

ORINDA AQUATICS  
PACIFIC SWIMMING LONG COURSE SENIOR OPEN MEET  
JUNE 22-23, 2024  
Enter online: <http://ome.fastswims.com>



**No Friday night set-up allowed. Gates will open each morning at 7:00AM.**

**Entries will remain open until the estimated timeline before the start of the 1500 free for each session reaches 5 hours.**

**SANCTION:** Held under USA/Pacific Swimming Sanction Number: **24-055**

*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 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.

**OFFICIALS:**

<b>Meet Referee:</b> Charlie Gonzalez	<b>Head Starter:</b> Will Judd
<b>Head Marshal:</b> Wendy Smith	<b>Admin Referee:</b> Amy Gonzalez
<b>Meet Director:</b> Hoa On, <a href="mailto:oapbswimming@gmail.com">oapbswimming@gmail.com</a>	

**LOCATION:** Soda Aquatic Center at Campolindo High School: 300 Moraga Road, Moraga, California.

**DIRECTIONS:** **Highway 24 West**-take Central Lafayette Exit, turn right on Deer Hill Rd, right on First St, right on Mount Diablo Blvd, left on Moraga Rd, and right on Campolindo Dr. **Highway 24 East**-take Orinda Exit, turn right on Moraga Way, left on Glorietta Blvd, right on Rheem Blvd, left on Moraga Rd, left on Campolindo Dr. The pool is located behind high school. Parking lot located on left. **Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed. No overnight/RV parking allowed.**

**COURSE:** Outdoor 50-Meter competition pool with up to 8 lanes with electronic timing system. If entries warrant: a double-ended configuration will be used. A separate pool will be available for warm-down during the meet. The minimum water depth as measured in accordance with article 103.2.3 is 10' on the primary start end and 7' on the secondary start end of the competition pool. The Meet Host shall ensure the required course dimensions.

**TIME:** Meet begins at 9:00 AM each day. The competition course will be open for warm-ups from 7:30 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.
  - The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
  - 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.
  - All events shall swim fast to slow
  - Athletes may compete in a maximum of four (4) events per day.
  - Athletes in the 400 IM, 400 Free and 1500 Free must provide their own timers. Athletes in the 1500 free must provide their own lap counters.
  - **The 1500 FREE events will be limited to the first 24 women entrants and the first 24 men entrants.**
  - **At the discretion of the Meet Referee, events 11&12 and events 25&26 may swim alternating women’s and men’s heats.**
  - 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 deck officials must wear their USA Swimming membership cards in a visible manner.
  - Lifeguards will be available to provide medical assistance to all participants.
  - **ENTRIES WILL REMAIN OPEN UNTIL THE ESTIMATED TIMELINE (before the 1500) FOR EACH SESSION REACHES 5 HOURS.**

**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 consumption 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.
  - **Marshals and signage will indicate areas designated for set-up. Participants who set-up in restricted areas of the pool deck, school campus, or within fire lanes will be required to re-locate.**
  - **NO Camping Tents allowed in the facility. Pop-up tents CANNOT be fully enclosed.** Shelters must be properly secured.
  - Changing into or out of swimsuits other than in locker rooms or other designated areas is 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 are exempt per applicable laws.
  - Operation of a drone or any other flying apparatus is prohibited over the venue (pools, athlete/coach area, spectator area and open ceiling locker rooms) any time athletes, coaches, official and/or spectators are present.
  - Only athletes entered in the meet may use the competition or warm-down pool(s) at any time during the meet.
  - No overnight parking is allowed. Facilities will not be available or accessible before or after meet hours.

**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.

- Athletes 13&over are eligible to enter this meet. There is no proof of time required. Entry times should be the athlete's actual long course time and not the minimum standard.
- Athletes 11 and 12 years of age must meet the Senior Open time standard as outlined by Pacific Swimming time verification procedures. No refunds will be given for times that cannot be proved.
- Athletes under the age of 11 are not eligible to compete.
- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- No time conversions shall be accepted.
- Entries with "NO TIME" will be rejected.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

**SEEDING:** Event seeding will be in the following order: conforming long course meters (LCM), non-conforming short course meters (SCM), and non-conforming short course yards (SCY) - USA Swimming rules 207.11.7B.

