

WCAN PENGUIN PLUNGE  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
MARCH 18-19 2017  
Enter Online: <http://ome.swimconnection.com/pc/wcan20170318>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **17-031**

*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.

**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:**

<i>Meet Referee:</i>	<i>Irene Alameida</i>	<i>Head Starter:</i>	<i>Andy Downs</i>
<i>Meet Marshal:</i>	<i>Derek McClintick</i>	<i>Admin Referee:</i>	<i>Albert Yu</i>
<i>Meet Director:</i>	<i>Kevin Raab</i>		<a href="mailto:coachkevin@wcanswim.org">coachkevin@wcanswim.org</a>

**LOCATION:** Vintage High School Pool, 1375 Trower Avenue, Napa, CA. Pool Entrance is off Jefferson Street. There will be plenty of parking in the adjacent lot.

**PARKING LOT GATES WILL BE LOCKED UNTIL 8:00AM**

**ABSOLUTELY NO ENTRANCE TO THE PARKING LOT OR POOL AREA WILL BE ALLOWED BEFORE 8:00am**

**PLEASE DO NOT block the entrance to the pool parking lot not allowing the gate to be unlocked in a timely manner**

**Warm Ups will be from 8:30am-9:45am - Meet will start @ 10:00am**

**COURSE:** 25 yard outdoor heated pool. Up to ten (10) competition lanes, with separate warm up and warm down areas available throughout meet. The minimum water depth measured in accordance with Article 103.2.3, is 5' at the start end and 5' at the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

**TIME:** Saturday and Sunday sessions will begin at 10:00am each day, with warm ups from 8:30am to 9:45 am.

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall be posted at the Clerk-of-Course.
- All events are timed finals.
- **All events shall be swum in event order and in a "fast to slow" sequence** with the option of combining events and reversing the sequence at the discretion of the Meet Referee and Meet Director.
- All athletes ages 12 and under should complete competition within four (4) hours.
- **Athletes may enter more than four (4) events each day on Saturday and Sunday, but may only compete in a maximum of four (4) events each day.** If local conditions warrant, the Meet Referee with concurrence of the Meet Director, may require a mandatory scratch down. **Immediate refunds shall be made ONLY for any mandatory scratch downs. No other refunds shall be given.**
- Entries shall be accepted until the number of splashes exceeds the estimated time line, per the "Four-Hour Rule," based on the athlete's age and gender.
- The 500 Free and 400 IM may alternate girls and boys heats, or may be swum in combined heats of girls and boys at the discretion of the Meet Referee and Meet Director. Athletes in the 500 free and 400 IM shall provide their own lap counters (500 free) and timers.
- In order to enter the Open events (except the 200 Free), the athlete shall have met the listed qualifying time or have coach verification. If the athlete's coach is to verify the athlete's ability to achieve the minimum entry time per Pacific Swimming Rule 4A2, please contact the Meet Director AND Meet Referee.
- All coaches and deck officials shall display their current USA Swimming membership cards in a visible manner and shall check in with the Meet Referee or his/her designee prior to warm ups on the first day of the meet.

**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 shall 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:** Any athlete entered in the meet shall be certified by a USA Swimming member-coach as being proficient in performing a racing start, or shall start each race from within the water. When unaccompanied by a USA Swimming member coach, it is the responsibility of the athlete or the athlete's legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:**

- During general warm-up, athletes shall use 3-point entry into the pool. Athletes shall use 3-point entry into warm-up and warm-down areas at all times.
- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or 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.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- No pets allowed on deck, other than service assistance animals.
- 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 food or drink is allowed in the locker rooms.
- **ONLY COACHES' TENTS SHALL BE ALLOWED ON THE POOL DECK.**
- No tents, EZ Ups, chairs (except those for coaches) or any form of "set up" or "hanging out" shall be permitted on pool deck. Team tent/set up shall be on the basketball courts where there is ample space.
- All shelters shall be properly secured.

**ELIGIBILITY:**

- Athletes shall be current members of USA Swimming and enter their name and registration number on the meet entry card exactly as they are shown on their Registration Card. If this is not done, it may be difficult to match the athlete with the registration database. The meet host shall 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.
- Athletes in the "A" Division shall have met at least the listed USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division shall have met at least the listed "B" minimum time standard. All entry times slower than the "B" time standard shall be in the "C" Division.
- **EXCEPT the Open events (other than the 200 Free), entries with "NO TIME" shall be accepted and seeded in slowest heats.**
- 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 athlete shall meet standards for the 17-18 age group.
- Age on the first day of the meet shall determine the athlete's age for the entire meet.

