

Napa Valley Swim Team
PACIFIC SWIMMING Zone 3 Short Course C/B/A+ Meet
Saturday, November 13, 2004 and Sunday, November 14, 2003

- SANCTION:** Held under USA/Pacific Swimming Sanction No.: **4180**
- LOCATION:** **Napa Valley College. 2277 Napa-Vallejo Hwy., Napa, CA.** From the South Bay: Take Hwy. 80 to Vallejo, go North on Hwy. 37 to Hwy. 29 North to Napa. Pass the Hwy. 12 junction, Stay in the right lanes and follow the signs to Napa/Lake Berryessa, NOT Sonoma/Calistoga signs. pass Kaiser Rd and take the next left at Streblow - the Napa Valley College turnoff. Take the first right off Streblow and follow the road to the North end of the parking lot. From the North Bay: Take Hwy 121 East to Hwy 29. Take Hwy 29 North toward Napa. Exit on Imola Ave. Travel East on Imola to Sosal Ave. (Napa-Vallejo Hwy). Turn South onto Sosal (Napa-Vallejo Hwy.). Take the first Napa Valley College Exit. The pool is located to the left of this parking lot.
- COURSE:** Outdoor heated pool with rim-flow gutters, anti-turbulent lane lines. 25 yards, 8 competition lanes expandable to 16 lanes. Separate warm-up and warm-down area available throughout the meet. Electronic timing system will be used.
- TIME:** Meet begins at 10:00 AM each day. Warm-ups are from 8:30 to 9:40AM. Extended warm-up for 8-UN swimmers from 9:40 to 10:00 AM.
- RULES:** Current USA Swimming/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, with the exception of the 500 Free and the 400 IM (see below). Swimmers may compete in up to FOUR (4) events per day. All coaches and deck officials must wear their USA Swimming (USA-S) membership cards in a visible manner. If conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down to three (3) events. Immediate refunds will be made for any mandatory scratches.
- All 11-12 200 yard stroke events are combined with 13-18 200 yard stroke events in order to improve meet operations and meet the four hour rule.**
- All 500 Freestyle and 400 IM events will be held as "OPEN" events and are therefore not subject to the "four hour rule". Open events will be swum in a "fastest to slowest" sequence, alternating female and male heats. *Swimmers in the 400 IM and 500 freestyle must provide their own timers.**
- RESTRICTIONS:** **Smoking and the use of other tobacco products is prohibited anywhere on Napa Valley College grounds.** 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 the swimmers during the meet and warm-up periods. **The sale and/or use of alcoholic beverages is prohibited in all areas of the meet venue and Napa Valley College.** Glass bottles and containers of any kind are not permitted in the pool area. No food or drink is allowed in the locker rooms. **Tents will not be allowed on the pool deck there is room in the bleachers for tents.**
- ELIGIBILITY:** All swimmers must have a current USA-S registration card and must enter the number on their entry cards. Swimmers who enter as "PENDING" or "APPLIED FOR" must be prepared to present their current card or register before being allowed to check-in unless the Meet Director determines that they are validly pending. Swimmers registering at the meet must pay a \$10.00 surcharge in addition to the regular fee. The meet is open to all qualified swimmers. 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. Swimmers over the age of 18 may participate in 17/18 events, but will not be eligible for 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:** The meet will be deck seeded. Swimmers must check-in at the Clerk-of-the-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.
- 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 that the failure to swim was caused by illness, injury, or other circumstances beyond the control of the swimmer.
- ENTRIES:** Entries should be on the Consolidated Entry Form, included with this meet sheet. Entry forms must be completely filled out, including best short course time for each event. Illegible or incomplete entries may require a collect call to correct the information. No-time entries will be accepted. **The meet will be LIMITED to the first 400 swimmers or when the meet estimated time line exceeds the Four Hour Rule per Age Group and Gender.** Entries must be postmarked by MIDNIGHT, MONDAY, October 25, 2004 or hand delivered NO LATER THAN 5:00 PM ON WEDNESDAY, October 27, 2004 to Connie Freed, 3914 Raleigh St., Napa, CA 94558. No late entries will be accepted. NO REFUNDS will be made except for mandatory scratch downs. No fax entries will be accepted. If you would like to confirm entry, please include a self-addressed, stamped envelope or post card.
- ENTRY FEES:** \$2.25 per event, plus \$5.00 participation fee per swimmer to help cover meet expenses.
- Make check payable to Napa Valley Swim Team, and mail entries to:**
- Napa Valley Swim Team
Connie Freed
3914 Raleigh St.
Napa, CA 94558
- AWARDS:** Distinctive awards will be provided for 1st-3rd place in the “A” Division, along with 4th-8th place ribbons. 1st through 8th place ribbons for the “B”, & “C” Divisions. The 13-14, 15-16, and 17-18 age groups will be swum as combined events with separate age group awards. 13 & over awards will be provided by request only. “Open” events will be awarded a single set of ribbons for the over all event, (1st through 8th place finalists). All awards must be picked up at the meet, they will not be mailed. “A” medals will be awarded to B or C swimmers achieving new A times, regardless of the place achieved in the event..
- HOSPITALITY:** Lunches and refreshments will be provided for officials, coaches and timers. A Snack Bar will be available.
- ADMISSION:** Admission is free. A two-day program will be available for \$4.00.
- OFFICIALS:** Head Referee: Rick Beebe
Head Starter: Cynthia Wood
Head Marshal: Rich Martin
Co-Meet Directors: Karen Bland (707) 257-2547
Karen Martin (707) 996-2493

