

SANCTION: Held under USA/Pacific Swimming Sanction No. **23-091**

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 using 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:	Meet Referee: Kian Tavakoli	Head Starter: Glenn Davis
	Meet Marshal: Asher Green	Admin Official: Sarah Obbagy
	Meet Director: Paul Roberts	

LOCATION: Napa Valley College- 2277 Napa Vallejo Hwy Napa Ca 94558

COURSE: Outdoor heated pool; 25 yard pool, with up to eight (8) lanes available for competition, with separate warmup and warm down areas available throughout the meet. Colorado timing system and scoreboard will be used. The minimum water depth measured in accordance with Article 103.2.3, is 4' at the shallow end and 12' at the deep end. The competition course has not been certified in accordance with 104.2.2C (4).

TIME: Meet shall begin at 9:00 AM with warm-ups from 8:10 to 8:45 AM each day.

- 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 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.
 - All events are timed finals.
 - Athletes may compete in a maximum of 3 events per day.
 - All athletes ages 12 and under should complete competition within four (4) hours.
 - 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.

- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds shall be made for any mandatory scratches.
- All events will be swum in event order and in a "FAST to SLOW" sequence with the options of reversing the sequence at the discretion of the Meet Referee and Meet Director.
- At the discretion of the Meet Referee, events and heats may be combined.
- Medical Supervision: Coaches are acting lifeguards. First aid and AED available.
- **All coaches and deck officials shall display their current USA Swimming membership cards in a visible manner. Deck Pass may be used to prove registration status.**

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:

- 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 shall be properly secured.
- Deck changes are 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.

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.

- **This is a closed meet open only to athletes currently registered with NVST.**
- Entries with "**NO TIME**" shall be **ACCEPTED**.
- 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.
- 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 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 FEES: None.

ENTRIES: All entries shall be made by the NVST coaches. All entries must be made no later than **July 10, 2023**.

CHECK-IN: The meet shall be pre-seeded. No check in is necessary.

SCRATCHES: Any athletes not reporting for or competing in an individual timed final event that they have entered shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

AWARDS: None.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: No Snack bar available; there will be a post meet team potluck breakfast, and athlete recognitions.

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

ORDER OF EVENTS

GIRLS EVENT #	EVENT	BOYS EVENT #
1	8 & U 50 Free	2
3	9-10 50 Free	4
5	11-12 50 Free	6
7	13-14 100 Free	8
9	15 & Over 100 Free	10
11	8 & U 50 Back	12
13	9-10 50 Back	14
15	11-12 50 Back	16
17	13-14 100 Back	18
19	15 & Over 100 Back	20
21	Open Mixed Relay (Exhibition)	