

PASA – Long Course Meet
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET
May 21 – 22, 2022

Enter Online: <http://www.fastswims.com>

Z1N Priority Clubs: BAC, BCP, BGC, DCD, FOG, HDAC, LAMV, MAV, MLKB, OSC, PASA, PPSC, PSL, SSF, YEMB, PEAK



SANCTION: Held under USA/Pacific Swimming Sanction No. **22-066**

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.

MEET PERSONNEL:

Meet Referee: Manus J-Chang	Head Starter: Katherine Ng
Meet Marshal: Paul Coleman	Admin Official: Larry Rice/Stephanie Kuang
Meet Director: Bruce Smith – brucesmithswim@gmail.com	

LOCATION: Lynbrook High School - 1280 Johnson Ave., San Jose, CA

DIRECTIONS: From Highway 280: take Lawrence Expressway south exit; turn right on Bollinger Avenue, left turn onto Johnson Avenue, left turn at second arterial stop sign, left turn into parking lot. From North on Highway 85: exit Saratoga Avenue and turn left, left turn on Lawrence Expressway, left turn onto Prospect Avenue, right turn on Johnson Avenue, right turn into Lynbrook High School parking lot. From South on Highway 85: exit Saratoga Avenue and turn right, left turn on Lawrence Expressway, left turn onto Prospect Avenue, right turn onto Johnson Avenue, right turn into Lynbrook High School parking lot. Pool is behind the parking lot.

COURSE: Outdoor 50m pool with up to 8 lanes available for competition. An additional 1 lane 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 13' at the start end and 13' at the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

TIME: **SESSION A (13 & OVER and 11-12 GIRLS):** Meet begins at 8:30 AM; Warm-Up is from 7:00 - 8:15 AM.
SESSION B (10 & UNDER and 11-12 BOYS): Session B will begin 1 hour after Session A finishes, but not before 12:00 PM. Session B Warm-Ups will begin immediately after Session A finishes.

- 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 **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 entered in the 400 Freestyle and/or 400 IM must have achieved a USA-S Motivational “B” time for their age group and gender. Athletes in the 400 Freestyle and/or 400 IM must provide their own timers.

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, 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 for ONLY 50m and 100m events.**
 - 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 athletes from BAC, BCP, BGC, DCD, FOG, HDAC, LAMV, MAV, MLKB, OSC, PASA, PPSC, PSL, SSF, YEMB, PEAK entering online must do so by 11:59 PM Sunday, May 8 in order to receive priority acceptance to the meet. Surface mail entries must be postmarked by May 2 in order to receive priority acceptance to the meet. No athletes other than those from BAC, BCP, BGC, DCD, FOG, HDAC, LAMV, MAV, MLKB, OSC, PASA, PPSC, PSL, SSF, YEMB, PEAK may enter the meet until the priority period has concluded.

ENTRY FEES: \$4.50 per event plus a \$14.00 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 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 Sunday, May 15, 2022**

MAILED OR HAND DELIVERED 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, **Wednesday, May 11** or **hand delivered by 6:30 p.m. Friday, May 15**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: DBA-DKS

**Mail entries to: Bruce Smith
PO Box 17832
Stanford, CA 94309**

**Hand-deliver entries (M-F hours of 4-7:30pm) to: Dana Kirk
12889 Viscaino Place
Los Altos Hills, CA 94022**

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the bull-pen 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 checked in for/entered shall not be penalized.

AWARDS: None.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar 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. All participating clubs are expected to provide lane timers based upon the number of athletes registered to swim each day. Club timing lanes for Saturday and Sunday will be assigned and coaches will be notified of assignments during the week prior to the meet.

MINIMUM OFFICIALS: Clubs must follow Zone 1 North rules for providing officials. Each club must provide officials for each session according to the number of athletes entered in that session, following the table below. Clubs that do not provide sufficient officials must provide coaches to act in the place of officials.

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 and up (1 for every 25 athletes)

EVENT SUMMARY

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

EVENTS

SATURDAY, MAY 21 st		
AM Session – 11/12 Girls & 13 Over		
GIRLS #	EVENT	BOYS #
1	13 & O 200 FREE	2
3	11 – 12 100 FREE	
5	13 & O 200 BREAST	6
7	11 – 12 100 BREAST	
9	13 & O 100 BACK	10
11	11 – 12 200 BACK	
13	13 & O 100 FLY	14
15	11 – 12 50 FLY	
17	13 & O 50 FREE	18
19	11 – 12 400 IM**	
PM SESSION – 11/12 Boys & 10 Under		
	11 – 12 100 FREE	22
23	10 & U 100 FREE	24
	11 – 12 100 BREAST	26
27	10 & U 100 BREAST	28
	11 – 12 200 BACK	30
31	10 & U 50 BACK	32
	11 – 12 50 FLY	34
35	10 & U 50 FLY	36
	11 – 12 400 IM**	38
39	9 – 10 400 FREE**	40

SUNDAY, MAY 22 nd		
AM Session – 11/12 Girls & 13 Over		
GIRLS #	EVENT	BOYS #
41	11 – 12 200 FREE	
43	13 & O 100 FREE	44
45	11 – 12 50 BACK	
47	13 & O 200 BACK	48
49	11 – 12 200 FLY	
51	13 & O 100 BREAST	52
53	11 – 12 50 FREE	
55	13 & O 200 IM	56
57	11 – 12 200 IM	
59	13 & O 400 FREE**	60
SESSION B		
PM SESSION – 11/12 Boys & 10 Under		
	11 – 12 200 FREE	62
63	10 & U 50 FREE	64
	11 – 12 50 BACK	66
67	10 & U 100 BACK	68
	11 – 12 200 FLY	70
71	9 - 10 100 FLY	72
	11 – 12 50 FREE	74
75	10 & U 50 BREAST	76
	11 – 12 200 IM	78
79	9 – 10 200 IM	80

** Athletes entered in the 400 Freestyle and/or 400 IM must have achieved a USA-S Motivational “B” time for their age group and gender. Athletes in the 400 Freestyle and/or 400 IM must provide their own timers.

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

Pacific Swimming – Hosted by PASA Long Course CBA+ May 21-22, 2022 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				
						: .			SCY / LCM				
# of entries _____ x \$4.50 = \$ _____ Participation Fee \$14.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													