

COAST VALLEY AQUATIC LEAGUE CHAMPIONSHIP

PACIFIC SWIMMING SHORT COURSE MEET

AUGUST 2-4, 2019

Enter Online: <https://ome.swimconnection.com/cval20190802>



PARTICIPATING CLUBS: ACSC, CRUZ, MBSC, SBA, SLUG, SEA

SANCTION: Held under USA/Pacific Swimming Sanction No. **19-120**

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.

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.)

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:* Frank Suchomel *Head Starter:* Elizabeth Garcia
 Meet Marshal: Peter Hall *Admin Official:* Brett Shaug
 Meet Director: Ken Fittro backstrider@aol.com & Julie Corrigan sanbenitoaquatics@gmail.com

LOCATION: BALER AQUATIC CENTER; Baler Alley & San Benito Street, Hollister, CA 95023

DIRECTIONS: From the South: Take Hwy 1 N to Hwy 156 East bound. Continue to 101 N. Turn Right on 156 towards San Juan Bautista. Continue past San Juan Bautista to Union Road and turn right at the light. Continue to San Benito Street and turn left at the light. The Swim Complex is on the left at Baler Alley and San Benito St. Parking is on your left off San Benito St. **From Santa Cruz/Watsonville:** Take Hwy 129 towards Gilroy/Hollister and proceed south on Hwy 101 S. Take the Hwy 156 exit towards San Juan Bautista. Continue past San Juan Bautista to Union Road and turn right at the light. Continue to San Benito Street and turn left at the light. The Swim Complex is on the left at Baler Alley and San Benito St. Parking is on your left off San Benito St. **From Gilroy and Morgan Hill:** Take Hwy 101 South to Hwy 25 to Hollister. Continue on Hwy 25 and the bypass until you reach Sunnyslope Road and turn right at the light. Continue on Sunnyslope/Tres Pinos Road as it changes name to Nash Road and continue to San Benito St., approximately 0.8 miles, and turn left at the light. Parking is on the right near the football field.

COURSE: Outdoor Swimming Pool with up to 10- 25 yard lanes available for competition. An additional 6-8 25 yard lanes will be available for warm-up/cool down throughout the competition. Eight Lanes will be seeded for Finals and Consolation Finals. Colorado Timing System will be used. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 14' at the start end and 7.5' at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Officials and Coaches meeting will be conducted prior to each day's meet start time. On Friday, the Meet will begin at 3:30 PM and warm-ups are from 2:00pm to 3:15pm. On Saturday and Sunday the Meet will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. A special warm-up time for 8 and under athletes only will be held from 8:30-8:45 AM.

	WARM-UP	MEET BEGINS
FRIDAY	2:00 PM	3:30 PM
SATURDAY/SUNDAY	7:30 AM	9:00 AM

- RULES:**
- Current USA and Pacific Swimming rules including the Minor Athlete Abuse Prevention Policy ("MAAPP"), and CVAL by-laws 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-Course.
 - Athletes may compete in a maximum of seven (7) individual events, including Friday events. Athletes may compete in a Maximum of 3 events per day.
 - All Friday events, All 6/UN events, All 8/UN events, and All relay events will be timed finals. All other events will be conducted with preliminary heats and finals, with the "A" Championship Final followed by the "B" Consolation Final.

- All events will swim fast to slow. The fastest three heats will be circle seeded in all events except events listed as timed finals.
- All athletes ages 12 and under should complete competition within four (4) hours.
- A club may have an unlimited number of entries per individual event.
- A club may have only one scoring relay per relay event (designated in advance as the "A" relay). A club may enter as many non-scoring relays as they choose. All "A relays" will swim together in the fastest heat. Non-scoring relays will not score points.
- The 9/10, 8/UN, and 6/UN relays are the last events of the preliminary sessions on Saturday and Sunday.
- For FINALS the 15/18 Age group will split into 15/16 and 17/18 for all events except for the 15/18 relays.
- All FINALS on Saturday and Sunday will begin no sooner than 1 hour after the completion of the last preliminary Heat.
- A lane vacated in a final heat due to a scratch or no-show shall be filled by the next fastest athlete from the consolation heat and the vacated consolation lane will be filled by the first alternate athlete without reseeding the lanes. Pacific Swimming Scratch Procedures will be in effect for this meet. A copy will be at the Scratch Desk.
- Athletes competing in the 500 Freestyle must provide their own lap counters.
- 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 deck officials must wear their USA Swimming membership cards in a visible manner.

