

**Neptune Swimming**  
**“Swim Like the Dickens”**  
**Winter Championships Qualifier**  
**December 12<sup>th</sup>-14<sup>th</sup>, 2008**

**Online Entries:** <http://www.swimconnection.com/pc/meet/srn>

**Sanction:** Held under USA/Pacific Swimming Sanction No. **1428**

**Course:** Indoor heated 25 yd. pool with up to 8 lanes for competition, with grandstand viewing. Fully electronic primary timing system with touchpads. Up to Six additional adjacent outdoor 25 yd warm-up/down lanes will be available at all times during the meet.

**Location:** Quinn Swim Center, Santa Rosa Junior College, 1501 Mendocino Avenue, Santa Rosa, CA. **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 into the SRJC parking lot. Pass the football stadium to your right. Swim center and parking is to the right past the football stadium. **SRJC charges \$3 per day for all-day parking pass, including weekends and holidays.**

**Time:** Friday night session will begin at 5:00 PM with warm ups between 4:00 PM and 4:45 PM. Saturday and Sunday session “A” will begin at 9:00 AM with warm ups between 7:30 AM and 8:45 AM each day. Session “B” will begin no sooner than 30 minutes after the completion of Session “A” and no sooner than 12:30 PM each day. A tentative timeline for the meet will be posted at [www.santarosaneptunes.com](http://www.santarosaneptunes.com) by December 5, 2008.

**Rules:** Current USA and Pacific Swimming rules will govern the meet. All coaches and deck officials must wear their USA membership card in a visible manner. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the clerk-of-the-course. The meet will be deck seeded. Except for the 500 Free and 400IM events on Friday, Swimmers 8 and Under must have an event best time slower than PRT time standard for this age group. Swimmers age 10-14 must have an event best time slower than the Junior Olympic time standard for each age group: 9-10, 11-12, 13-14. Except for the 500 Free and the 400IM events on Friday, Swimmers aged 15 years and older must have an event best time slower than the Pacific Swimming Senior time standard. At the discretion of the Meet Director and Meet Referee, the 500 Free and 400IM may be swum fastest to slowest, alternating heats of boys and girls, or seeded combined boys and girls heats. **The 500 Free and 400IM have minimum entry times which are stated in the Schedule of Events.** Swimmers in the 500 Free must supply their own lap counters. Individual events listed as 9-12 will swim together but awarded separately as 9-10 and 11-12. Individual events listed as 13 and Over will be swum together but will be awarded separately as 13-14, 15-16, 17-18. No awards for athletes 19 years of age and older.

**SWIMMERS MAY SWIM A MAXIMUM OF 4 EVENTS PER DAY.**

**Restrictions:** Smoking and the use of other tobacco products is prohibited in the meet venue defined as: on the pool deck, in the locker rooms, in spectator seating or standing areas and in all areas used by swimmers during the meet and warm-up periods. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. All pets (except assistance dogs) and glass containers of any kind are strictly prohibited in the meet venue.

**Eligibility:** Swimmers must be current members of USA-S 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 swimmer with the registration and times database. The meet host must check all swimmer 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. **No Time** entries will be accepted and will be placed in the slowest heat(s). The meet is open to all qualified swimmers. Swimmers aged 19 years and older may participate in 13-over events but may not receive awards. **Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming policy.**

**Check In:** Swimmers must check in at the Clerk of Course. Close of check-in for any event shall be no more than 30 minutes before the estimated start time of the first heat of that event. Swimmers who do not check in will not be allowed to compete in the event.

**Scratches:** Any swimmer who has checked in for an individual event and fails to swim that event will be barred from competing in the next individual event in which the swimmer is entered in this meet. The penalty will not apply if the swimmer scratches before the event is seeded or if the Referee accepts proof the failure was caused by illness, injury, or other circumstances beyond the control of the swimmer.

**Meet Length:** **No further entries will be accepted when either the session cap for splashes has been met or when the estimated timeline indicates that any age group of swimmers 12 or younger will take more than four hours to compete, whichever occurs first.** We will accept up to 150 splashes for Friday night’s session, up to 600 splashes for session “A” on both Saturday and Sunday, and up to 1000 splashes for session “B” on both Saturday and Sunday. **Therefore, meet entries may close prior to entry deadline stated below.**

**Registration Priority:** Only entries from Zone 3 teams (CCSC, FOG, HSC, JCSC, KYSC, LCCC, LVA, MCSL, MP, NAPA, NBA, OPSR, PCM, QUIK, RAYS, RSC, SFSC, SHSC, SRN, SSS, SST, TVA, UD, VJO, WA, WCAN, WILL, YPAC), plus unattached swimmers registered to Zone 3 teams, will be accepted before November 21, 2008. After which registration will be open for all other teams.

