

**REDWOOD EMPIRE AQUATIC LEAGUE CHAMPIONSHIPS  
PACIFIC SWIMMING SHORT COURSE T/F MEET  
AUGUST 4-6, 2023  
CLUBS: UD, SSS, DART, AC, SRN, SON, NVST, LCCC, VJO**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-094**

*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.*

*An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.*

*USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.*

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.**

**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 on Meet Mobile.***

**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:**

|  |  |
|--|--|
| <b>Meet Referee:</b> Sarah Obbagy  | <b>Head Starter:</b> Kian Tavakoli       |
| <b>Meet Marshal:</b> Dante Martinez  | <b>Admin Official:</b> Barbarie Gonzalez |
| <b>Meet Director:</b> Ashley Denize <a href="mailto:srnashleybritton@gmail.com">srnashleybritton@gmail.com</a> |  |

**LOCATION:** Quinn Swim Center. Kathryn Kettler Pool: 1501 Mendocino Avenue, Santa Rosa, CA 95401

**DIRECTIONS:** 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 turn into the SRJC parking lot. Pass the football stadium to your right. Swim center and parking is to the right past the football stadium

**COURSE:** OUTDOOR 25 YARD pool with up to 8 lanes available for competition. An additional 10 lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 8' at the start end and 8' at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming

**TIME:** Meet shall begin at **5:00 PM on Friday with warm up from 4:00-4:45 PM. Meet shall begin at 9:00 AM on Saturday and Sunday** with warm-ups from **7:30 to 8:45 AM** each day. *Finals may not begin less than 90 minutes after the completion of the last preliminary heat that day. The warm-up pool will be open one hour prior to the start of finals.*

- RULES:**
- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
  - The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
  - All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
  - Athletes may compete in 1 event on Friday and up to 3 events per day on Saturday and Sunday for a total of 7 individual events. Athletes may compete in 1 relay per day. Athletes exceeding these limits shall be required to scratch down to the allowable limit and shall not be eligible for any refunds.
  - All 8/UN individual events shall be swum as Timed Finals during Prelims.
  - RELAYS: All 8-UN and 9-10 relays shall be swum as a timed final at the end of Preliminaries. All 11-12 and 13-OV relays shall be swum as a Timed Final at the beginning of Finals. Relays allow for “swim-ups” where clubs may fill relays by entering younger athletes onto relay teams.
  - All relay athletes must be entered in an individual event in the meet.
  - The following events shall be swum as Timed Finals on Friday: 11-12 200 IM, 13 & OV 400 IM, 10 & UN 200 Free, 11 & OV 500 Free.
  - The following events shall be swum as Timed Finals on Saturday during Prelims: 13 & OV 200 Fly, 13 & OV 200 Back.
  - The following event shall be swum as Timed Finals on Sunday during Prelims: 13 & OV 200 Breast.
  - All remaining individual events shall be swum as Preliminaries and Finals. The 8 fastest times from the Preliminaries shall qualify for the Championship Finals and the next 8 fastest times from the Preliminaries shall qualify for Consolation Finals.
  - All preliminary events shall swim fast to slow, with the fastest 3 heats circle seeded. All timed final events shall swim fast to slow.
  - **Finals will swim Consolation Finals first followed by Championship Finals second.**
  - Athletes shall provide their own timers for all events on Friday evening. Athletes shall provide their own counters for the 500 Freestyle.
  - *The 400 IM and 500 Free shall be swum as Times Finals, fastest to slowest, alternating women’s and men’s heats. Genders may be combined at the discretion of the Meet Referee and Meet Director.*
  - Individual Events for 13-OV age groups shall be swum together in Preliminaries, but shall be swum as 13-14 and 15-OV during Finals.
  - Events may be swum together in timed finals and/or preliminaries and seeded and scored separately for finals. Events shall be scored for each gender in the following age-groups: 6/u, 7-8, 9-10, 11-12, 13-14, 15/o.
  - **At the discretion of the Meet Referee, events and heats may be combined.**
  - 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 Officials must wear their USA Swimming membership cards in a visible manner.**
  - **Lifeguards and AED will be available to participants**

**UNACCOMPANIED ATHLETES:** Any USA Swimming 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 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:** Athletes must be certified by a USA Swimming 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 the pool deck, in the locker rooms, in spectator seating, on 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.
  - 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 Swimming 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, Athletes shall be required to register online via USA Swimming's online member registration before being allowed to swim in the meet.

