

Napa Valley Swim Team
"Father's Day Frenzy" Long Course PC-C/B/A+ Swim Meet
Napa Valley College Pool, Napa, CA.
June 19th-21st, 2009

Enter online at: <http://swimconnection.com/pc/meet/napa>

SANCTION: Held under USA/Pacific Swimming No.: **0789**

LOCATION: **Napa Valley College. 2277 Napa-Vallejo Hwy., Napa, CA.** From the South Bay: Take Hwy. 80 to Vallejo. Go North on Hwy.37, then exit on Hwy. 29 North. Pass Hwy. 12 junction, stay in the right lanes and follow the signs to Napa/Lake Berryessa (*not* Sonoma/Calistoga). Pass Kaiser Rd and take the next left at Streblov – the Napa Valley College turnoff. Take the first right and follow the road to the North end of the parking lot. From the North Bay: Take Hwy 121 East to Hwy 29. Go North on Hwy 29 towards Napa. Exit on Imola Ave. and continue East on Imola to Soscol Ave. (Napa-Vallejo Hwy). Turn South onto Soscol (Napa-Vallejo Hwy). Take the first right into Napa Valley College parking lot. The pool is located on the left.

COURSE: 50 meter outdoor heated pool, with rim flow gutters and anti-turbulent lane lines. Up to seven (7) competition lanes, with separate warm up and warm down areas available throughout meet. Colorado timing system, with touchpads and scoreboard, will be used.

TIME: Friday session will begin at 4:00pm with warm ups from 3:00pm to 3:55pm.
Saturday and Sunday sessions will begin at 9:00am each day, with warm ups from 7:30am to 8:45 am

RULES: Current USA and Pacific Swimming rules will govern the meet. Pacific Swimming warm up procedures will be in effect. A copy of these procedures will be posted at the Clerk of the Course. All events are timed finals. All swimmers ages 12 and Under should complete competition within four (4) hours. **Swimmers may enter in more than four (4) events each day on Saturday and Sunday but may only compete in a maximum of four (4) events each day, plus relays. Swimmers in the 11-12 age group may enter both the 11-12 400 IM and the 11 & Over 800 freestyle on Friday, however they will only be allowed to swim one of those events; They will be asked to scratch one of them at the time of check-in on Friday, and no refund will be given in this instance. Entries for Friday's 11 & over 800 Free will be limited to the first 70 swimmers.** All coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner. If conditions warrant, the Meet Referee with concurrence of the Meet Director, may require a mandatory scratch down to three (3) events. **Immediate refunds will be given ONLY for any mandatory scratch downs.** The 400 IM's, 800 Free and all OPEN events may be seeded fastest to slowest, alternate girls and boys heats, or may be swum in combined heats of girls and boys at the discretion of the Meet Referee. **Swimmers in the 800 free are required to provide their own timers, as well as lap counters.**

RESTRICTIONS: **Smoking and the use of other tobacco products, the sale and/or use of alcoholic beverages, glass bottles and containers of any kind are prohibited anywhere on the Napa Valley College campus.** This includes on the pool deck, in the locker rooms, in spectator seating or standing areas, in the parking lot, and in all areas used by swimmers during the meet. No pets, except for "working dogs" are allowed anywhere in the meet venue. No food or drink is allowed in the locker rooms. **Tents will ONLY be allowed on the EAST side of the pool deck, Other than Coach's Tents.** Swimmers and parents are offered ample space in bleachers and surrounding area above the pool deck.

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). **Swimmers in the "A+" Division must have met at least the listed "PC-A" time standard. Swimmers in the "B" Division must have met at least the listed "PC-B" time standard and not have met the listed "PC-A" time standard. All entry times slower than the listed "PC-B" time standard will be in the "C" Division. No time entries will be accepted** and will be seeded in the first heat(s) of the "C" Division. 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. 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. *Swimmers 19 years of age and older may participate in 13-18 age group events but will not receive awards. Such swimmers must have met the 17-18 age group time standards.*

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk of Course. Close of check-in for all events shall be no more than 30 minutes before the estimated time of the start of the first heat of the event. Swimmers who do not check-in will not be allowed to compete in that event.

RELAYS: Relays will be deck entered and seeded on the day of the event. Relay entries will be due by the announced time(s); there is no limit per team. The fee per relay entry is \$9.00, to be paid when the relay entry card is turned in.

