ALBANY ARMADA AQUATICS
PACIFIC SWIMMING SHORT COURSE C/B/BB+ MEET
May 31-June 2, 2024
Enter Online: http://ome.fastswims.com

No Thursday night set-up allowed. Canopies can't be left outside the pool Friday or Saturday nights and must be taken home or stored behind the pool. Gates will open Friday at 3:30 PM and 7:00 AM Saturday and Sunday.

SANCTION: Held under USA/Pacific Swimming Sanction No.**24-072**
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.

MEET PERSONNEL:
Meet Referee: David Kaplan
Head Starter: Markus Daene
Meet Marshal: Amornrit Pukdeedamrongrit
Admin Official: Lisa Kaplan
Meet Directors: Krista Ward and Filip Filipić armadaswimdirector@gmail.com

LOCATION: Albany Aquatic Center, 1311 Portland Ave., Albany, CA, 94706

DIRECTIONS: From Highway 80, take Buchanan exit and head east. Make a left on San Pablo Ave. Make a right on Portland Ave. There is no parking lot at this site and parking in the surrounding neighborhood is very limited. Please be courteous to our neighbors and do not block driveways, park in red zones, or over designated parking markers. Parking tickets will be issued to violators. A limited number of spaces on the block nearest the pool entrance on Portland Avenue will be reserved for officials and coaches.

COURSE: Outdoor 25 yard pool with up to 8 lanes available for competition. At least 2 additional lanes will be available in either the indoor or outdoor pool all days of the meet for warm-up/cool-down. 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 7'0" at the turn end. The meet host will ensure the required course dimensions.

TIME: On Friday, the meet will begin at 5:00 pm with warm-up at 4:00 pm. On Saturday and Sunday, the meet will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. A special warm-up time for 8 and under Athletes only will be held from 8:45-8:55 AM Saturday and Sunday.

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.

• Warm-up/cool-down lanes are for active swimming only, not recreational activities.

• 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 athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.

• All events are timed finals.

• All events will swim fast to slow.

• Athletes may not enter more than **3** events each day for Saturday and Sunday.

• 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 athlete's age and gender for Saturday and Sunday. Friday's session will close when the estimated timeline has reached 2.5 hours.

• If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down.

• No Refunds shall be given other than mandatory scratch downs

• **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**

• The Albany Aquatic Center will be staffed with lifeguards on duty and has Emergency Action Plans (EAPs) in place to assist with any medical situations that arise. The pool is fully equipped with backboards and an AED, and all lifeguards are trained to dial 911 as part of the facility EAP.

• Pacific Swimming has a No-Tech Suit Policy for ALL 12 & Under athletes.

• All athletes entered in the 500-yard and 1000-yard freestyle shall provide their own timers and lap counters.

• Events 1 and 2 (Mixed 10 & Under 500 FR and Mixed 11 & Over 1000 Free), shall be limited to 42 athletes each, filled in the order in which the entries are received. Athletes may enter No Time for Events 1 and 2 if they have not swam these before in competition.

• Event 29 (Girls' Open 400 IM) and Event 62 (Boys' Open 400 IM), shall be limited to 48 athletes each, filled in the order in which the entries are received. Athletes entering Events 29 and 62 must have achieved the Pacific Swimming 11-12 B time standard for the event (6:24.19 SCY Girls, 6.13.09 SCY Boys) or have a coach's permission to enter the minimum time into FastSwims.

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.
• Set-up allowed in designated areas only. Parties may be asked to relocate at the discretion of the Meet Marshal, in order to maintain compliance with facility site regulations and fire code. There will be coaches seating along the North side of the pool. Coaches seating is first come first serve and not subject to "reserving space" in advance. Coaches are expected to share this space.

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 in the "BB" Division must have met at least USA Swimming Motivational BB" 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. For 8 & Under, athletes in the "A" Division must have met at least the listed "A" time standard.
• Entries with **"NO TIME" will be NOT be accepted except for events 1 (10&Under 500 Free) and 2 (11&Over 1000 Free).**
• 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.
• The Athlete's age will be the age of the Athlete on the first day of the meet.

ENTRY PRIORITY: Meet entries will not be accepted any earlier than Monday, **April 29, 2024**. Entries from members of "year-round" Zone 2 clubs in good standing postmarked or entered online by 11:59 PM on **May 2, 2024** will be given 1st priority acceptance. Entries from members of all Zone 2 clubs (year-round and seasonal) postmarked or entered online between 12:00 AM **May 3, 2024** and 11:59 PM **May 9, 2024** will be given 2nd priority acceptance. All entries from Zone 2, all other Pacific LSC Zones and other LSC's, either postmarked, entered online, or hand delivered by the entry deadline will be considered in the order they are received. For the 500 FR and 1000 FR, entries will be limited to the first 42 entrants per event. For the 400 IM, entries will be limited to the first 48 entrants per event.

**** NOTE: Athletes who falsify their entry form by listing a club to which they are not legitimately associated will be rejected from the meet. Further, entry fees will not be refunded and they may be referred to the Pacific Swimming Review Committee for disciplinary action.**

ENTRY FEES: $4.50 per event plus a $10.00 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 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 *Tuesday, **May 21, 2024,*** or until the meet reaches capacity under the four-hour rule.