**Online Entries:** You may enter this meet online or by mail. Enter at: <http://www.swimconnection.com/pc/meet/srn> 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 swimmer plus 5% times the 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. Online entries will **not** be accepted after **December 1, 2008**. Entering online is a convenience, is completely voluntary, and is in no way required or expected in order to enter this meet. **Please bring a copy of your entry confirmation to the meet.**

**Mailed Entries:** Entries must be on the attached Consolidated Entry card. Entry cards must be filled out including best short course time for each event. Entered times must be submitted in yards. "No Time" entries will be accepted and will be seeded in the first heats. Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. Incomplete or illegible entries may require that a collect call be made in order to accept entries. **Entries must be postmarked by midnight Monday, December 1, 2008 or hand delivered to Ruben DiRado, 5234 Hoyal Drive, Santa Rosa, CA no later than 8pm, Thursday, December 4, 2008.** No late entries will be accepted. No fax entries will be accepted. No refunds will be made except for mandatory scratches. If you would like to confirm entry, please include a self-addressed, stamped envelope or postcard.

**Entry Fee:** Entries that do not include applicable fees will not be accepted. \$2.25 per individual event entry. Add \$5.00 participation fee per swimmer to help cover meet expenses. Make checks payable to **Neptune Swimming** and mail with entries to:

**Ruben DiRado  
5234 Hoyal Drive  
Santa Rosa, CA 95409**

**Awards:** Except for Events 1, 2, 3, and 4, ribbons will be given to 1st-8th place for each age group: 8-UN, 9-10, 11-12, 13-14, 15-16, and 17-18. Award ribbons for Events 1 and 2, Open 400 IM, and Events 3 and 4, Open 500 Free, will be given to 1<sup>st</sup>-8<sup>th</sup> place swimmers overall, regardless of age group. Swimmers 19 and over are not eligible for awards in all events.

*"A" medals will be awarded to swimmers with an entry time slower than "A" achieving the "A" PC time standard for the first time. See 2008 Pacific Swim Guide or Pacific Swimming web site for "A" time standards.*

**Admission:** Free. Three day program available for \$5.00

**Officials:** Head Referee: Chuck Johnson      Head Marshal: Robert Ingham  
Head Starter: Bruce Baldwin      Meet Director: Cameron Tyson, email: [neptunes@sonic.net](mailto:neptunes@sonic.net)

## Recommended Hotel Information for those Requiring Lodging for the Meet

**Sonoma Wine Country Hilton** – less than 2 miles / less than 5 minutes from the pool  
3555 Round Barn Blvd  
Santa Rosa, CA 95403  
Reservations: (707) 523-7555

**Courtyard by Marriott** – less than 2 miles / less than 5 minutes from the pool  
175 Railroad Street  
Santa Rosa, CA 95401  
(707) 573-9000

## SCHEDULE OF EVENTS

Friday, Dec 12, 2008					
Minimum Time Standards	Begins at 5:00 PM				Minimum Time Standard
Athletes Entry Time Must Be Faster Than:	Women's Event #	Age Group	Event	Men's Event #	Athletes Entry Time Must Be Faster Than:
6:12.89	1	Open	Open 400 IM	2	5:52.79
6:51.79	3	Open	Open 500 Free	4	6:35.99

## SCHEDULE OF EVENTS

Saturday, Dec 13, 2008 Session "A"						
Maximum Time Standards	Begins at 9:00 AM				Maximum Time Standard	
Athletes Time Must Be Slower Than Standard for Entry	Women's Event #	Age Group	Event	Men's Event #	Athletes Time Must Be Slower Than Standard for Entry	
2:28.09	5	13-14	13&Over 200 Back	6	2:26.69	
2:22.19		15-18			2:14.19	
59.79	7	13-14	13&Over 100 Free	8	55.99	
58.19		15-18			52.89	
2:26.79	9	13-14	13&Over 200 IM	10	2:20.89	
2:22.49		15-18			2:10.49	
1:18.69	11	13-14	13&Over 100 Breast	12	1:13.49	
1:15.99		15-18			1:08.49	
1:07.59	13	13-14	13&Over 100 Fly	14	1:03.59	
1:03.99		15-18			58.09	