- Entries with **"NO TIME" will be ACCEPTED.**
- The meet is open to all qualified athletes of clubs in the Redwood Empire Aquatic League (REAL): AC, DART, LCCC, NVST, SON, SRN, SSS, UD, VJO. Unattached athletes, practicing with a REAL member club are eligible to swim in Prelims and timed finals but are not eligible to score points, receive awards, participate in relays, or to qualify for finals in a preliminary and final event. Unattached athletes competing in timed finals will be treated as exhibition athletes for purposes of scoring.
- Athletes with a disability 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 enter in 13 & OV events and score points.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

**ENTRY FEES:** \$6.00 per event plus an \$8 participation fee per athlete. Relays are \$16.00 per relay. No refunds will be made, except mandatory scratch downs. Full payment of a single club check made payable to Neptune Swimming shall be turned in no later than Saturday August 6. Relay entries shall be pre-entered with team entries but will be charged at the conclusion of the meet based on results. A league fee of \$150 per team shall also be collected.

Club checks may be mailed to **Neptune Swimming**  
**RE: REAL Championships Meet Entries**  
**P.O. Box 317**  
**Santa Rosa, CA 95402**

**CLUB ENTRIES:** All entries shall be submitted only by the club entry representatives. A SD3 entry file or Hy-Tek Team Manager file shall be submitted by Wednesday, July 26, 2023, to Ashley Denize at [smashleybritton@gmail.com](mailto:smashleybritton@gmail.com) Entries must include full legal name, age, USA Swimming Registration Number, home club code, and LSC code. Request a confirmation of receipt to ensure delivery of the email and file. **No late entries shall be accepted. Entry fees must be submitted by the end of finals on Sunday August 6.**

**CHECK-IN:** The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. Prior to 10:30 AM, close of check-in shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Close of check-in for all remaining events for that day shall be at 10:30 AM. Athletes who do not check in will not be seeded in the event.

**SCRATCHES:** • Athletes shall not be penalized for missing preliminary events.

- Any athlete qualifying for any level of finals in an individual event who may not wish to swim in finals must either scratch or declare intent to scratch from that final within 30 minutes after the announcement of qualifiers. Athlete who declares intent to scratch must declare his/her final intention within 30 minutes after his/her last 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 his/her next final event for that day. Should the athlete have no additional final events for that day, he/her shall be barred from his/her next preliminary event.

**RELAY SCRATCH:** Any relay team entered in a relay event that fails to compete in or report for that event shall not be penalized.

**SCORING:** Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
 Relay Events: 40-34-32-30-28-26-24-22-18

**AWARDS:** • Awards shall only be distributed to 12/u athlete:

- Individual: Distinctive pins for 1st – 8th place; Ribbons for 9th – 16th place. Relays: Distinctive pins for 1st – 3rd place.

- Team Awards: 1st place club receives Perpetual Banner; 2<sup>nd</sup> and 3<sup>rd</sup> place clubs will receive Banners & Spirit award.
- A selection committee comprised of a parent and athlete representative from each club and the Meet Referee shall vote for Club Spirit Award.
- Awards not picked up by the end of the meet will be sent to the club representative.

**ADMISSION:** Free.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working Officials will be provided lunch.

**MISCELLANEOUS:**

- No overnight parking is allowed.
- Facilities will not be provided after meet hours.
- Parking costs \$4.00 per day and will be enforced.
- No set up around indoor or outdoor lower pool deck. Set up is allowed on the grass area, along the upper deck so long as that exits are clear.

**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 Prelims 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 requested |
|----------------------------------|--|
| 1-10                             | 0                                      |
| 11-25                            | 1                                      |
| 26-50                            | 2                                      |
| 51-75                            | 3                                      |
| 76-100                           | 4                                      |
| 100 or more                      | 5                                      |

**NOTE:** Zone 3 shall include assigned and working Colorado, 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 Carded Trainees in the count of officials. Clubs may use officials “borrowed” from other clubs, or unattached officials at the meet who agree, to fulfill their obligation under the rule.

