

**OSPREY AQUATICS**  
**PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET**  
**NOVEMBER 13<sup>TH</sup> - 14<sup>TH</sup>, 2021**  
Enter Online: <http://www.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **21-204**

*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.

**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.

<b>MEET PERSONNEL:</b>	<b>Meet Referee: Mette Graversen</b>	<b>Head Starter: Csaba Andrejka</b>
	<b>Meet Marshal: Feliciano Rivera</b>	<b>Admin Official: Marisa Bacon</b>
	<b>Meet Director: Brian Bolster</b>	

**LOCATION:** Willow Glen High School - 2001 Cottle Avenue San Jose, CA 95125

**DIRECTIONS:** From Almaden Expressway North – Exit at Lincoln Blvd exit (exit on left) Follow Lincoln to Curtner Avenue, left on Curtner then take a right on Cottle. Parking behind the school and on the corner of Cottle and Dry Creek. From Almaden Expressway South – Exit at Curtner Avenue

**COURSE:** Outdoor (SCY) pool with up to 8 lanes available for competition. An additional 2 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 10' at the start end and 3'6" at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified

**TIME:** Meet will begin at 9:00 AM each day with warm-ups from 7:15 to 8:45 AM each day. A special warm-up time for 8 and under Athletes only will be held from 8:30 to 8:45 AM

**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 applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.

- All events are timed finals.
- All events will swim fast to slow.
- 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 will be accepted until the number of splashes exceeds the estimated timeline, per the “Four-Hour Rule,” based on the Athletes 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 will be made for any mandatory scratches.
- All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.
- Athletes must provide their own timers for the 500 Freestyle and 400 I.M. events.

**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.
- No tent set up on deck

**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, 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 must have met at least USA Swimming Motivational “A” minimum time standard. Athletes in the “B” Division must have met at least the listed “B” minimum time standard. All entry times slower than the listed “B” time standard will be in the “C” Division.
- Entries with "NO TIME" will 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 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 PRIORITY:** Zone 1 South athletes shall have a one week (7 days) priority upon opening of the meet.

**ENTRY FEES:** \$4.50 per event plus an \$8.00 participation fee per Athlete. 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 [www.fastswims.com](http://www.fastswims.com) to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a processing fee for this service, 6.5% of the total Entry Fees plus \$0.75 per transaction, regardless of number of Athletes. 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 **Wednesday, November 3<sup>rd</sup>, 2021.**

**MAILED 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 November 1<sup>st</sup>, 2021.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Osprey Aquatics**

**Mail entries to: Oliver Mackin  
757 Harry Road  
San Jose, CA 95120**

**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 remaining 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 in the event.

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

**AWARDS:** Ribbons will be awarded to the 1st – 8th place for each event in age groups (8&U, 9-10, 11-12, 13 and Over). No awards given for athletes 19 years of age and older. Note: Awards will be separated and handed to teams AFTER the completion of the meet

**ADMISSION:** Free. A program will be available for download

**SNACK BAR & HOSPITALITY:** Food Trucks will be available throughout the competition. Coaches and working 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

#### EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13 & O	8 & UN	9-10	11-12	13 & O
25 FR	200 FR	200 FR	200 FR	100 IM	200 IM	200 IM	200 IM
25 FL	100 FL	100 FL	100 FL	25 BR	100 BR	100 BR	100 BR
50 BR	50 BR	100 BK	200 BR	50 FL	50 FL	50 BK	200 FL
50 BK	50 BK	200 BR	100 BK	25 BK	100 BK	200 FL	200 BK
50 FR	100 IM	100 IM	50 FR	100 FR	100 FR	50 FL	100 FR
	50 FR	50 BR	500 FR			200 BK	400 IM
	500 FR	50 FR				100 FR	
		500 FR				400 IM	

EVENTS

Saturday November 13 <sup>th</sup>		
EVENT #	EVENT	EVENT #
1	13 & Over 200 Freestyle	2
3	11-12 200 Freestyle	4
5	9-10 200 Freestyle	6
7	8 & Under 25 Freestyle	8
9	13 & Over 100 Butterfly	10
11	11-12 100 Butterfly	12
13	9-10 100 Butterfly	14
15	8 & Under 25 Butterfly	16
17	13 & Over 200 Breaststroke	18
19	11-12 100 Backstroke	20
21	10 & Under 50 Breaststroke	22
23	11-12 200 Breaststroke	24
25	10 & Under 50 Backstroke	26
27	13 & Over 100 Backstroke	28
29	11-12 100 I.M.	30
31	9-10 100 I.M.	32
33	11-12 50 Breaststroke	34
35	8 & Under 50 Freestyle	36
37	13 & Over 50 Freestyle	38
39	11-12 50 Freestyle	40
41	9-10 50 Freestyle	42
43	13 & Over 500 Freestyle	44
45	9-12 500 Freestyle	46

Sunday November 14 <sup>th</sup>		
EVENT #	EVENT	EVENT #
47	13 & Over 200 I.M.	48
49	11-12 200 I.M.	50
51	9-10 200 I.M.	52
53	8 & Under 100 I.M.	54
55	13 & Over 100 Breaststroke	56
57	11-12 100 Breaststroke	58
59	9-10 100 Breaststroke	60
61	8 & Under 25 Breaststroke	62
63	13 & Over 200 Butterfly	64
65	11-12 50 Backstroke	66
67	10 & Under 50 Butterfly	68
69	11-12 200 Butterfly	70
71	8 & Under 25 Back	72
73	13 & Over 200 Backstroke	74
75	11-12 50 Butterfly	76
77	9-10 100 Backstroke	78
79	11-12 200 Backstroke	80
81	8 & Under 100 Freestyle	82
83	13 & Over 100 Freestyle	84
85	11-12 100 Freestyle	86
87	9-10 100 Freestyle	88
89	13 & Over 400 I.M.	90
91	11-12 400 I.M.	92

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

Pacific Swimming – Hosted by Osprey Aquatics  
 SHORT COURSE CBA+  
 November 13th – 14th  
 Consolidated Entry Form

Name: Last                      First                      Middle													
Club Abbr.			UNATT TEAM ABBR				Club Name						
Age			Date of Birth				Sex M    F		LSC – (PC, SN)				
USA-#													
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				
# of entries _____ x \$4.50 = \$ _____ Participation Fee       \$ 8.00 Total                       \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													