UNACCOMPANIED ATHLETES: Any USA-S 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-S 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-S 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-S Club Member-Coach.

RACING STARTS: Athletes must be certified by a USA-S 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 site, on the pool deck, in the locker rooms, in spectator seating, on standing areas, in the parking lot, 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.

ELIGIBILITY:

- Athletes 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 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, 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.
- This meet is only open to qualified athletes, belonging to a CVAL team: Aptos-Cabrillo Swim Club (ACSC), Santa Cruz Swimming (CRUZ), Monterey Bay Swim Club (MBSC), San Benito Aquatics (SBA), SLUG Aquatics (SLUG) and Seaside Aquatic Club (SEA).
- Registered USA Swimming Athletes participating on other USA Swimming clubs may participate on a CVAL club if they have declared themselves unattached prior to their first CVAL Meet, have swum exclusively at their CVAL team practices and meets during the regular league season, and meet any other requirements placed upon USA Swimming Athletes participating in CVAL events.

- All athletes 18 and under must have swum in a minimum of 2 events in at least one league meet during the CVAL season to be eligible for 2019 CVAL Championship participation.
- Athletes 19 years of age and over may swim preliminary events only and will not score points.
- Individual Entries with "NO TIME" will be ACCEPTED. "A" Relays must have an entry time.
- 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.
- Disabled athletes 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: \$4.00 per event plus an \$8.00 participation fee per athlete. Relay entries are \$9.00, Relay Fees must be included with entries, Checks only. 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 <https://ome.swimconnection.com/cval20190802> 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 athlete plus 5% of the total 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. 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 midnight Wednesday, July 31, 2019. Relays can ONLY be entered Online through SwimConnection-OME.

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, Monday, July 29, 2019 or hand delivered to the Seaside High School POOL OFFICE (2200 Noche Buena Street, Seaside, CA 93955) by 6:30 p.m. Wednesday, July 31, 2019. No late entries will be accepted. Requests for confirmation of receipt of mailed entries should include a self-addressed stamped envelope.

RELAY ENTRIES: All relays are timed finals. ENTRIES MUST BE ENTERED ONLINE by MIDNIGHT, Sunday, July 28, 2019. COACHES MUST COMPLETE THEIR RELAYS ONLINE with SwimConnection OME entry form. No deck entered relay athletes will be accepted. Relay athletes must swim in their respective age groups. Clubs may enter an "A RELAY" as their scoring relay and as many other relays per age group/gender that they choose.

COACHES' RELAY: The COACHES' RELAY is an exhibition event (unofficial) and will be on Saturday, before Finals begin.

Make check payable to: CVAL

Mailed entries sent to: Ken Fittro 1513 Hilby Avenue Seaside, CA 93955

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. Close of check-in for all individual events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check in will not be seeded and will not be allowed to compete in that event.

SCRATCHES: Any athletes not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized.

- Athletes entered in a preliminary individual event in a Trials and Finals meet that is seeded on the deck that have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim in an event will result in being barred from their next preliminary individual event.
- Any athlete qualifying for any level of finals in an individual event who does not wish to compete must scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that may not intend to compete in consolation finals or finals. In this case, they must declare their final intention within 30 minutes after the announcement of qualifiers following their individual preliminary event.
- Any athlete qualifying for a consolation final or final race in an individual event who fails to show up in said consolation final or final race prior to calling the alternate shall be barred from the remainder of any final events for that day. Should the athlete have no additional final events for that day they will be barred from their next preliminary event.

- If the No-Show occurs on the last day that the athlete is entered in an individual event in the meeting, and no other individual event penalty is applicable, the athlete shall then be fined \$100.00. The fine will be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment

AWARDS: CVAL Medals: 1st- 8th place in individual events and 1st-6th in relay events. CVAL Ribbons: 9th-16th place in individual events. Special Awards: High Point boy and girl in each age group. Team Trophies: 1st-6th place.