MEET SUMMARY								
SATURDAY EVENTS					SUNDAY EVENTS			
8-UN	9-10	11-12	13-18		8-UN	9-10	11-12	13-18
100 IM	100 IM	200 IM +	200 IM		25 Fly	200 Free	200 Free +	200 Free
25 Back	50 Breast	200 Back+	200 Back		100 Free	100 Fly	50 Fly	200 Fly
50 Breast	100 Free	50 Breast	200 Breast		25 Breast	100 Breast	200 Fly	100 Breast
25 Free	50 Fly	200 Breast+	100 Free		50 Back	50 Back	100 Breast	100 Back
50 Free	100 Back	100 Free	100 Fly		50 Fly	50 Free	100 Back	50 Free
		100 Fly				200 IM	50 Free	
		50 Back						
<u>OPEN *</u> 500 Free	<u>OPEN *</u> 500 Free	<u>OPEN *</u> 500 Free	<u>OPEN *</u> 500 Free		<u>OPEN *</u> 400 IM	<u>OPEN *</u> 400 IM	<u>OPEN *</u> 400 IM	<u>OPEN *</u> 400 IM

The next page details meet events & time standards.

* OPEN Events 39,40,81 & 82 have listed minimum seed times.

+ 11-12 Age Group combined into an 11-18 competition. Each age group will be awarded separately.

Suggested Local Accommodations:

Special Swim Meet Rate:

Hawthorn Inn & Suites

Close to Napa Valley College

Ask for the Swim Rate

\$99 per night with a 2 night minimum stay

314 Soscol Ave., Napa

707-226-1878

Other Nearby Accommodations:

Napa Valley Marriot, 707-253-7433

Embassy Suites, 707-253-9540

Travelodge, 707-226-1871

Best Western Inn, 707-257-1930

Wine Valley Lodge, 707-224-7911

Chablis Inn, 707-257-1944

Girls		Saturday Events		Boys	
Event #.	B Time	A Time	Age Gp / Event	B Time	A Time Event #
1	3:12.99	2:59.19	11-12 200 IM	3:10.19	2:58.79 2
	3:00.89	2:49.09	13-14 200 IM	2:53.39	2:40.99
	2:59.19	2:45.49	15-16 200 IM	2:45.19	2:31.79
	3:02.49	2:52.59	17-18 200 IM	2:45.79	2:33.09
3	1:45.89	1:34.79	9-10 100 IM	1:42.29	1:32.99 4
5	2:21.09	1:49.29	8-Un 100 IM	2:19.09	1:45.09 6
7	3:14.79	2:52.89	11-12 200 Back	3:07.69	2:52.49 8
	3:12.79	2:49.09	13-14 200 Back	3:02.29	2:47.49
	3:13.39	2:50.29	15-16 200 Back	2:53.49	2:38.29
	3:18.99	3:02.29	17-18 200 Back	2:56.69	2:45.09
9	30.89	23.19	8-Un 25 Back	30.59	22.69 10
11	56.19	49.29	9-10 50 Breast	55.59	49.29 12
13	49.99	43.29	11-12 50 Breast	49.49	43.29 14
15	3:28.59	3:15.49	13-14 200 Breast	3:17.49	3:04.69 16
	3:28.99	3:16.19	15-16 200 Breast	3:10.09	2:56.29
	3:30.89	3:20.29	17-18 200 Breast	3:11.79	2:59.79
	3:32.69	3:17.69	11-12 200 Breast	3:21.49	3:08.69
17	1:15.89	55.29	8-Un 50 Breast	1:15.59	54.79 18
19	1:34.89	1:22.79	9-10 100 Free	1:29.09	1:19.69 20
21	1:20.99	1:11.99	11-12 100 Free	1:18.19	1:12.29 22
23	1:15.59	1:08.39	13-14 100 Free	1:10.29	1:03.99 24
	1:15.29	1:07.79	15-16 100 Free	1:07.49	1:01.29
	1:16.19	1:09.59	17-18 100 Free	1:07.19	1:00.69
25	27.09	19.49	8-Un 25 Free	26.59	18.39 26
27	49.59	41.59	9-10 50 Fly	48.39	40.99 28
29	1:36.09	1:22.79	11-12 100 Fly	1:33.59	1:23.39 30
31	1:27.79	1:17.59	13-14 100 Fly	1:22.29	1:12.59 32
	1:26.89	1:15.59	15-16 100 Fly	1:16.59	1:07.89
	1:27.39	1:16.79	17-18 100 Fly	1:16.79	1:08.49
33	1:00.09	42.99	8-UN 50 Free	59.09	40.89 34
35	1:51.99	1:37.19	9-10 100 Back	1:47.49	1:35.19 36
37	46.29	39.59	11-12 50 Back	45.29	38.99 38
39	7:29.99	Minimum Seed Time	Open 500 Free*	7:29.99	Minimum Seed Time 40

