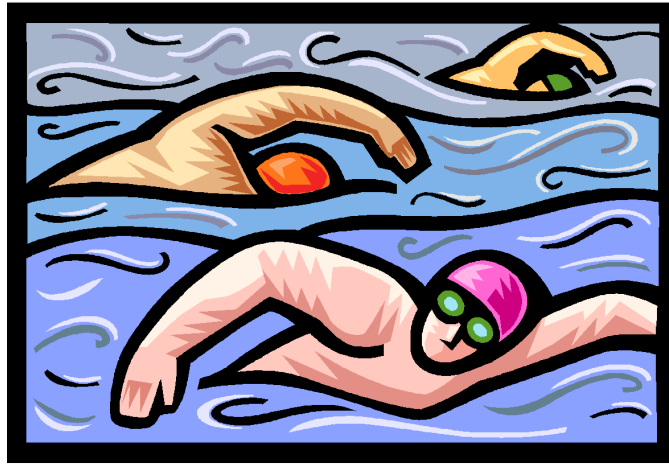


67th Annual
**City of Alameda
Swim Championships**



**Friday, Saturday & Sunday
August 4, 5 & 6, 2023**

Alameda Aquatics Awards Ceremony

Sunday, August 6th, 2023 – 4:00 pm at the O'Club

*Sponsored by the Alameda Recreation and Park Department
in cooperation with the Alameda Gators Swim Team*

www.alamedagators.com



Online Meet Information	Please go to www.fastswims.com for registration and for complete meet information, including this meet sheet and entry form, entries, timeline, location and parking, and live results.
APPROVAL	<p>APPROVAL: Held under USA/Pacific Swimming Approved Meet Number: AP23-002. This meet has been Approved by USA and Pacific Swimming. Times from this meet may be used to enter future USA Swimming meets. In granting this approval 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. It is further understood that Pacific Swimming, ARPD and the Alameda Gators Swim Team shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p> <p>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.</p> <p>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 Approved event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</p> <p>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.</p>
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, psych sheets and live meet results. By entering this meet, the athlete or his/her guardian consents to this publication.
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 electronic devices, including but not limited to film and digital cameras, cell phones and tablets, 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

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	his/her designee.
LOCATION	Encinal High School Swim Center, 230 Central Avenue, Alameda, CA 94501.
PARKING	There is parking along the streets adjacent to the pool. DO NOT park in reserved parking for officials.
COURSE	Outdoor heated pool, 25 yards with 6 competition lanes. A separate warm-up pool will be available throughout the duration of the meet. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 7' at the start end and 7' at the turn end. The competition course has not been certified in accordance with 104.2.2C(4). Locker rooms with showers are available.
RACING STARTS	Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
TIME	The meet begins at 5:30 PM on Friday and 11:00 AM on Saturday and Sunday. General warm-up: 4:30 PM to 5:15 PM Friday; 10:00 AM to 10:45 AM on Saturday & Sunday. Special warm-up for 8 and under swimmers only will be held from 10:45-10:55 AM on Saturday and Sunday.
RULES	Current USA Swimming and Pacific Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP") will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk-of-the-Course. All events are timed finals. All swimmers ages 12 and under should complete competition within four (4) hours. Swimmers may compete in a maximum of three (3) individual events per day. Entries will be accepted until the number of splashes exceeds the estimated timeline, per the Four Hour Rule, based on the swimmer's 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 deck officials must wear their USA Swimming membership cards in a visible manner. All 1650 Free and 500 Free swimmers must provide their own timers and lap counters. Medical Supervision available: lifeguards.
RESTRICTIONS	Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas and in all areas used by swimmers during the meet and warm-up periods. Glass containers, sale and use of alcoholic beverages and propane heaters are prohibited in all areas of the meet venue. All shelters must be properly secured. Outside BBQ pits are not permitted. No photography is allowed from behind the starting area. Deck changes are prohibited. 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.

