

QUICKSILVER SWIMMING
PACIFIC SWIMMING SHORT COURSE 18U WINTER CHAMPIONSHIP MEET
(QSS, CROW, TIDE, SVS)
DECEMBER 4-6, 2020
Enter Online: <http://www.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **20-082**

TIME TRIALS SANCTION: Held under USA/Pacific Swimming Sanction No. **20-083**

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 the meet mobile app.**

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: Michael Davis	Head Starter: Mike Piccardo
Meet Marshal: Andre Salles-Cunha / Carrie Mox	Admin Official: Attila Lengyel
Meet Director: Lucas Salles-Cunha Lucas@QuicksilverSantaCruz.org	

LOCATION: Gunderson High School. 622 Gaundabert Lane, San Jose, CA 95136

DIRECTIONS: From 85 or 87, take the Santa Teresa Blvd. exit and head west. Turn right onto Thornwood, right onto Winfield, right onto Chynoweth Ave. and right onto Gaundabert Lane. The pool is located in the back of the campus past the Football field.

COURSE: 25 yard short course pool with up to 10 lanes available for competition. An additional 16 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 7'-0" at the start end and 4'-6" 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 will begin per the schedule below. A maximum of two (2) athletes shall be permitted per warm-up lane. The athletes shall start from opposite ends of the pool.

Short Course Sessions

FRIDAY: Session 1: Meet will begin at 2:00 PM. Warm-ups from 1:00-2:00 PM. Meet ends at 4:15pm. Everyone must be out of the pool facility by 4:30pm.

Saturday: Session 2: Meet starts at 9 am. 7:30-8:45am warm up.

Saturday: Session 3: Meet starts at 3:30 pm. 2:00-3:15 pm warm up.

Long Course Sessions

Sunday: Session 5: Meet starts at 9 am. 7:30-8:45am warm up.

Sunday: Session 6: Meet starts at 3:30 pm. 2:00-3:15am warm up.

- 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.
 - Athletes may compete in 6 events per day, including time trials.
 - 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. Due to COVID 19 protocols at the time of the Meet Relays may need to be cancelled if Safety Standards cannot be met.
 - **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**

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.
 - **Quicksilver Athlete Set up will be in the parking lot at the scoreboard side of the pool. Crow Athlete set up will be outside of the fence on the diving well side of the pool, close to the school. TIDE and SVS will set up in the concrete bleachers at the Turn Side of the pool.**

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 **QSS, TIDE, CROW, SVS**. Athletes who are unattached but participating with **QSS, TIDE, CROW, SVS** are eligible to compete.
- Athletes must have achieved at least one 15-18 2020 Spring Far Western Time Standard in order to compete. (See Link for time standards: <http://www.pacswim.org/userfiles/cms/documents/859/fw-time-std.---spring-2020-rev-11.20.19.pdf>)
- Athletes under the age of 13 years are not eligible to compete.
- 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: \$40 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: Entering online is a convenience, is completely voluntary, and is in no way required or expected of an Athlete by Pacific Swimming. To enter online go to www.fastswims.com to receive an immediate entry confirmation. This method requires payment by credit card. Fast Swims 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 **November 28, 2020**.

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 **November 26, 2020**, or hand delivered by **6:30 PM, November 28, 2020**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Quicksilver Santa Cruz

Mail entries to: Lucas Salles-Cunha

325 Soquel Avenue

Santa Cruz, CA 95062

Hand deliver entries to: Lucas Salles-Cunha on deck at Soquel High School.

CHECK-IN: The meet shall be **pre-seeded**. **No Deck Entries shall be accepted**. 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 entered shall not be penalized.

AWARDS: None.

ADMISSION: Free.

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

TIME TRIALS: Time Trials shall be offered to Athletes that compete in the Meet and will be offered Saturday, December 5 after the conclusion of Session 2. Time Trials Entries will only be taken at the Admin. Table on Saturday. Entries shall be due 1 hour before the estimated conclusion of Session 2. An Athlete is limited to a maximum of two Time Trials. Time Trial entries are included in the maximum of 6 total events per day. There is no additional charge for Time Trial entries.