**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 all individual 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 and will not be allowed to compete in that event. Check in for the 1500 Free will close at 11:00 AM each day.

**SCRATCH RULE:** Athletes entered in a timed final individual event that is seeded on the deck and who have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. An athlete who fails to swim an event will be barred from their next individual event, either that day or the next meet day.

**ENTRY FEES:** \$7.00 per event plus a \$14.00 participation fee per swimmer. Entries will be rejected if payment is not sent at the time of request. No refunds will be made except for mandatory scratch-downs.

**ONLINE ENTRIES:** To enter online go to <http://ome.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service 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 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 Swimming. Online entries will be accepted through **Wednesday, June 12, 2024, or until the meet reaches capacity, whichever comes first.**

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be submitted on the attached consolidated entry form, which must be filled out completely and legibly with Athlete's best times and delivered with payment in-full. **Paper entries will be accepted if postmarked by Monday, June 10, 2024, or hand delivered by 6:30PM Wednesday, June 12, 2024, or until the meet has reached capacity, whichever comes first.** Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: ORINDA AQUATICS

Mail entries or Hand deliver entries to: Hoa On, 2332 27th Ave, Oakland, CA 94601

**AWARDS:** None.

**ADMISSION:** Free. Printed meet programs will be available to working Coaches and Officials only. Seedings and results may be posted on Meet Mobile.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition, if permitted by local mandates at the time of the meet. Coaches and working Officials will have access to the Hospitality Suite, and lunch will be available to them on both days.

**ORDER OF EVENTS**

<b>Saturday, June 22, 2024</b>		
<b>EVENT #</b>	<b>EVENT</b>	<b>EVENT #</b>
1	200 FREE (W)	
	200 IM (M)	2
3	100 BACK	4
5	100 FREE	6
7	200 BREAST	8
9	100 FLY	10
11	400 IM (W)	
	400 FREE (M)	12
13	Women's 1500 FREE*	

<b>Sunday, June 23, 2024</b>		
<b>EVENT #</b>	<b>EVENT</b>	<b>EVENT #</b>
15	200 IM (W)	
	200 FREE (M)	16
17	200 BACK	18
19	50 FREE	20
21	100 BREAST	22
23	200 FLY	24
25	400 FREE (W)	
	400 IM (M)	26
	Men's 1500 FREE*	28

Athletes in the 400 IM & 400 Free each day must provide their own timers.

\*The 1500 FREE events (13 and 28) are limited to the first 24 men entrants and the first 24 women entrants and will swim fastest to slowest.

Athletes must provide their own Timers and Lap Counters for the 1500 FREE events.

At the discretion of the Meet Referee, events 11&12 and 25&26 may swim alternating women's and men's heats.

For all events, athletes 11 and 12 years of age must meet the Senior Open time standard as outlined by Pacific Swimming time verification procedures. Athletes under the age of 11 are not eligible to compete.

Time standards may be found at: [2023-2024 Senior Times Overview](#)

**Orinda Aquatics  
Pacific Swimming Long Course Senior Open  
June 22-23, 2024  
Consolidated Entry Form**

**NAME (Last, First, MI):**

LSC Code: \_\_\_\_\_

<b>CLUB ABBR:</b>	IF UNATT Team Abbrev:	<b>CLUB NAME:</b>
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<b>AGE</b>	<b>DATE OF BIRTH</b>	<b>AMOUNT PAID</b> \$
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<b>USA Swimming REG #</b>	
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<b>SEX:</b> Boy                      Girl	<b>Age Group:</b>
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EVENT #	PLEASE CIRCLE DISTANCE/STROKE	ENTRY TIME
	SCY/LCM	: .
	SCY/LCM	: .
	SCY/LCM	: .
	SCY/LCM	: .
	SCY/LCM	: .
	SCY/LCM	: .
	SCY/LCM	: .
	SCY/LCM	: .
	SCY/LCM	: .
	SCY/LCM	: .
	SCY/LCM	: .
	SCY/LCM	: .

# of events \_\_\_\_\_ x \$7.00= \_\_\_\_\_  
Participation Fee = + \$14.00  
Total Amount Due \_\_\_\_\_

**Coach  
Name:**

**Athlete's  
Address:**

**Contact  
Phone #:**

**Contact  
Email:**

*Checks payable to Orinda Aquatics*