDOOR 25 YARD pool with up to 6 lanes available for competition. An additional 2-3 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' (for 1 foot then 12') at the start end and 12' at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Meet will 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 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 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.**
- Coaches are lifeguards, 1 lifeguard will be on duty during the meet. The coaches will back up in emergency. First aid and AED available.

ATTENTION HIGH SCHOOL ATHLETES: If you are a High School Athlete in season, you need to be Unattached from this meet. It is the Athlete’s responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to Athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

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.
- No pets allowed on deck, other than service animals. Medical certification shall be presented upon request.

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 are ineligible to compete in any event in which they have a time which qualifies them for the Pacific Swimming Spring Age Group Championships. See time standards: <https://www.pacswim.org/userfiles/cms/documents/809/agc-time-std.-scy-2023-2024-rev-9.18.23.pdf>
- 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.**

- 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, \$9.00 per relay event, plus a \$10.00 SCY 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 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 will be accepted through **WEDNESDAY, MARCH 6TH, 2024.**

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, MARCH 4TH, 2024,** or hand delivered by 6:30 p.m. **WEDNESDAY, MARCH 6TH, 2024.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: ROHNERT PARK SWIM CLUB

Mail entries to: Jaime Omary

959 Golf Course Dr Unit #142

Rohnert Park, Ca 94928

Hand deliver entries to: Jaime Omary

1801 E. Cotati Ave

Rohnert Park, Ca 94928

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event. Athletes swimming in the **Open 400 IM** shall confirm desire to swim and will check-in by 8:30 day of 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: Ribbons will be awarded to 1st through 8th place finishers in the A+, B, and C Divisions for each event and age group. 13 & over events shall not be awarded. Athletes aged 19 and over shall not be awarded. "A" medals shall be awarded to athletes achieving new "A" times swum during this meet only. Open events shall not be awarded. Exhibition events shall not be awarded.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working 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. A parking pass is required. Daily passes can be purchased for \$5 at the Lot G kiosk.

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

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
400 IM OPEN				50 FR	50 FR	200 FR	50 FR
25 FR	100 FR	100 IM	100 IM	25 FL	100 FL	50 FL	200 FL
50 BR	100 BR	100 FR	200 BR	50 BK	100 BK	100 BR	100 BR
50 FL	50 FL	50 BR	100 FL	25BR	50 BR	50 FR	200 BK
25 BK	50 BK	100 FL	200 FR		4X50 MIX FR	4X50 MIX FR	100 FR
	4X50 MIX MR	100 BK	100 BK				4X100 MIX FR
		4X50 MIX MR	4x100 MIX MR				

**ATHLETES MAY NOT ENTER EVENTS IN WHICH THEY HAVE ACHIEVED THE
SPRING AGE GROUP CHAMPIONSHIP TIME STANDARD FOR THEIR AGE/GENDER**

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

SATURDAY MARCH 16 TH , 2024		
EVENT #	EVENT	EVENT #
1	400 IM OPEN	2
3	11-12 100 IM	4
5	13 & OVER 100 IM	6
7	8 & UNDER 25 FREE	8
9	9-10 100 FREE	10
11	11-12 100 FREE	12
13	13 & OVER 200 BREAST	14
15	8 & UNDER 50 BREAST	16
17	9-10 100 BREAST	18
19	11-12 50 BREAST	20
21	13 & OVER 100 FLY	22
23	8 & UNDER 50 FLY	24
25	9-10 50 FLY	26
27	11-12 100 FLY	28
29	13 & OVER 200 FREE	30
31	8 & UNDER 25 BACK	32
33	9-10 50 BACK	34
35	11-12 100 BACK	36
37	13 & OVER 100 BACK	38
39	9-10 4x50 MIXED MEDLEY RELAY	
41	11-12 4x50 MIXED MEDLEY RELAY	
43	13 & OVER 4x100 MIXED MEDLEY RELAY	

SUNDAY MARCH 17 TH , 2024		
EVENT #	EVENT	EVENT #
45	11-12 200 FREE	46
47	13 & OVER 50 FREE	48
49	9-10 50 FREE	50
51	8 & UNDER 50 FREE	52
53	11-12 50 FLY	54
55	13 & OVER 200 FLY	56
57	9-10 100 FLY	58
59	8 & UNDER 25 FLY	60
61	11-12 100 BREAST	62
63	13 & OVER 100 BREAST	64
65	9-10 100 BACK	66
67	8 & UNDER 50 BACK	68
69	11-12 50 FREE	70
71	13 & OVER 200 BACK	72
73	9-10 50 BREAST	74
75	8 & UNDER 25 BREAST	76
77	13 & OVER 100 FREE	78
79	9-10 4x50 MIXED FREE RELAY	
81	11-12 4x50 MIXED FREE RELAY	
83	13 & OVER 4x100 MIXED FREE RELAY	
85		

Relays

Relays shall be pre-seeded. Relay entries entered in any combination of gender besides 2X2 shall be accepted and designated 'Exhibition'. Exhibition events will not be eligible for recorded times and awards.

Pacific Swimming – Hosted by Piranhas SHORT COURSE AG CHAMPS MINUS CBA+ MARCH 16th AND 17th, 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			
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							: .			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													