

ALTO SWIM CLUB
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
FEBRUARY 2 - 4, 2024
Enter Online: <http://ome.fastswims.com>



Z1N PRIORITY CLUBS - ALTO, BAC, BSC, LO, OSC, PPSC, SUNN, UCPA

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-020**

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.

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:** Stephanie Kuang/Sylvain Flamant (Friday) **Head Starter:** Sam Tang
Meet Marshal: Michael Hung **Admin Official:** Sylvain Flamant / Kit Yan (Friday)
Meet Director: Joanne Leung - altomeetdirector@gmail.com

LOCATION: Gunn High School - 780 Arastradero Rd, Palo Alto, CA 94306

COURSE: OUTDOOR 25 YARD pool with up to 10 lanes available for competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 9' at the start end and 9' at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Friday – The meet will begin at 5:00 PM with warm-up from 4:00 - 4:50 PM. Saturday / Sunday – The meet will begin at 8:30 AM each day with warm-ups from 7:00 – 8:20 AM.

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 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 events are timed finals.
- All events will swim fast to slow.
- Athletes may enter and compete in 1 individual event on Friday, and up to 3 individual events on Saturday and Sunday.
- Entries will be accepted until the number of splashes exceeds the estimated timeline, all Athletes ages 12 and under should complete competition within four (4) Hours.
- 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.
- Athletes entered in the 400 IM, 1650 Free, and/or 500 Free must provide their own timers. Athletes entered in the 1650/500 Free must provide their own lap counters.
- The following events require the minimum National B time standard for entry (coach verified times shall be accepted): 500 Freestyle, 1000/1650 freestyle, 400 IM
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- AED available to all participants. Further Medical support available via 911.

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 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.

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 "A" Division must have met at least USA Swimming Motivational "A" 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.
- Entries with **"NO TIME"** will be **ACCEPTED (exception – 1650 Free/500 Free/400 IM. See Rules)**

- 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.
- 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. 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: Zone 1 North Athletes from **ALTO, BAC, BSC, LO, OSC, PPSC, SUNN, UCPA** entering online must do so by 11:59 PM, Wednesday, January 17th to receive priority acceptance to the meet. No athletes other than those from **ALTO, BAC, BSC, LO, OSC, PPSC, SOLO, SUNN, UCPA** may enter the meet until the preference period has concluded.

ENTRY FEES: \$4.50 per event plus an \$10.00 SCY 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 **Wednesday, January 24th** at 11:59 PM.

CHECK-IN: The meet shall be pre-seeded.

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: None.

ADMISSION: Free.

MINIMUM OFFICIALS: Clubs must follow Zone 1 North rules for providing officials. Each club must provide officials for each session according to the number of athletes entered in that session, following the table below. Clubs that do not provide sufficient officials must provide coaches to act in place of the officials.

Club Athletes entered in session	Trained and carded Officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5 and up (for every 25 athletes)

ORDER OF EVENTS**Friday February 2**

Event #	Gender	Age Group	Stroke / Distance
1	Mixed	Open	500 Freestyle
2	Mixed	Open	1650 Freestyle
3	Mixed	Open	1000 Freestyle
4	Mixed	Open	400 IM

Saturday February 3

Event #	Gender	Age Group	Stroke / Distance
5	Mixed	Open	200 Fly
6	Mixed	Open	100 Free
7	Mixed	Open	50 Fly
8	Mixed	8 & Under	25 Free
9	Mixed	Open	200 Back
10	Mixed	Open	100 Breast
11	Mixed	Open	50 Back
12	Mixed	8 & Under	25 Breast
13	Mixed	Open	200 IM
14	Mixed	Open	200 Breast
15	Mixed	Open	100 Back
16	Mixed	Open	50 Breast
17	Mixed	8 & Under	25 Back
18	Mixed	Open	200 Free
19	Mixed	Open	100 Fly
20	Mixed	Open	50 Free
21	Mixed	8 & Under	25 Fly
22	Mixed	Open	100 IM
23	Mixed	9 and Over	500 Free
24	Mixed	11 and Over	1650 Free

Sunday February 4

Event #	Gender	Age Group	Stroke / Distance
25	Mixed	Open	200 Free
26	Mixed	Open	100 Fly
27	Mixed	Open	50 Free
28	Mixed	8 & Under	25 Fly
29	Mixed	Open	200 Breast
30	Mixed	Open	100 Back
31	Mixed	Open	50 Breast
32	Mixed	8 & Under	25 Back
33	Mixed	Open	200 IM
34	Mixed	Open	200 Back
35	Mixed	Open	100 Breast
36	Mixed	Open	50 Back
37	Mixed	8 & Under	25 Breast
38	Mixed	Open	200 Fly
39	Mixed	Open	100 Free
40	Mixed	Open	50 Fly
41	Mixed	8 & Under	25 Free
42	Mixed	Open	100 IM
43	Mixed	11 and Over	400 IM
44	Mixed	11 and Over	1000 free

* The following events require the minimum National B time standard for entry (coach approved time is OK):
500 Freestyle, 1000 Freestyle, 1650 Freestyle, 400 IM. Coach-Verified Times are OK.

Athletes in the 400 IM/500 Free/1650 Free must provide their own timers.

Athletes in the 500 Free/1650 Free must provide their own Lap Counters.

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