SCRATCHES: Any swimmer who has checked in for an individual event and fails to swim that event will be scratched from the meet unless the swimmer returns to the clerk of course and repeats the check-in process for all remaining events. Failure to swim an event after re-check-in will result in being barred from the next individual event in which a swimmer is entered on that day or the next meet day, whichever is first. The penalty will not apply if the swimmer scratches the event before it is seeded, or if the Referee accepts proof that the failure was caused by illness, injury or other circumstances beyond the control of the swimmer.

PRIORITY ENTRIES:

Only entries from Zone 3 teams (CCSC, FOG, HSC, JCSC, KYSC, LCCC, 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 **MIDNIGHT MAY 12, 2009.**

ENTRIES: ***TWO OPTIONS FOR MEET ENTRY***

Option 1: Online Meet Entries:

1. Using your browser go to: <http://swimconnection.com/pc/meet/napa>

2. Follow entry instructions:

- a. Enter all swimmers in your family at the same time.
- b. Make online credit card payment for meet entries at the secured site.
- c. You will receive confirmation of acceptance into the meet at time of payment. This confirmation should be brought to the meet as proof of entry.
- d. ***Online entries will close at Midnight on Sunday June 7, 2009.***

Note: Swim Connection charges an internet processing fee of \$1.00 per swimmer + 5% of the total entry fee. Online entry fees are paid to Swim Connection, LLC. **Entry via the online system is entirely voluntary, and is not required.**

Option 2: Traditional Postal System Mailed Entries:

All entries must be on the attached Consolidated Entry Card. Entry cards must be completely filled out including best time for each event, and the swimmer's address, phone number and family e-mail address. **"No Time" entries will be accepted.** Entries must be postmarked by Friday June 5, 2009 or hand delivered to

Cymantha Erickson, 3690 Columbia Dr, Napa, CA 94558
(email: tmejbaj@comcast.net) by 7 p.m., Sunday June 7, 2009.

Make **Checks payable to "Napa Valley Swim Team"**

No refunds will be made, except for mandatory scratches and **no late entries will be accepted.**

ENTRY FEES: *Individual:* \$2.75 per individual event plus a one time \$5.00 participation fee per swimmer.

Relay: \$9.00 per relay event, to be paid when the relay card is turned in

AWARDS: **Individual events:** Ribbons will be awarded to the 1st – 7th 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. Swimmers 19 years of age and older will not receive awards. 10 & U individual events will be swum in combined heats, with awards given for each separate age group (8&U and 9-10). The 11& Over individual events will be swum in combined heats, with awards given for each separate age group (11-12, 13-14, 15-16, 17-18). The 13 & Over individual events will be swum in combined heats, with awards given for each separate age group (13-14, 15-16, 17-18). **Open events** will be swum in combined heats, with awards given to the top 7 finishers in each separate age group (8 & U, 9-10, 11-12, 13-14, 15-16, 17-18), regardless of division. **RELAY** events: Awards will be given to the 1st – 3rd place finishers in each relay event. "A" medals will be awarded to swimmers achieving new "PC-A" times swum during this meet only. Medals will not be awarded to swimmers that are now identified as "A" swimmers under the new Pacific Swimming time standard as of January 1, 2009. **Awards will be available for pickup by the coaches at the end of the meet. Awards will NOT be mailed, unless you make prior arrangements with the Meet Director.**

OFFICIALS: **Head Referee:** Chuck Johnson
Head Starter: Rick Beebe
Meet Director: Kathy Minor 1swim-mom@sbcglobal.net
707-252-3320 (please no calls after 8:00pm)
Head Meet Marshal: Jean Amundson

ADMISSION: FREE

PROGRAM: A program will be available for a nominal fee.

SNACK BAR: A snack bar will be available on Saturday and Sunday.