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ELIGIBILITY	<p>All swimmers must be Alameda residents or active members of the Alameda Gators Swim Team at the time of the meet to participate. All swimmers, Except Novice Swimmers, must be current members of USA-Swimming. Swimmers without a current and valid USA-Swimming membership will be automatically entered into Novice events. There are no minimum or qualifying times for any event. Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming policy.</p> <p>Novice Swimmer Defined: For this competition, a Novice Swimmer is a swimmer who:</p> <ul style="list-style-type: none"> • Has never swum in a USA-Swimming Meet Or • Has not swum in a USA-Swimming meet within the last two years <p>Swimmers who do not have a current and valid USA-Swimming membership may only enter Novice events.</p> <p>Masters Swimmer Defined: Participants must be 19 years of age or older and may ONLY swim in the Masters events.</p>	
CHECK-IN	<p>The meet will be pre-seeded. Check for postings on the pool deck walls for heat and lane assignments. Check in is not required.</p>	
SCRATCHES	<p>Any swimmer not reporting for or competing in an individual timed final event that they have entered shall not be penalized.</p>	
OFFICIALS	<p>Head Referee: David Benjamin</p> <p>Head Starter: Peter McNamara</p> <p>Meet Marshall: Sarah New</p>	<p>Admin Referee: Angela Cardenas</p> <p>Meet Director: Anh Nguyen AlamedaCityMeet2023@gmail.com 510-485-0248</p>
ENTRY FEES	<p>\$14.00 participation fee per swimmer, \$4.50 per event (to help defray meet expenses). ARPD staff will handle registration for ARPD swimmers. All participants, except ARPD, must register online at www.fastswims.com.</p>	
ENTRIES	<p>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. Entry times must be submitted in yards. No Time (NT) entries are accepted. Online entries will be accepted through Monday July 24, 2023, or until the meet reaches capacity, whichever comes first.</p> <p>For paper/mail entries please contact Anh Nguyen AlamedaCityMeet2023@gmail.com 510-485-0248 no later than July 24th, 2023. No late entries will be accepted, or refunds made.</p>	
AWARDS	<p>18 & Under Swimmers: Gold, Silver and Bronze medals will be awarded to the top three finishers in each event. Ribbons will be awarded for 4th, 5th, and</p>	

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	6th place. Awards will be given out in the following age groups: 8 & Under, 9-10, 11-12, 13-14, 15-18. Note: Individual awards must be picked up at the meet. Awards will not be distributed after the meet.
ADMISSION	Admission is free.
PROGRAMS	A two-day program will be available for sale at a reasonable price.
HOSPITALITY	Hospitality will be available for officials, coaches; and timers (during their shifts only).
SNACK BAR	A snack bar will be available.

Event Summary

Friday, August 4, 2023, 5:30 PM

OPEN	
1650 Free Women #1 Men #2	500 Free Women #3 Men #4

Saturday, August 5, 2023, 11:00 AM

6&UN Novice	8&UN Novice	9-10 Novice	11-12 Novice	13&UP Novice	8&UN	9-10	11-12	13&UP	Masters
25 back Girls #23 Boys #24	25 Back Girls #21 Boys #22	25 Back Girls #19 Boys #20	50 Back Girls #17 Boys #18	50 Back Girls #15 Boys #16	100 IM Girls #13 Boys #14	100 IM Girls #11 Boys #12	200 IM Girls #9 Boys #10	200 IM Girls #7 Boys #8	100 IM Women #5 Men #6
	25 Fly Girls #35 Boys #36	25 Fly Girls #37 Boys #38	50 Fly Girls #39 Boys #40	50 Fly Girls #41 Boys #42	25 Fly Girls #33 Boys #34	50 Fly Girls #31 Boys #32	50 Fly Girls #29 Boys #30	100 Fly Girls #27 Boys #28	50 Fly Women #25 Men #26
	50 Free Girls #55 Boys #56	50 Free Girls #51 Boys #52			50 Free Girls #53 Boys #54	100 Free Girls #49 Boys #50	100 Free Girls #47 Boys #48	100 Free Girls #45 Boys #46	100 Free Women #43 Men #44