Girls		Sunday Events		Boys	
Event #	B Time	A Time	Age Gp / Event	B Time	A Time Event #.
41	2:51.69	2:35.89	11-12 200 Free	2:44.19	2:36.19 42
	2:40.29	2:28.29	13-14 200 Free	2:28.39	2:19.49
	2:39.39	2:26.39	15-16 200 Free	2:23.69	2:13.19
	2:41.59	2:31.19	17-18 200 Free	2:23.69	2:13.19
43	3:20.29	2:58.69	9-10 200 Free	3:09.39	2:57.89 44
45	32.59	21.59	8- Un 25 Fly	32.09	20.49 46
47	42.89	36.69	11-12 50 Fly	41.99	36.79 48
49	1:53.19	1:38.39	9-10 100 Fly	1:49.79	1:38.39 50
51	1:54.59	1:35.29	8- UN 100 Free	1:51.59	1:28.99 52
53	3:24.79	3:02.89	11-12 200 Fly	3:07.19	2:51.79 54
	3:20.19	2:53.89	13-14 200 Fly	3:02.19	2:46.59
	3:18.29	2:49.79	15-16 200 Fly	2:49.59	2:34.29
	3:22.49	2:58.69	17-18 200 Fly	2:52.59	2:40.69
55	34.09	24.79	8-UN 25 Breast	33.89	24.29 56
57	2:00.09	1:48.69	9-10 100 Breast	1:56.39	1:46.79 58
59	1:43.79	1:34.79	11-12 100 Breast	1:42.69	1:32.39 60
61	1:39.19	1:29.89	13-14 100 Breast	1:32.89	1:23.99 62
	1:39.19	1:29.89	15-16 100 Breast	1:29.59	1:19.29
	1:40.49	1:32.59	17-18 100 Breast	1:30.09	1:20.39
63	1:09.09	51.59	8-UN 50 Back	1:08.59	50.49 64
65	52.29	45.19	9-10 50 Back	50.79	44.49 66
67	1:35.69	1:25.29	11-12 100 Back	1:33.89	1:23.99 68
69	1:31.19	1:19.29	13-14 100 Back	1:24.89	1:16.79 70
	1:31.39	1:19.79	15-16 100 Back	1:20.79	1:12.69
	1:32.99	1:23.19	17-18 100 Back	1:20.69	1:12.49
71	1:14.59	52.59	8-UN 50 Fly	1:14.39	52.09 72
73	43.49	36.79	9-10 50 Free	41.39	36.49 74
75	38.49	32.99	11-12 50 Free	37.49	32.79 76
77	36.39	31.69	13-14 50 Free	34.09	29.59 78
	36.19	31.29	15-16 50 Free	32.09	27.99
	36.59	32.19	17-18 50 Free	32.09	27.99
79	3:41.39	3:23.79	9-10 200 IM	3:36.49	3:23.09 80
81	6:48.29	Minimum Seed Time	Open 400 IM	6:35.09	Minimum Seed Time 82

* OPEN Events are not restricted by age but swimmer must have met at least the listed seed times to enter the event.

Napa Valley Swim Team					
C/B/A+ Short Course Meet					
November 13-14, 2004					
Consolidated Entry Card					
NAME:	LAST,	FIRST	INITIAL		
CLUB ABBR	IF UNATT CLUB ABBR	CLUB NAME			
AGE	DATE OF BIRTH	LSC:			
		AMT. PAID \$			
USA-S REG #					
SEX	M F	AGE GROUP			
EVENT #	DISTANCE/STROKE	ENTRY TIME			
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# of Entries _____ x \$2.25 \$= _____ + Participation Fee \$ 5.00 Total \$_____					
COACH:					
SWIMMERS ADDRESS: _____					
PHONE# () : _____					
My parent can officiate: _____					