

SANCTION: Held under USA/Pacific Swimming Sanction No. **19-151**

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.

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.

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:

Meet Referee:	David Benjamin	Head Starter:	Dionne Dunn
Meet Marshal:	Claire Darzacq	Admin Official:	Angela Cardenas
Meet Director:	Tom Cross tc4322@yahoo.com / Jessica Getz getzjr1@gmail.com		

LOCATION: Albany Aquatic Center, 1311 Portland Avenue, 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.

COURSE: Outdoor 25 yard pool with up to 8 lanes available for competition. An indoor 25 yard pool with up to 5 lanes will be available for warm-up/cool down on Saturday and Sunday. 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 turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: 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 to 8:55 AM.

RULES:

- Current USA and Pacific Swimming rules and warm-up procedures, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern the meet. A copy of the warm-up procedures will be posted at the Clerk-of-Course.
- All events are timed finals.
- All events will swim fast to slow.
- Athletes may compete in a maximum of four (4) individual events per day.
- All athletes ages 12 and under should complete competition within four (4) hours.
- Entries will be accepted until the estimated time line exceeds four hours based on the athletes' age and gender, per the "Four-Hour Rule."
- If local conditions warrant, 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 athletes entered in the 500 Free and the 1000 Free shall provide their own timers and lap counters.
- At the discretion of the referee, the 1000 Free may be swum in alternating heats of girls and boys, and the last heats may be combined.

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: Any athlete 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. 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 other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, in 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 heaters are 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 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.
- The only canopies allowed on deck will be for coaches in the designated coaches' area. All athletes and spectators will set up in the public park outside of the pool deck. All items left overnight will not be secure, so we do not recommend leaving canopies and chairs set up outside. Items may be folded up and left on the pool deck overnight.
- Set up will be available starting at 6:30 a.m. on Saturday morning of the meet.

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.
- Athletes in the "BB" Division must have met at least the listed "BB" time standard. Athletes in the "B" Division must have met at least the listed "B" time standard. All entry times slower than the listed "B" time standard will be in the "C" Division. For 8&U, athletes in the "A" division must have met at least the listed "A" time standard.
- Entries with "**NO TIME**" will not be accepted.
- Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- 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. Such athletes must have met standards for the 17-18 age group.
- 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 Saturday, October 5, 2019. Entries from members of year-round Zone 2 clubs postmarked or entered online by 11:59 PM on Saturday, October 12, 2019 will be given 1st priority acceptance. Entries from members of all Zone 2 clubs (seasonal and year-round) postmarked or entered online between 12:00 AM on Sunday, October 13, 2019 and 11:59 PM Sunday, October 20, 2019 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 that they are received. Entries received after the meet has reached capacity will not be accepted.

**** 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: \$4.00 per event plus an \$8.00 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://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.

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 Wednesday, October 30, 2019, or until the meet has reached capacity, whichever comes first.

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, October 28, 2019 or hand delivered by 7:15 PM Wednesday, October 30, 2019. No late entries will be accepted. No entries received after the meet has reached capacity will be accepted. Requests for confirmation of receipt of entries should include a self-addressed, stamped envelope.

Make check payable to: Albany Armada Aquatics

Mail entries to: Albany Armada Aquatics
PO Box 5479
Richmond, CA 94805

Hand deliver entries to: Helen Garcia

On the pool deck at: 1311 Portland Avenue, Albany, CA 94706
Between 4:00 and 7:15 PM, Mon-Fri

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.

SCRATCHES: Any athlete not reporting for or competing in an individual timed final event shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

AWARDS: First through eighth place in each division (C, B & BB) will be awarded for the 9-10, 11-12, 13-14, and 15-18 age groups. First through eighth place in each division (PC-C, PC-B, and PC-A) will be awarded for the 8 & Under age group. 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 19 years of age and older. Note: Individual awards must be picked up at the meet. We will not mail or distribute awards after the meet.

ADMISSION: Free. A 2 day program will be available for sale.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

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 6:30 a.m. on the first day of the meet, no earlier.

All participating clubs are expected to provide lane timers based upon the number of swimmers 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

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13 & Up	8 & UN	9-10	11-12	13 & Up
50 Breast	50 Breast	200 Free	200 Free	100 IM	100 IM	100 IM	400 IM
25 Free	50 Free	100 Breast	100 Breast	25 Breast	50 Back	100 Back	200 Back
50 Back	100 Back	50 Free	50 Free	50 Free	100 Breast	50 Breast	200 Breast
25 Fly	100 Fly	100 Fly	100 Back	25 Back	100 Free	100 Free	100 Free
100 Free	500 Free	200 IM	200 IM	50 Fly	50 Fly	50 Fly	100 Fly
			1000 Free			500 Free	

ORDER of EVENTS

SAT, NOVEMBER 9		
EVENT #	EVENT	EVENT #
1	13&UP 200 Free	2
3	11-12 200 Free	4
5	8&UN 50 Breast	6
7	9-10 50 Breast	8
9	13&UP 100 Breast	10
11	11-12 100 Breast	12
13	8&UN 25 Free	14
15	9-10 50 Free	16
17	13&UP 50 Free	18
19	11-12 50 Free	20
21	8&UN 50 Back	22
23	9-10 100 Back	24
25	13&UP 100 Back	26
27	11-12 100 Fly	28
29	8&UN 25 Fly	30
31	9-10 100 Fly	32
33	13&UP 200 IM	34
35	11-12 200 IM	36
37	8&UN 100 Free	38
39	9-10 500 Free *	40
41	13&up 1000 *#	42

SUN, NOVEMBER 10		
EVENT #	EVENT	EVENT #
43	13&up 400 IM	44
45	9-10 100 IM	46
47	8&UN 100 IM	48
49	11-12 100 IM	50
51	13&UP 200 Back	52
53	11-12 100 Back	54
55	9-10 50 Back	56
57	8&UN 25 Breast	58
59	13&UP 200 Breast	60
61	11-12 50 Breast	62
63	9-10 100 Breast	64
65	8&UN 50 Free	66
67	13&UP 100 Free	68
69	11-12 100 Free	70
71	9-10 100 Free	72
73	8&UN 25 Back	74
75	13&UP 100 Fly	76
77	11-12 50 Fly	78
79	9-10 50 Fly	80
81	8&UN 50 Fly	82
83	11-12 500 Free *	84

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

- * All athletes entered in the 500 Free and the 1000 Free shall provide their own timers and lap counters.
- # The 1000 Free may be swum in alternating heats of girls and boys, and the last heats may be combined.

Pacific Swimming – Hosted by Albany Armada Aquatics November 9-10, 2019 Consolidated Entry Form													
Name: Last, First Middle													
Club Abbr.			UNATT CLUB 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				
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						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													