

ALTO SWIM CLUB
ROCK THE BLOCKS – ALTO SHORT COURSE INVITATIONAL
PACIFIC SWIMMING SHORT COURSE INVITATIONAL MEET
March 26 – 27, 2022
ALTO, BAC, TIDE, SUNN, LO, LAMV, PSL, BCP, MAC, TCA



SANCTION: Held under USA/Pacific Swimming Sanction No.

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 the Internet.**

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: Brett Shaug	Head Starter: Katherine Ng
	Meet Marshal: Mihaela Damian	Admin Referee: Curtiss Kikuta
	Meet Director: Joy Taylor – (altoswimclub@gmail.com)	

LOCATION: Palo Alto High School, 50 Embarcadero Rd, Palo Alto, CA 94301

COURSE: Outdoor, heated 25 yard pool with up to 10 lanes available for competition. A warm-up and cool-down area will be available during the meet. The minimum water depth, measured in accordance with Article 103.2.3 is 7' at the start end and 7' at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

TIME: Saturday / Sunday Prelims: Competition will begin at 8:30 AM with warm-ups from 7 – 8:30 AM.
Saturday / Sunday Finals: Competition will begin no earlier than 3:30 PM with warm ups lasting for 1 hour prior to the start of finals. Finals Warm up and Competition start time will be announced and are at the discretion of the Meet Ref and Meet Director.

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.
- 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.
- Athletes may compete in up to **three (3)** events per day.

- All Athletes ages 12 and under should complete competition within four (4) hours.
- All events shall be Prelims and Finals with the exception of the following events, which will be timed finals:

11 & Over 400 IM (timed finals): Top 10 athletes seeded in the event will compete during finals. All other heats will be swum during prelims, alternating girls / boys seeded fastest to slowest.

11 & Over 500 Free (timed finals): Top 10 athletes seeded in the event will compete during finals. All other heats will be swum during prelims, alternating girls / boys seeded fastest to slowest.

- Prelims will be swum slowest to fastest. Prelims events may be combined and / or swum mixed age. The final 3 heats of each event will be circle seeded with exception of any events identified as timed finals.
- **FINALS:** there will be a Championship final (10 spots) for each event. The top 10 finalists will be seeded in finals unless scratched during the appropriate time. Alternates will not be penalized. Athletes will have 30 minutes after the results of their completed events are announced in which to scratch or declare their intent to scratch. Athletes will be seeded in finals unless they scratch. Athletes who are seeded into finals and miss an event will have a \$50 penalty.
- If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Refunds will be issued to the participating clubs for any mandatory scratches.
- Entries will be accepted until the timeline reaches the limits listed above.
- All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.
- The local facilities' guidelines, restrictions, and interpretation of the local public health guidelines shall be followed at this meet. All applicable Santa Clara County, City of Palo Alto and State of California Public Health requirements for protection against Covid-19 will apply. All persons in the facility must be masked, with the exceptions of athletes during warm up, warm down, and actual competition. The meet director and meet referee may remove any individual who does not comply.
- All Coaches, Officials, and Volunteers on deck **MUST** wear a mask at all times **EXCEPT** to briefly consume food and beverages.
- All Athletes **MUST** wear a mask at all times **EXCEPT** to consume food and beverages and compete briefly.

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, 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 **Alto Swim Club, Burlingame Aquatic Club, Almaden Riptides, SUNN Swimming, Ladera Oaks, Los Altos Mountain View Aquatic Club, Pacifica Sea Lions, Bay Club Panthers, Milpitas Aquatic Club, Thunder Bay Aquatics**. Athletes who are unattached but participating with **ALTO, BAC, TIDE, SUNN, LO, LAMV, PSL, BCP, MAC, TCA** are eligible to compete.
- Entries with **"NO TIME"** will be accepted, with the exception of the **400 IM and 500 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.
- The Athlete's age will be the age of the Athlete on the first day of the meet.
- Athletes 19 years of age and over may compete in the meet for time only.

ENTRY FEES: \$50 flat fee per athlete per day.