**ENTRY PRIORITY:** Entries from members of Zone 3 clubs (including unattached athletes training with those clubs) postmarked or entered on line by **February 13, 2017** shall be given first priority for acceptance to the meet. All entries from other zones in Pacific Swimming or from other LSC's, postmarked or entered online by the entry deadline shall be considered in the order they are received. **In addition to Zone 3 clubs, athletes who are members of or train with SASO may enter during the entry priority period.**

**ENTRY FEES:** \$4.00 per event plus an \$8.00 participation fee per athlete. Entries shall be rejected if payment is not sent at time of request. No refunds shall be made except mandatory scratch downs.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/wcan20170318> 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 shall be accepted through **Monday March 6<sup>th</sup> 2017.**

**MAILED OR HAND DELIVERED ENTRIES:** Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with athlete's best time. Entries shall be postmarked by midnight, Monday, March 6<sup>th</sup> 2017 or hand delivered by 6:30 p.m. Monday, March 6<sup>th</sup> 2017. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

<b>Make check payable to:</b>	<b>WCAN</b>
<b>Mail or hand deliver entries to:</b>	<b>WCAN Meet</b>
	<b>Kevin Raab</b>
	<b>4131 Freeda Ct.</b>
	<b>Livermore, CA 94550</b>

**CHECK-IN:** The meet shall be deck seeded. Athletes shall 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 shall not be seeded and shall 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 who must withdraw from an event after it is seeded are requested to inform the referee immediately.

**AWARDS:** Ribbons will be awarded to the 1<sup>st</sup> – 8<sup>th</sup> place finishers in the "A," "B" and "C" Divisions, for each event and age group (8&U , 9-10, and 11-12). No awards will be given for 13&O and for Open Events. "A" medals shall be awarded to athletes achieving new "PC-A" times swam during this meet only. **AWARDS SHALL BE PICKED UP ON SUNDAY, THE LAST DAY OF THE MEET, BY A CLUB'S COACH OR CLUB REPRESENTATIVE. AWARDS THAT ARE NOT PICKED UP AT THE MEET (ONLY FOR ZONE 3 CLUBS) SHALL BE AVAILABLE AT THE NEXT ZONE 3 BOARD MEETING. NON ZONE 3 CLUBS AND UNATTACHED ATHLETES SHALL COORDINATE WITH THE AWARDS DESK FOR PICK UP AND/OR DELIVERY OF AWARDS. FOR THOSE AWARDS NOT PICKED UP, PRE-PAID ENVELOPES SHALL BE PROVIDED. AWARDS SHALL NOT BE INDIVIDUALLY DISTRIBUTED THROUGHOUT THE MEET.**

**ADMISSION:** Free. **A two-day program will be available for a nominal fee.**

**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.

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

**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 trials 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 required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5

\*Zone 3 shall include assigned and working Colorado operator, 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 uncarded trainees in the count of officials for up to two sessions. Clubs may use officials “borrowed” from other clubs, or unattached officials at the meet who agree, to fulfill their obligation under the rule.

### EVENTS

Saturday March 18 <sup>th</sup> 2017		
EVENT #	EVENT	EVENT #
1	OPEN 200 IM Girls Min Time: 3:40.39 Boys Min Time: 3:38.89	2
3	9-10 100 Back	4
5	8 & U 25 Back	6
7	8 & U 25 Fly	8
9	13 & O 100 Free	10
11	9-10 50 Fly	12
13	11-12 100 Breast	14
15	13 & O 100 Breast	16
17	9-10 100 Breast	18
19	8 & U 50 Breast	20
21	11-12 50 Fly	22
23	13 & O 200 Back	24
25	9-10 50 Free	26
27	8 & U 50 Free	28
29	11-12 100 Back	30
31	13 & O 100 Fly	32
33	11-12 50 Free	34
35	OPEN 400 IM GIRLS Min Time: 6:24.19 BOYS Min Time: 6:13.09	36

Sunday March 19 <sup>th</sup> 2017		
EVENT #	EVENT	EVENT #
37	OPEN 200 Free	38
39	9-10 100 Free	40
41	8 & U 100 IM	42
43	13 & O 100 Back	44
45	9-10 50 Breast	46
47	8 & U 25 Breast	48
49	8 & U 25 Free	50
51	11-12 100 Free	52
53	13 & O 200 Breast	54
55	9-10 50 Back	56
57	8 & U 50 Back	58
59	11-12 50 Breast	60
61	13 & O 50 Free	62
63	9-10 100 Fly	64
65	11-12 100 Fly	66
67	13 & O 200 Fly	68
69	9-10 100 IM	70
71	11-12 50 Back	72
73	OPEN 500 Free GIRLS Min Time: 7:35.49 BOYS Min Time: 7:26.99	74

Pacific Swimming – Hosted by Wine Country Aquatics  
Penguin Plunge C/B/A+ Meet  
March 18 - 19 2017  
Consolidated Entry Form

Name: Last,	First	Middle
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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

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

Coach
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Athlete's Address
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Home Phone	Cell Phone
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