

SANCTION: Held under the sanction of USA Swimming/Pacific Swimming Sanction No. **21-075**

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 guardian thereof 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.

MEET PERSONNEL:

Meet Referee: Christopher Lam	Head Starter: Robert Fornshell
Meet Marshal: Melanie Martin del Campo	Admin Official: Angela Cardenas
Meet Director: Christie Fanton (christie_fanton@hotmail.com)	

LOCATION: Encinal Swim Center, 230 Central Ave, Alameda, CA 94501.

DIRECTIONS: From CA-24 W, continue onto I-980 W, and take exit 1C for 12th Street. Merge onto Brush St, turn left onto 7th St, turn right onto Webster St, and continue into the Webster St Tube. Turn right onto Atlantic Ave/Ralph Appezato Memorial Parkway, turn left onto Main St, take a slight right onto Central Ave, and Encinal High School and Swim Center will be on the right after 0.3 miles.

COURSE: Outdoor 25-yard pool with up to 7 lanes available for competition. A separate 20-yard pool will be available for warm-up/warm-down throughout the competition. The minimum water depth, measured in accordance with Article 103.2.3, is 4'6" at the start end and 4' 6" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: The Time Trial will begin at **1:45 PM** with warm-ups from **1:00–1:35 PM**.

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.
- All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.
- All events are time trials.

- All events will swim fast to slow.
- Athletes may compete in **four (4)** time-trials per day, including relays.
- All Athletes ages 12 and under should complete competition within four (4) hours.
- Entries will be accepted until the number of entrants exceeds the facility safety capacity or until the entry deadline, whichever is sooner.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- At the discretion of the Meet Referee, events may be combined by age, gender, distance, and/or stroke.
- **All Participants shall follow the Facility Safety Guidelines which will be emailed to all Participants prior to the meet and which will be announced prior to the meet.**

ATTENTION HIGH SCHOOL ATHLETES: If you are a high school athlete in season, you need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

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 are 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.

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.
- Meet is open only to qualified athletes registered with **ALGA**. Athletes who are unattached but participating with **ALGA** are eligible to compete.
- Entries with "**NO TIME**" will be **ACCEPTED**.
- 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.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

ENTRY FEES: Free.

TEAMUNIFY ENTRIES: Any entries submitted via TeamUnify must first be both committed and approved by **April 24 at 11:59 PM**. Entries that are not committed and approved in TeamUnify are incomplete and shall not be accepted after the entry deadline or after the entry capacity has been reached, whichever is sooner.

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the Clerk of Course at their scheduled time for each heat.

SCRATCHES: Coaches will submit scratches to the Referee or designee. Any Athlete not reporting for or competing in a time trial that they have entered shall not be penalized. An athlete does not need notify the Referee nor report to the starting block to declare their intent not to swim.

AWARDS: None.

ADMISSION: Admission into the facility will be limited to participating athletes, event personnel (e.g., invited officials, timers, marshals), and facility staff for each session. Spectators will not be allowed within the facility due to capacity restrictions. Spectators may observe the event from outside the facility fence line.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

EVENTS OFFERED: 50 FR, 50 BK, 50 BR, 50 FL, 100 FR, 100 BK, 100 BR, 100 FL, 100 IM, 200 FR, 200 IM, 200 FR relay, 200 Medley relay, 400 FR relay

OFFICIALS: Officials must be invited to work at this meet. Invitations to officiate will be emailed no later than April 24, 2021. Only Officials who are invited and accepted will be admitted into the facility.