Saturday, Dec 13, 2008 Session "B"						
Maximum Time Standards	Begins at least 30 minutes after competition of Session "A" and no earlier than 12:30 PM				Maximum Time Standard	
Athletes Time Must Be Slower Than Standard for Entry	Women's Event #	Age Group	Event	Men's Event #	Athletes Time Must Be Slower Than Standard for Entry	
1:25.09	15	9-10	9-12 100 Back	16	1:22.89	
1:14.59		11-12			1:13.49	
19.19	17	8&UN	8&UN 25 Back	18	18.89	
36.39	19	9-10	9-12 50 Fly	20	35.79	
32.09		11-12			32.19	
17.19	21	8&UN	8&UN 25 Fly	22	17.29	
1:35.19	23	9-10	9-12 100 Breast	24	1:33.49	
1:22.99		11-12			1:20.89	
46.39	25	8&UN	8&UN 50 Breast	26	45.09	
32.19	27	9-10	9-12 50 Free	28	31.89	
28.89		11-12			28.69	
34.69	29	8&UN	8&UN 50 Free	30	33.79	
2:58.49	31	9-10	9-12 200 IM	32	2:57.79	
2:36.49		11-12			2:36.59	

## SCHEDULE OF EVENTS

Sunday, Dec 14, 2008 Session "A"					
Maximum Time Standards	Begins at 9:00 AM				Maximum Time Standard
Athletes Time Must Be Slower Than Standard for Entry	Women's Event #	Age Group	Event	Men's Event #	Athletes Time Must Be Slower Than Standard for Entry
2:09.29	33	13-14	13&Over	34	2:01.09
2:03.99		15-18	200 Free		1:54.09
1:09.29	35	13-14	13&Over	36	1:07.19
1:06.99		15-18	100 Back		1:01.69
2:49.29	37	13-14	13&Over	38	2:41.69
2:42.39		15-18	200 Breast		2:29.49
2:32.29	39	13-14	13&Over	40	2:25.89
2:20.79		15-18	200 Fly		2:08.69
27.69	41	13-14	13&Over	42	25.89
26.59		15-18	50 Free		23.99

Sunday, Dec 14, 2008 Session "B"					
Maximum Time Standards	Begins at least 30 minutes after competition of Session "A" and no earlier than 12:30 PM				Maximum Time Standard
Athletes Time Must Be Slower Than Standard for Entry	Women's Event #	Age Group	Event	Men's Event #	Athletes Time Must Be Slower Than Standard for Entry
1:22.99	43	9-10	9-12 100 Free	44	1:10.39
1:12.49		11-12			1:03.19
1:25.59	45	8&UN	8&UN 100 IM	46	1:26.29
43.09	47	9-10	9-12 50 Breast	48	43.09
37.79		11-12			37.79
20.99	49	8&UN	8&UN 25 Breast	50	21.19
39.49	51	9-10	9-12 50 Back	52	38.89
34.59		11-12			34.19
41.49	53	8&UN	8&UN 50 Back	54	40.59
1:26.09	55	9-10	9-12 100 Fly	56	1:26.29
1:12.49		11-12			1:12.99
15.79	57	8&UN	8&UN 25 Free	58	15.39
1:12.49	59	9-10	9-12 100 IM	60	1:21.39
1:02.99		11-12			1:13.49

## RECAP OF EVENTS

Friday, Dec 12			
8&U	9-10	11-12	13&O
400 IM*	400 IM*	400 IM*	400 IM*
500 Free*	500 Free*	500 Free*	500 Free*

\*Open event with minimum time standard requirement

Saturday, Dec 13			
8&U	9-10	11-12	13&O
25 Back	100 Back	100 Back	200 Back
25 Fly	50 Fly	50 Fly	100 Free
50 Breast	100 Breast	100 Breast	200 IM
50 Free	50 Free	50 Free	100 Breast
	200 IM	200 IM	100 Fly

Sunday, Dec 14			
8&U	9-10	11-12	13&O
100 IM	100 Free	100 Free	200 Free
25 Breast	50 Breast	50 Breast	100 Back
50 Back	50 Back	50 Back	200 Breast
25 Free	100 Fly	100 Fly	200 Fly
	100 IM	100 IM	50 Free