SCORING: Individual to 16 places: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
Relay events to 4 places: 40, 34, 32, 30

ADMISSION: Free. Coaches will be provided a meet program via email upon the closing of the meet.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers. Picnic areas are available outside of the facility. Small personal-sized coolers with healthy swimmer snacks, not to exceed 12 inches in one dimension, are allowed inside the facility.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

EVENT SUMMARY

	6/UN	8/UN	9/10	11/12	13/14	15/18
FRIDAY			200 FREE	500 FREE	500 FREE	500 FREE
SATURDAY	100 IM 50 FREE 25 BACK	100 IM 50 FREE 25 BACK	100 IM 50 FREE 50 BACK	200 IM 100 FREE 50 BACK 50 FLY	200 IM 100 FREE 100 BACK 100 FLY	200 IM 100 FREE 100 BACK 100 FLY
SATURDAY RELAYS	100 MIXED MEDLEY RELAY	100 MEDLEY RELAY	200 MEDLEY RELAY	200 MEDLEY RELAY	200 MEDLEY RELAY	200 MEDLEY RELAY
SUNDAY	25 FREE 25 BREAST 25 FLY	25 FREE 25 BREAST 25 FLY	100 FREE 50 BREAST 50 FLY	200 FREE 50 BREAST 50 FREE 100 IM	200 FREE 100 BREAST 50 FREE	200 FREE 100 BREAST 50 FREE
SUNDAY RELAYS	100 MIXED FREE RELAY	100 FREE RELAY	200 FREE RELAY	200 FREE RELAY	200 FREE RELAY	200 FREE RELAY

EVENTS

FRIDAY, AUGUST 3, 2018		
EVENT #	EVENT	EVENT #
1	9-10 200 FREE	2
3	11-12 500 FREE	4
5	13-14 500 FREE.	6
7	15-18 500 FREE	8

SATURDAY, AUGUST 4, 2018		
EVENT # GIRLS	EVENT	EVENT # BOYS
9	9-10 100 I.M.	10
11	11-12 200 I.M.	12
13	8/UN 100 I.M.	14
15	13-14 200 I.M.	16
17**	15-18 200 I.M.	18**
19	9-10 50 FREE	20
21	11-12 100 FREE	22
23	8/UN 50 FREE	24
25	13-14 100 FREE	26
27**	15-18 100 FREE	28**
29	9-10 50 BACK	30
31	11-12 50 BACK	32
33	8/UN 25 BACK	34
35	13-14 100 BACK	36
37**	15-18 100 BACK	38**
39	11-12 50 FLY	40
41	13-14 100 FLY	42
43**	15-18 100 FLY	44**
	RELAYS	
45*	6/UN 100 MIXED MEDLEY RELAY	---
47	8/UN 100 MEDLEY RELAY	48
49	9-10 200 MEDLEY RELAY	50
51	11-12 200 MEDLEY RELAY	52
53	13-14 200 MEDLEY RELAY	54
55	15-18 200 MEDLEY RELAY	56

SUNDAY, AUGUST 5, 2018		
EVENT # GIRLS	EVENT	EVENT # BOYS
57	9-10 100 FREE	58
59	11-12 200 FREE	60
61	8/UN 25 FREE	62
63	13-14 200 FREE	64
65**	15-18 200 FREE	66**
67	9-10 50 BREAST	68
69	11-12 50 BREAST	70
71	8/UN 25 BREAST	72
73	13-14 100 BREAST	74
75**	15-18 100 BREAST	76**
77	9-10 50 Fly	78
79	11-12 50 FREE	80
81	8/UN 25 Fly	82
83	13-14 50 FREE	84
85**	15-18 50 FREE	86**
87	11-12 100 I.M.	88
	RELAYS	
89*	6/UN 100 MIXED FREE RELAY	---
91	8/UN 100 FREE RELAY	92
93	9-10 200 FREE RELAY	94
95	11-12 200 FREE RELAY	96
97	13-14 200 FREE RELAY	98
99	15-18 200 FREE RELAY	100