HOSPITALITY: Lunches and refreshments will be provided for officials, coaches, and timers

Each team is asked to provide at least the number of officials shown in the table below, based on the number of swimmers entered:

Number of swimmers per team entered	# of trained and carded officials required
0-24	0
25-50	1
51-75	2
76-100	3
101 and up	4

MEET SUMMARY

(No Time Entries will be accepted and swimmers will be seeded in the first heats of the "C" division)

Friday 6-19-09				
10 & U	11-12	11 & Over		
200 IM	400 IM	800 Free		

**** 11-12 age group swimmers may enter both the 11-12 400 IM on Friday and the 11 & Over 800 Freestyle on Friday, however they will only be allowed to swim one of those events; They will be asked to scratch one of them at the time of check-in on Friday.**

Saturday 6-20--09				
10 & U	11-12	13-14	15-16	17-18
Open 200 Breast +	Open 200 Breast +	Open 200 Breast +	Open 200 Breast +	Open 200 Breast +
100 Breast	100 Back	100 Back	100 Back	100 Back
50 Back	50 Free	100 Fly	100 Fly	100 Fly
50 Fly	Open 200 Fly +	Open 200 Fly +	Open 200 Fly +	Open 200 Fly +
Open 200 Fly +	50 Breast	50 Free	50 Free	50 Free
50 Free	200 IM	400 IM	400 IM	400 IM
200 Free	50 Fly			
200 Medley Relay	200 Medley Relay	200 Medley Relay	200 Medley Relay	200 Medley Relay

**** Entries for Friday's 11 & Over 800 Free will be limited to the first 70 swimmers.**

**** Swimmers may compete in up to four (4) events on Saturday and four (4) events on Sunday, plus relays**

**** 10 & Under events will be swum in combined heats; Each age group will be awarded separately by place and division**

**** 11 & Over events will be swum in combined heats; Each age group will be awarded separately by place and division**

****13 & Over events will be swum in combined heats; Each age group will be awarded separately by place and division**

Sunday 6-21-09				
10 & U	11-12	13-14	15-16	17-18
Open 200 Back +	Open 200 Back +	Open 200 Back +	Open 200 Back +	Open 200 Back +
100 Back	100 Breast	200 Free	200 Free	200 Free
100 Fly	200 Free	100 Breast	100 Breast	100 Breast
50 Breast	100 Fly	100 Free	100 Free	100 Free
100 Free	50 Back	200 IM	200 IM	200 IM
	100 Free			
200 Free Relay	200 Free Relay	200 Free Relay	200 Free Relay	200 Free Relay

+ Open events will be swum in combined heats, with awards given to the top 7 finishers for each separate age group (8 & U, 9-10, 11-12, 13-14, 15-16, 17-18) regardless of division.

NAPA VALLEY SWIM TEAM "FATHER'S DAY FRENZY" PC-C/B/A+ SWIM MEET						
FRIDAY, JUNE 19, 2009						
SCHEDULE OF EVENTS						
Girls			Age Group and Event Description	Boys		
Event #	PC-A Time	PC-B Time		PC-A Time	PC-B Time	Event #
1	3:49.89	4:13.29	10 & U 200 IM	3:52.69	4:16.29	2
3	7:08.09	7:51.59	11-12 400 IM	7:11.69	7:55.59	4
5			11 & Over 800 Free			6
	12:47.09	14:05.09	11-12	12:36.09	13:52.99	
	12:14.69	13:29.39	13-14	11:51.49	13:03.79	
	12:10:39	13:24.59	15-16	11:40.79	12:52.09	
	12:36.99	13:53.99	17-18	11:40.79	12:51.99	