Sunday, August 6, 2023, 11:00 AM

6&UN Novice	8&UN Novice	9-10 Novice	11-12 Novice	13&UP Novice	6&UN	8&UN	9-10	11-12	13&UP	Masters
		50 Back Girls #65 Boys #66			25 Back Girls #69 Boys #70	25 Back Girls #67 Boys #68	50 Back Girls #63 Boys #64	50 Back Girls #61 Boys #62	100 Back Girls #59 Boys #60	50 Back Women #57 Men #58
	25 Breast Girls #71 Boys #72	25 Breast Girls #73 Boys #74	50 Breast Girls #75 Boys #76	50 Breast Girls #77 Boys #78		25 Breast Girls #87 Boys #88	50 Breast Girls #85 Boys #86	50 Breast Girls #83 Boys #84	100 Breast Girls #81 Boys #82	50 Breast Women #79 Men #80
25 Free Girls #89 Boys #90	25 Free Girls #91 Boys #92	25 Free Girls #93 Boys #94	50 Free Girls #95 Boys #96	50 Free Girls #97 Boys #98	25 Free Girls #109 Boys #110	25 Free Girls #107 Boys #108	50 Free Girls #105 Boys #106	50 Free Girls #103 Boys #104	50 Free Girls #101 Boys #102	50 Free Women #99 Men #100

**Numbers in grey denote Event Numbers. For example, the following notation means that the 8&UN 100 IM Event Number for Girls is #13 and for boys is #14.*

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FRIDAY AUGUST 4, 2023, 5:30 PM			
GIRLS/WOMEN	AGE	EVENT	BOYS/MEN
1	OPEN	1650 FREE	2
3	OPEN	500 FREE	4

SATURDAY AUGUST 5, 2023, 11:00 AM			
Girls Women Event #	Age	Event	Boys Men Event #
5	Masters	100 IM	6
7	13 & Up	200 IM	8
9	11-12	200 IM	10
11	9-10	100 IM	12
13	8 & Un	100 IM	14
15	13 & Up Novice	50 Back	16
17	11-12 Novice	50 Back	18
19	9-10 Novice	25 Back	20
21	8 & Un Novice	25 Back	22
23	6 & Un Novice	25 Back	24
25	Masters	50 Fly	26
27	13 & Up	100 Fly	28
29	11-12	50 Fly	30
31	9-10	50 Fly	32
33	8 & Un	25 Fly	34
35	8 & Un Novice	25 Fly	36
37	9-10 Novice	25 Fly	38
39	11-12 Novice	50 Fly	40
41	13 & UP Novice	50 Fly	42
43	Masters	100 Free	44
45	13 & Up	100 Free	46
47	11-12	100 Free	48
49	9-10	100 Free	50
51	9-10 Novice	50 Free	52
53	8 & Un	50 Free	54
55	8 & Un Novice	50 Free	56

SUNDAY AUGUST 6, 2023, 11:00 AM			
Girls Women Event #	Age	Event	Boys Men Event #
57	Masters	50 Back	58
59	13 & Up	100 Back	60
61	11-12	50 Back	62
63	9-10	50 Back	64
65	9-10 Novice	50 Back	66
67	8 & Un	25 Back	68
69	6 & Un	25 Back	70
71	8 & Un Novice	25 Breast	72
73	9-10 Novice	25 Breast	74
75	11-12 Novice	50 Breast	76
77	13 & Up Novice	50 Breast	78
79	Masters	50 Breast	80
81	13 & Up	100 Breast	82
83	11-12	50 Breast	84
85	9-10	50 Breast	86
87	8 & Un	25 Breast	88
89	6 & Un Novice	25 Free	90
91	8 & Un Novice	25 Free	92
93	9-10 Novice	25 Free	94
95	11-12 Novice	50 Free	96
97	13 & Up Novice	50 Free	98
99	Masters	50 Free	100
101	13 & Up	50 Free	102
103	11-12	50 Free	104
105	9-10	50 Free	106
107	8 & Un	25 Free	108
109	6 & Un	25 Free	110

* 6 and Under swimmers may enter 8&UN events but cannot exceed a total of three events per day.