



CAL Invitational Swim Meet

Hosted by **California Aquatics**

January 13–14, 2024

Enter Online: <https://ome.fastswims.com/>

Entry Deadline: Monday January 8, 2024

This meet has been approved by USA Swimming. Official times from this meet may be used to enter future USA Swimming meets.

Held under the approval of USA Swimming/Pacific Swimming Approval Number: **AP24-001**

In granting this approval it is understood and agreed that USA Swimming 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.

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 approved 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.

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 their 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 are 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, restrooms, or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or their designee.

MEET PERSONNEL:

Meet Referee: Leo Lin

Head Starter: Mark Ryan

Meet Marshal: Dave Durden

Admin Ref: Christopher Lam

Meet Director: Noah Yanchulis (noahyanchulis@berkeley.edu)

LOCATION: Spieker Aquatics Complex at UC Berkeley. 2301 Bancroft Way, Berkeley, CA 94704.

COURSE: OUTDOOR 25-yard competition pool with up to 8 lanes available for competition. An additional 8 25-yard lanes will be available for warm-up/warm-down throughout the competition. The minimum water depth for the competition

course, measured in accordance with Article 103.2.3, is 13' at the start end and 10' at the turn end. The host will ensure the required course dimensions.

TIME: The morning session will begin at 9:00 AM each day, with warm-ups from 7:30–8:45 AM. The afternoon session will begin 1 hour after the conclusion of the morning session, but not before 1:00 PM. Warm-ups for the afternoon session will start at the conclusion of the morning session and end 10 minutes before the start of the afternoon session.

Session	Times	Sat Jan 13, 2024	Sun Jan 14, 2024
Morning	Warm-up: 7:30–8:45 AM Session start: 9:00 AM	Women	Men
Afternoon*	Warm-up: TBD Session start: Not before 1PM	Men	Women
*Estimated start time for afternoon session will be communicated after close of entries.			

RULES:

- This meet is open to both USA-Swimming registered and non-USA-Swimming athletes. **There will be no on-deck registration.**
- 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.
- Current USA Swimming and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be available at the Clerk-Of-Course.
- **All events will swim fast to slow.**
- Athletes may compete in a maximum of **four (4) individual events** per day, plus relays.
- Each session will be capped at 350 athletes per session, or when the estimated timeline exceeds 3.5 hours per session.
- The 500 Freestyle and 400 IM events may be capped at **50 entries each**. Athletes in these events must positively check-in by the check-in deadline in order to be seeded into the event.
- All events are timed finals.
- If local conditions warrant it, the Meet Referee, with concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be made for any mandatory scratches.
- All USA Swimming Member-Coaches and officials must wear their USA Swimming membership cards in a visible manner.
- Entry times shall not be modified after the entry deadline.
- For the 500 Freestyle: Athletes shall provide their own timers and lap counter operator. (Lap counting devices will be provided.)
- For the 400 IM: Athletes shall provide their own timers.

UNACCOMPANIED SWIMMERS: 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 the 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: Any USA-Swimming athlete-member entered in the meet 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 without use of the backstroke ledge. When unaccompanied by a Member-Coach, 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 tobacco products is prohibited on the UC Berkeley campus.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- Propane heaters are not permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Deck changes are prohibited.
- Destructive devices, including 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 their 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 (LEOs) are except per applicable laws.
- Operation of a drone, or 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 12 years or younger are **not** eligible to compete.
- Athlete's age on the first day of the meet shall determine the athlete's age for the entire meet.
- Entries with "No Time" will be REJECTED.
- Athletes shall meet the entry time standard listed in the event table in at least one (1) event in order to be eligible to enter the meet.
- Bonus events: Athletes who have entered and met the minimum time standard in at least one event may enter unlimited bonus events.
- Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Disabled swimmers 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.

CHECK-IN: The meet will be **pre-seeded**, **except** the 400 IM and 500 Freestyle events. The positive check-in deadline for the 400 IM/500 Freestyle is 10:00 AM (morning session) and 60 minutes after the start of the session (afternoon session). **Athletes who do not positively check-in for the 400 IM/500 Freestyle will not be seeded in the event.**

SATURDAY NO-SHOWS: Any athlete who fails to compete in an individual event heat on Saturday which such athlete has been entered and has not been scratched will not be seeded on Sunday unless that athlete positively checks-in with the Admin Referee prior to Sunday's scratch deadline.

SCRATCH DEADLINE: Scratches shall be submitted to the Admin Referee (Chris Lam, +1-530-746-8321, Lam.Christopher@outlook.com) either by SMS text, email, or on-site at the Admin Office. The scratch deadline for Saturday's events is Friday, January 12, 2024 at 4:00 PM. The scratch deadline for Sunday's events is Saturday, January 13, 2024 at 4:00 PM.

ONLINE ENTRY: Individual event entries will be accepted via online entry **only**. To enter online, go to <https://ome.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service fee, 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. Online entries will be accepted through Monday, January 8, 2024 at 11:59 PM or until the meet reaches capacity, whichever is sooner. **LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.**

Relay event entries may be entered online at <https://ome.fastswims.com/> by the entry deadline or onsite at the Admin Office by 10:00 AM (morning session) or 60 minutes after the start of session (afternoon session).

ENTRY FEES: \$10.00 participation fee per athlete, \$8.00 per individual entry, \$10.00 per relay entry.

AWARDS: None.

SCHEDULE OF EVENTS

Saturday, January 13, 2024				
Women (Morning)	SCY	Event	SCY	Men (Afternoon)
1	2:24.79	200 IM	2:12.29	2
3	27.69	50 Free	24.79	4
5	2:22.99	200 Fly	2:11.39	6
7	1:05.39	100 Back	59.79	8
9	2:42.79	200 Breast	2:28.09	10
11	---	200 Med Relay	---	12
13	5:43.99	500 Free*	5:21.19	14

**For the 500 Free, athletes must provide their own timers and lap counter operator.
(Lap counting devices will be provided.)*

Sunday, January 14, 2024				
Women (Afternoon)	SCY	Event	SCY	Men (Morning)
15	59.99	100 Free	54.19	16
17	2:21.19	200 Back	2:09.89	18
19	1:05.29	100 Fly	58.99	20
21	1:15.69	100 Breast	1:07.89	22
23	2:09.29	200 Free	1:58.59	24
25	---	200 Free Relay	---	26
27	5:07.29	400 IM*	4:43.99	28

**For the 400 IM, athletes must provide their own timers.*