NAPA VALLEY SWIM TEAM "FATHER'S DAY FRENZY" PC-C/B/A+ SWIM MEET

SATURDAY, JUNE 20, 2009

SCHEDULE OF EVENTS

Girls			Age Group and Event Description	Boys		
Event #	PC-A Time	PC-B Time		PC-A Time	PC-B Time	Event #
7			Open 200 Breast <i>(No minimum Time Required)</i>			8
9	2:00.99	2:13.29	10 & U 100 Breast	2:03.19	2:15.69	10
11			13 & Over 100 Back			12
	1:28.99	1:38.09	13-14	1:25.89	1:34.69	
	1:28.29	1:37.29	15-16	1:21.29	1:29.59	
	1:34.39	1:43.99	17-18	1:22.89	1:31.29	
13	1:34.89	1:44.49	11-12 100 Back	1:36.19	1:45.99	14
15			10 & U 50 Back			16
	57.89	1:06.99	8 & Under	56.69	1:06.99	
	49.09	54.09	9-10	50.29	55.49	
17			13 & Over 100 Fly			18
	1:26.59	1:35.49	13-14	1:23.19	1:31.69	
	1:25.89	1:34.69	15-16	1:17.09	1:24.89	
	1:27.59	1:36.49	17-18	1:17.69	1:25.59	
19	37.49	41.39	11-12 50 Free	37.09	40.99	20
21			10 & Under 50 Fly			22
	58.99	1:06.99	8 & Under	58.39	1:06.99	
	47.19	51.99	9-10	47.59	52.49	
23			Open 200 Fly <i>(No minimum Time Required)</i>			24
25	49.09	54.09	11-12 50 Breast	49.09	54.09	26
27			10 & Under 50 Free			28
	48.19	58.19	8 & Under	46.09	58.19	
	41.59	45.89	9-10	42.79	47.19	
29			13 & Over 50 Free			30
	35.69	39.39	13-14	34.09	37.59	
	35.39	39.09	15-16	32.09	35.39	
	35.69	39.39	17-18	31.39	34.69	
31	3:22.09	3:42.59	11-12 200 IM	3:23.59	3:44.29	32
33	3:21.99	3:42.49	10 & U 200 Free	3:21.29	3:41.69	34
35	41.09	45.39	11-12 50 Fly	41.29	45.49	36
37			13 & Over 400 IM			38
	6:48.69	7:30.29	13-14	6:30.29	7:09.99	
	6:44.19	7:25.19	15-16	6:12.89	6:50.79	
	7:06.29	7:49.59	17-18	6:27.69	7:06.99	
39			10 & U 200 Medley Relay			40
41			11-12 200 Medley Relay			42
43			13-14 200 Medley Relay			44
45			15 & Over 200 Med Relay			46

NAPA VALLEY SWIM TEAM "FATHER'S DAY FRENZY" PC-C/B/A+ SWIM MEET

SUNDAY, JUNE 21, 2009

SCHEDULE OF EVENTS

Girls			Age Group and Event Description	Boys		
Event #	PC-A Time	PC-B Time		PC-A Time	PC-B Time	Event #
47			Open 200 Back <i>(No minimum Time Required)</i>			48
49	1:46.69	1:57.59	11-12 100 Breast	1:45.59	1:56.39	50
51	1:46.79	1:57.69	10 & U 100 Back	1:47.29	1:58.19	52
53			13 & Over 200 Free			54
	2:46.59	3:03.59	13-14	2:39.19	2:55.39	
	2:45.39	3:02.19	15-16	2:31.39	2:46.79	
	2:49.39	3:06.59	17-18	2:30.29	2:45.59	
55	2:57.89	3:15.99	11-12 200 Free	2:58.19	3:16.29	56
57			13 & Over 100 Breast			58
	1:40.79	1:50.99	13-14	1:36.29	1:46.09	
	1:40.19	1:50.39	15-16	1:30.69	1:39.99	
	1:43.29	1:53.79	17-18	1:31.59	1:40.89	
59	1:33.99	1:43.59	11-12 100 Fly	1:34.39	1:43.99	60
61	1:49.59	2:00.79	10 & U 100 Fly	1:49.89	2:00.99	62
63			13 & Over 100 Free			64
	1:18.19	1:26.09	13-14	1:13.49	1:20.89	
	1:15.99	1:23.69	15-16	1:09.49	1:16.49	
	1:17.09	1:24.89	17-18	1:09.29	1:16.39	
65	43.79	48.29	11-12 50 Back	44.49	49.09	66
67			10 & U 50 Breast			68
	1:01.89	1:12.49	8 & Under	1:01.39	1:12.49	
	55:29	1:00.89	9-10	55.99	1:01.69	
69			13 & Over 200 IM			70
	3:09.39	3:28.59	13-14	3:01.39	3:19.79	
	3:08.49	3:27.69	15-16	2:53.39	3:10.99	
	3:12.19	3:31.69	17-18	2:53.89	3:11.59	
71	1:21.79	1:30.09	11-12 100 Free	1:21.09	1:29.29	72
73			10 & U 100 Free			74
	1:46.59	2:07.79	8 & Under	1:40.09	2:04.79	
	1:32.19	1:41.59	9-10	1:32.29	1:41.69	
75			10 & Under 200 Free Relay			76
77			11-12 200 Free Relay			78
79			13-14 200 Free Relay			80
81			15 & Over 200 Free Relay			82