***6/UN MIXED RELAYS MAY CONSIST OF 4 BOYS OR 4 GIRLS OR ANY COMBINATION OF BOYS AND GIRLS.**

ALL 6/UN AND 8/UN EVENTS ARE TIMED FINALS EVENTS

RIBBONS AND MEDALS FOR 6/UN AND 8/UN ARE AWARDED AT THE STARTING BLOCKS FOLLOWING THE LAST MORNING RELAYS

**** FOR FINALS: THE 15/18 AGE GROUP WILL SPLIT INTO 15/16 AND 17/18 FOR ALL EVENTS EXCEPT FOR THE 15/18 RELAYS**

COAST VALLEY AQUATICS LEAGUE
 CLOSED SHORT COURSE MEET
 AUGUST 2-4, 2019
 Consolidated Entry Form

Name: Last, First Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M F	LSC – (PC, SN)
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USA-#															
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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
		: .	SCY / LCM
		: .	SCY / LCM

of entries _____ x \$4.00 = \$ _____
 Participation Fee \$ 8.00
 Total \$ _____

Coach

Athlete's
Address

Home Phone	Cell Phone
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Email

CLUB RELAY ENTRIES

RELAYS: ENTRIES MUST BE ENTERED ONLINE by, MIDNIGHT, Sunday, July 28, 2019. Enter the entry time in the appropriate time field of the online relay entry form for each relay team. EACH CVAL TEAM may enter as many relays per age-group/gender per team as they choose; but the "A RELAY TEAM" is the ONLY SCORING RELAY. The "A Relay" MUST have an entry time.

Relay Entry cards confirming the relay entries for the entire meet will be ready for pick up by each CVAL club on the first day of the meet. Relay scratches or time changes are accomplished by returning the Relay Entry cards to the Clerk of Course by the ANNOUNCED time each day having relay events. When there are no scratches or time changes, there is no need to turn in the Relay Entry card. Refunds will be made to the club for any relay entries scratched prior to the deadline that entry cards are due back to the Clerk of the Course for that day of the relay event.

Relay Event cards containing the heat and lane assignments and all the eligible athletes for the relay for all 10 and under relays will be ready for pick up one hour before the estimated start of the Relay for that day. Relay Event cards containing the heat and lane assignments and all the eligible athletes for the relay for all 11 and-over relays will be ready for pick up before the start of finals each day. The order of the athletes must be listed on the Relay Event card prior to the start of the heat.

No deck entered relay teams will be accepted. No deck entered relay athletes will be accepted.

Any athlete who is not entered in an individual event or is unattached is not eligible to participate in a relay.

COACHES MAY USE THE FOLLOWING RELAY ENTRY CARD FOR THEIR OWN NOTE-TAKING.

RELAYS MUST BE ENTERED ONLINE:

TEAM RELAY ENTRY FORM ROUGH DRAFT			
CLUB NAME:		CLUB ABBREVIATION:	
SATURDAY Relay Event		SUNDAY Relay Event	
		Entry Time	
45	6/un 100 Mixed Medley Relay		
47	8/un 100 Girls Medley Relay		
48	8/un 100 Boys Medley Relay		
49	9/10 200 Girls Medley Relay		
50	9/10 200 Boys Medley Relay		
51	11/12 200 Girls Medley Relay		
52	11/12200 Boys Medley Relay		
53	13/14200 Girls Medley Relay		
54	13/14 200 Boys Medley Relay		
55	15/18 400 Girls Medley Relay		
56	15/18 400 Boys Medley Relay		
		89	6/un 100 Mixed Free Relay
		91	8/un 100 Girls Free Relay
		92	8/un 100 Boys Free Relay
		93	9/10 200 Girls Free Relay
		94	9/10 200 Boys Free Relay
		95	11/12 200 Girls Free Relay
		96	11/12 200 Boys Free Relay
		97	13/14 200 Girls Free Relay
		98	13/14 200 Boys Free Relay
		99	15/18 400 Girls Free Relay
		100	15/18 400 Boys Free Relay
Number of Relay Entries:		X \$9.00 =\$ _____ .00	
Designate all Relays with Alpha differentiation. "A RELAYS" MUST HAVE AN ENTRY TIME. Times for additional relays may have a Time or NT and must be indicated in the appropriate Time Box for each intended relay entry ONLINE.			