**EVENT SUMMARY**

| FRIDAY, AUGUST 4, 2023 |          |         |         | SATURDAY, AUGUST 5, 2023 |           |           |           | SUNDAY, AUGUST 6, 2023 |             |             |             |
|------------------------|----------|---------|---------|--------------------------|-----------|-----------|-----------|------------------------|-------------|-------------|-------------|
| 10 UN                  | 11-12    | 11 & OV | 13-OV   | 8-UN                     | 9-10      | 11-12     | 13-OV     | 8-UN                   | 9-10        | 11-12       | 13-OV       |
| 200 FR*                | 200 IM * | 500 FR* | 400 IM* | 25 BK*                   | 50 BK     | 200 Free  | 200 FL*   | 25 FR*                 | 100 IM      | 100 IM      | 200 FR      |
|                        |          |         |         | 25 BR*                   | 50 BR     | 100 BK    | 100 BR    | 25 FL*                 | 50 FL       | 100 BR      | 100 BK      |
|                        |          |         |         | 50 FR*                   | 100 FR    | 50 BR     | 200 IM    | 100 IM*                | 50 BR       | 50 BK       | 50 FR       |
|                        |          |         |         | 100 MR*+                 | 200 MR *+ | 50 FL     | 100 FR    | 100 FR R*+             | 50 FL       | 100 FL      | 100 FL      |
|                        |          |         |         |                          |           | 100 FR    | 200 BK*   |                        | 100 FR      | 50 FR       | 200 BR*     |
|                        |          |         |         |                          |           | 200 MR**% | 200 MR**% |                        | 200 FR-R**% | 200 FR-R**% | 200 FR-R**% |

\* Event to be swum as Timed Finals  
 +Event swum at end of Preliminaries  
 % Event to be swum at the beginning of Finals

| Events           |                                 |      |
|------------------|---------------------------------|------|
| FRIDAY, AUGUST 4 |                                 |      |
| Girls            | Event Description and Age Group | Boys |
| 1*               | 11-12 200 IM                    | 2*   |
| 3*               | 13 & OV 400 IM                  | 4*   |
| 5*               | 10 & UN 200 Free                | 6*   |
| 7*               | 11 & OV 500 Free                | 8*   |

| SATURDAY, AUGUST 5 |                                 |       |
|--------------------|---------------------------------|-------|
| Girls              | Event Description and Age Group | Boys  |
| 101                | 11-12 200 FREE                  | 102   |
| 103*               | 13 & Over 200 FLY               | 104*  |
| 105*               | 8 & Under 25 BACK               | 106*  |
| 107                | 11-12 100 BACK                  | 108   |
| 109                | 13 & Over 100 BRST              | 110   |
| 111                | 9-10 50 BACK                    | 112   |
| 113                | 11-12 50 BRST                   | 114   |
| 115*               | 8 & UN 25 BRST                  | 116*  |
| 117                | 13 & OV 200 IM                  | 118   |
| 119                | 9-10 50 BRST                    | 120   |
| 121                | 11-12 50 FLY                    | 122   |
| 123*               | 8 & UN 50 FREE                  | 124*  |
| 125                | 13 & OV 100 FREE                | 126   |
| 127                | 9-10 100 FREE                   | 128   |
| 129                | 11-12 100 FREE                  | 130   |
| 131*               | 13 & OV 200 BACK                | 132*  |
| 133*+              | 8 & Under 100 Medley Relay      | 134*+ |
| 135*+              | 9-10 200 Medley Relay           | 136*+ |
| 137*%              | 11-12 200 Medley Relay          | 138*% |
| 139*%              | 13 & Over 200 Medley Relay      | 140*% |

| SUNDAY, AUGUST 6 |                                 |       |
|------------------|---------------------------------|-------|
| Girls            | Event Description and Age Group | Boys  |
| 201              | 11-12 100 IM                    | 202   |
| 203              | 13 & Over 200 FREE              | 204   |
| 205*             | 8 & UN 25 FREE                  | 206*  |
| 207              | 11-12 100 BRST                  | 208   |
| 209              | 13 & OV 100 BACK                | 210   |
| 211              | 9-10 100 IM                     | 212   |
| 213              | 11-12 50 BACK                   | 214   |
| 215*             | 8 & UN 25 FLY                   | 216*  |
| 217              | 13 & OV 50 FREE                 | 218   |
| 219              | 9-10 50 FLY                     | 220   |
| 221              | 11-12 100 FLY                   | 222   |
| 223*             | 8 & UN 100 IM                   | 224*  |
| 225              | 13 & OV 100 FLY                 | 226   |
| 227              | 9-10 50 FREE                    | 228   |
| 229              | 11-12 50 FREE                   | 230   |
| 231*             | 13 & OV 200 BRST                | 232*  |
| 233*+            | 8 & Under 100 Freestyle Relay   | 234*+ |
| 235*+            | 9-10 200 Freestyle Relay        | 236*+ |
| 237*%            | 11-12 200 Freestyle Relay       | 238*% |
| 239*%            | 13 & Over 200 Freestyle Relay   | 240*% |

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

Use the following URL to find 2022 REAL's records: <https://real.swimtopia.com/records>