EVENT SUMMARY:

Friday S1	Saturday S2	Saturday S3	Sunday S4	Sunday S5
1650 Free	1000 Free	100 Breast	1500 Free	400 Free
200 Free	200 IM	100 Butterfly	200 Breast	100 Fly
400 IM	200 Backstroke	100 Backstroke	100 Back	200 Back
50 Free	200 Breast	500 Free	200Free	100 Breast
200 Fly	100 Free	50 Free	200 Fly	200 IM
			400 IM	100 Free
			50 Free	800 Free
				50 Free
	Time Trial			

EVENTS

18U Athletes with Winter Championship time standards will have their times automatically submitted to the virtual competition

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

Friday December 4th		
EVENT #	EVENT	EVENT #
1	1650 Free	2
3	200 Free	4
5	400 IM	6
7	50 Free	8
9	200 Fly	10

Saturday December 5th		
Session 2		
EVENT #	EVENT	EVENT #
11	1000 Free	12
13	200 IM	14
15	200 Backstroke	16
17	200 Breast	18
19	100 Free	20
	Time Trials	
Session 3		
21	100 Breast	22
23	100 Butterfly	24
25	100 Backstroke	26
27	500 Free	28
29	50 Free	30

Sunday December 6th		
Session 4		
EVENT #	EVENT	EVENT #
31	1500 Free	32
33	200 Breast	34
35	100 Back	36
37	200Free	38
39	200 Fly	40
41	400 IM	42
43	50 Free	44
Session 5		
45	400 Free	46
47	100 Fly	48
49	200 Back	50
51	100 Breast	52
53	200 IM	54
55	100 Free	56
57	800 Free	58
59	50 Free	60



2020 ★ 18 & UNDER
WINTER
CHAMPIONSHIPS

Date: Times from sanctioned events between December 1, 2020 and December 13, 2020 may be included in the 2020 USA swimming 18-Under Winter Championships. The Dates for this specific Site are December 4-6, 2020.

Eligibility: Athletes having qualifying times for the 18 & Under Winter Championships will have their times from this meet automatically submitted to USA Swimming for the Virtual Competition.

Qualifying Period: The qualifying period for this competition is November 1, 2018 through November 30, 2020. All events for this competition shall be Short Course Yards (SCY).

Scoring: Refer to the USA Swimming's website for the 2020 18&Under Winter Championships scoring criteria.



TIME STANDARDS

2020 * 18 & UNDER
WINTER
 CHAMPIONSHIPS

2020 USA SWIMMING 18 & UNDER WINTER CHAMPIONSHIPS

GIRLS			EVENT	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
24.39	27.29	27.69	50 FR	21.69	24.69	25.19
52.69	59.49	59.99	100 FR	46.99	53.39	54.39
1:53.79	2:07.99	2:09.09	200 FR	1:42.89	1:56.79	1:59.29
5:06.59	4:29.39	4:31.49	400/500 FR	4:39.89	4:08.79	4:12.49
10:26.69	9:18.39	9:19.39	800/1000 FR	9:40.09	8:39.79	8:45.99
17:24.79	17:48.89	17:50.79	1500/1650 FR	16:15.19	16:37.19	16:48.99
58.69	1:06.39	1:07.59	100 BK	52.69	59.59	1:01.49
2:06.29	2:23.59	2:25.49	200 BK	1:53.99	2:09.89	2:13.29
1:06.69	1:15.89	1:16.79	100 BR	59.29	1:08.49	1:09.39
2:24.19	2:42.79	2:45.09	200 BR	2:09.89	2:27.09	2:30.59
58.09	1:05.29	1:05.39	100 FL	51.69	58.79	58.99
2:06.69	2:22.99	2:23.39	200 FL	1:54.89	2:09.39	2:11.49
2:09.59	2:25.99	2:27.89	200 IM	1:56.29	2:11.29	2:14.19
4:33.49	5:07.69	5:10.39	400 IM	4:10.09	4:39.59	4:45.29

Qualifying period is November 1, 2018 through November 30, 2020

Hosts may opt to allow slower time standards to meet local needs; however, only results for swimmers that have achieved the published time standards will be included in the competition results