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, *Monday, **May 20, 2024*** or hand delivered by 6:30 p.m. *Tuesday, **May 21, 2024**.* Mailed and hand delivered entries will be accepted through *Tuesday, **May 21, 2024,*** or until the meet reaches capacity (2.5 hrs on Friday) and the four-hour rule for Saturday and Sunday. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: **Albany Armada Aquatics**

Mail entries to: Helen Garcia
PO Box 5479
Richmond, CA 94805

Hand deliver entries to: Helen Garcia
On the pool deck at: 1311 Portland Ave Albany, CA 94706
Between 4:00 PM and 7:00 PM

Friday Distance Events - CHECK-IN: The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. Event #1 will be closed for check-in at 4:30 pm. Event #2 will be closed for check-in no earlier than 5:00 pm and no later than 60 minutes before the

estimated start of Event #2. Athletes who do not check in will not be seeded and will not be allowed to compete in that event. Athletes who wish to scratch from an event after the close of check-in are requested to inform the Referee on the starting end of the competition course.

SATURDAY / SUNDAY 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. Prior to 10:30 AM, close of check-in for each event shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. **Close of check-in for all remaining events for that day shall be at 10:30 AM.** Athletes who do not check in will not be seeded and will not be allowed to compete in that event. Athletes who wish to scratch from an event after the close of check-in are requested to inform the Referee on the starting end of the competition course.

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: First through eighth places in each division (C, B, BB) will be awarded for the 9-10, 11-12, 13-14 age groups. First through eighth places for the 500 Free and first through eighth place in each division (PC-C, PC-B, PC-A) will be awarded for all other 8 & Under age group events. All athletes achieving an A time for the first time will be awarded a standard A medal, regardless of place achieved in the event. No awards will be given for athletes 15 years of age and older. No awards will be given for the Open 400 IM or for the 11 & Over 1000 Free. Note: Individual awards must be picked up at the meet on Saturday or Sunday. We will not mail or distribute awards after the meet.

ADMISSION: Free. Programs will be available for coaches and officials only.

SNACK BAR & HOSPITALITY: A snack bar will be available Saturday and Sunday only. Coaches and working Officials will be provided dinner on Friday and lunches Saturday and Sunday. Hospitality will serve refreshments to timers and volunteers Saturday and Sunday. All meet participants are encouraged to bring their own reusable water bottle. No plastic water bottles will be for sale at the snack bar.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. Any items left outside the facility overnight will not be secure or guarded. Please do not leave anything overnight. Set up will be available starting at 3:30pm Friday and 7:00 a.m. on Saturday, no earlier. 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: The Meet Referee shall conduct an inventory of Officials and shall compare the number of athletes entered against the number of Officials that worked representing each club per day of the meet. Those clubs who have not provided sufficient Officials in a day of the meet, in accordance with the table below, will be fined $100 per missing Official per day.

Number of athletes entered in meet per club per day	Number of trained and carded officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 Athletes over 100	+1

EVENTS SUMMARY

FRIDAY MAY 31	
10 & Under Mixed	**11 & Over Mixed**
500 Free	1000 Free

SATURDAY JUNE 1				SUNDAY JUNE 2			
8 & UN	**9-10**	**11-12**	**13 & Over**	**8 & UN**	**9-10**	**11-12**	**13 & Over**
25 Breast	100 Breast	200 Breast	200 Breast	25 Fly	50 Fly	100 Fly	200 Fly
50 Back*	50 Back*	50 Back	100 Fly	25 Back	100 Back	100 Back	100 Back
100 IM*	100 IM*	200 IM	200 IM	25 Free	50 Breast	100 Breast	100 Breast
50 Free*	50 Free*	50 Free	50 Free	100 Free*	100 Free*	100 Free	100 Free
400 IM Open (Girls) 11-12 Girls Pacific Swimming B-standard time required				400 IM Open (Boys) 11-12 Boys Pacific Swimming B-standard time required			

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

EVENTS

FRIDAY MAY 31, 2024	
EVENT #	**EVENT**
1	10 & Under Mixed 500 Free*
2	11 & Over Mixed 1000 Free**

SATURDAY JUNE 1, 2024		
EVENT #	**EVENT**	**EVENT #**
3	13 & Over 200 Breast	4
5	11-12 200 Breast	6
7	9-10 100 Breast	8
9	8 & Under 25 Breast	10
11	13 & Over 100 Fly	12
13	11-12 50 Back	14
15	10 & Under 50 Back*	16
17	13 & Over 200 IM	18
19	11-12 200 IM	20
21	10 & Under 100 IM*	22
23	13 & Over 50 Free	24
25	11-12 50 Free	26
27	10 & Under 50 Free*	28
29	400 IM Open (Girls)**	

SUNDAY JUNE 2, 2024		
EVENT #	**EVENT**	**EVENT #**
31	13 & Over 200 Fly	32
33	11-12 100 Fly	34
35	9-10 50 Fly	36
37	8 & Under 25 Fly	38
39	13 & Over 100 Back	40
41	11-12 100 Back	42
43	9-10 100 Back	44
45	8 & Under 25 Back	46
47	13 & Over 100 Breast	48
49	11-12 100 Breast	50
51	9-10 50 Breast	52
53	8 & Under 25 Free	54
55	13 & Over 100 Free	56
57	11-12 100 Free	58
59	10 & Under 100 Free*	60
	400 IM Open (Boys)**	62

***These events will compete in the 10 & Under category but awarded as 9-10 and 8 & Under Events.**
****All athletes entering the 400 IM, 500 Free, and 1000 Free events must provide their own timers.**
All athletes entering the 500 Free and 1000 Free events who want a lap counter must bring their own.

Pacific Swimming – Hosted by AAA
SHORT COURSE C/B/BB+
May 31 – June 2, 2024
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 $ 10.00
Total $_____

Coach

Athlete's Address

Home Phone	Cell Phone

Email