

**PALO ALTO STANFORD AQUATICS (PC)/DART SWIMMING (SN)
PACIFIC SWIMMING SHORT COURSE MEET
SUNDAY, MARCH 28, 2021**



SANCTION: Held under USA/Pacific Swimming Sanction No. **21-047**

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 real-time results of this meet may be posted 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: | Meet Referee: Mark Carmody | Head Starter: Ted Curley |
| | Meet Marshal: Olivia Frenkel | Admin Official: Jennifer Ha |
| | Meet Director: Ricky Silva | |

LOCATION: Cunningham Aquatics Complex – 801 Heartwood Ave Vallejo, CA 94591

COURSE: Outdoor 25 yard pool with up to 8 lanes available for competition. Up to 10 lanes will be available for warm-up/cool down throughout the competition (limited to 2 athletes per lane). The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 4'0" at the start end and 4'0" 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: | Session A begins 9:00 am. | Warmups will be held 7:30-9:00 am. |
| | Session B begins at 12:30 pm | Warmups will be held from 11:15-12:30 pm |
| | Session C begins at 3:00 pm | Warmups will be held from 2:00-3:00 pm |

**There will be up to a 10 minute break between sessions to sanitize equipment and areas of the pool deck.*

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.
- 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.
- All events will be co-ed.
- Athletes may compete in **three** events per day.
- All Athletes ages 12 and under should complete competition within four (4) hours.
- Sessions are limited to 68 athletes per session.
- 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.
- USA Swimming Tech Suit policies will be enforced for 12 and under athletes.
- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this 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 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.
- Only coaches, athletes and designated volunteers will be allowed on the pool deck.
- Up to 100 persons are allowed in the facility at one time.

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.
- Meet is open only to qualified athletes registered with **DART and PASA** Athletes who are unattached but participating with **DART and PASA** are eligible to compete.
- Entries with **"NO TIME" will be accepted.**

- 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.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

ENTRY FEES: \$30 per athlete. No refunds will be made, except for cancellation of the event.

ENTRIES: ONLINE ENTRIES: You may enter this meet online or by U.S. mail. To enter on-line go to <http://www.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service fee equal to 6.5% of the total Entry Fees plus \$0.75 per transaction, regardless of number of athletes. Please note that the service fee is a separate fee from the Entry Fees. If you do not wish to pay the service 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 or Sierra Nevada Swimming. Online entries will be accepted through 11:59pm, Monday, Mar. 22. LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the ready area at their scheduled time for each event.

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

AWARDS: None.

ADMISSION: Free.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. Viewing is available off the pool deck.

SESSIONS AND EVENTS

Session 1 DART Swimming (only open to DART and UN-DART swimmers)

| | |
|----------|-------------------------------|
| Event 1 | Mixed Open 200 free |
| Event 2 | Mixed 11 and older 100 back |
| Event 3 | Mixed 12 and under 50 breast |
| Event 4 | Mixed 12 and under 50 fly |
| Event 5 | Mixed 11 and older 100 free |
| Event 6 | Mixed 12 and under 50 back |
| Event 7 | Mixed 11 and older 100 breast |
| Event 8 | Mixed 11 and over 100 fly |
| Event 9 | Mixed Open 50 free |
| Event 10 | Mixed Open 200 IM |

Session 2 PASA (only open to PASA and UN-PASA swimmers)

| | |
|----------|------------------------------|
| Event 11 | Mixed 12 and under 100 free |
| Mixed 12 | Mixed 12 and under 50 fly |
| Event 13 | Mixed 12 and under 50 back |
| Event 14 | Mixed 12 and under 50 breast |
| Event 15 | Mixed 12 and under 50 free |
| Event 16 | Mixed 12 and under 100 IM |

Session 3 PASA (only open to PASA and UN-PASA swimmers)

| | |
|----------|------------------------------|
| Event 25 | Girls 200 Free Relay |
| Event 26 | Boys 200 Free Relay |
| Event 17 | Mixed Open 100 fly |
| Event 18 | Mixed 13-14 100 back |
| Event 19 | Mixed 15 and over 200 back |
| Event 20 | Mixed 13-14 100 breast |
| Event 21 | Mixed 15 and over 200 breast |
| Event 22 | Mixed 13-14 50 free |
| Event 23 | Mixed 15 and over 100 free |
| Event 24 | Mixed 13 and over 200 IM |

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