ENTRIES: Entries will be accepted via hy-tek file only (one entry submission per club). Entries will be accepted until Monday, March 21, 2022 or until capacity has been reached, whichever is sooner. Each team will submit a single check payment for their club entry no later than the first day of competition, Saturday March 26, 2022.

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

SCRATCHES: Any Athletes not reporting for or competing in an individual timed final or prelim event that they have entered shall not be penalized. Any known scratches should be communicated to the meet hosts by Friday, March 26, 2022. Athletes who are seeded into finals and miss an event will have a \$50 penalty.

Finals qualifiers must report to their coach their intention to not swim in a finals event within 30 minutes of team receipt of event results at the end of the preliminary session. One coach per club will be the designated point person to notify admin official of athletes' intentions. Any Athletes not reporting for or competing in an individual timed final event that they have entered shall not be penalized.

AWARDS: None.

ADMISSION: Free.

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

EVENT SUMMARY – Saturday March 26, 2022

Saturday March 26 - PRELIMS			Saturday March 26 - FINALS <i>Prelims will be swum combined age group</i>		
Event #	Event	Event #	Event #	Event	Event #
1	10 and under 200 free	2	1	10 and under 200 free	2
3	11 and over 200 free	4	3	11 - 12 200 free	4
			5	13 - 14 200 free	6
9	10 and under 50 back	10	7	15 and over 200 free	8
			9	10 and under 50 back	10
11	11 and over 100 back	12	11	11 - 12 100 back	12
			13	13 - 14 100 back	14
17	10 and under 100 breast	18	15	15 and over 100 back	16
19	11 and over 200 breast	20	17	10 and under 100 breast	18
			19	11 - 12 200 breast	20
25	10 and under 50 fly	26	21	13 - 14 200 breast	22
			23	15 and over 200 breast	24
27	11 and over 200 fly	28	25	10 and under 50 fly	26
			27	11 - 12 200 fly	28
33	10 and under 50 free	34	29	13 - 14 200 fly	30
35	11 and over 50 free	36	31	15 and over 200 fly	32
			33	10 and under 50 free	34
41	11 and over 400 IM **	42	35	11 - 12 50 free	36
			37	13 - 14 50 free	38
			39	15 and over 50 free	40
			41	11 and over 400 IM **	42
			43	8 and under 100 free relay	44
			45	10 and under 200 free relay	46
			47	11 - 12 200 free relay	48
			49	13 - 14 200 free relay	50
			51	15 - Over 200 free relay	52

** 11 and over 400 IM will be timed finals with the top 10 Athletes seeded in the event in finals.
All other heats will be swum during prelims.

EVENT SUMMARY – Sunday March 27, 2022

Sunday March 27 - PRELIMS			Sunday March 27 - FINALS <i>Prelims will be swum combined age group</i>		
Event #	Event	Event #	Event #	Event	Event #
53	10 and under 100 free	54	53	10 and under 100 free	54
			55	11 – 12 100 breast	56
55	11 and over 100 breast	56	57	13 - 14 100 breast	58
			59	15 and over 100 breast	60
61	10 and under 100 fly	62	61	10 and under 100 fly	62
63	11 and over 100 fly	64	63	11 - 12 100 fly	64
			65	13 - 14 100 fly	66
69	10 and under 50 breast	70	67	15 and over 100 fly	68
			69	10 and under 50 breast	70
71	11 and over 200 IM	72	71	11 - 12 200 IM	72
			73	13 - 14 200 IM	74
77	10 and under 100 back	78	75	15 and over 200 IM	76
			77	10 and under 100 back	78
79	11 and over 100 free	80	79	11 - 12 100 free	80
			81	13 - 14 100 free	82
85	10 and under 100 IM	86	83	15 and over 100 free	84
			85	10 and under 100 IM	86
87	11 and over 200 back	88	87	11 - 12 200 back	88
			89	13 - 14 200 back	90
93	11 and over 500 free **	94	91	15 and over 200 back	92
			93	11 and over 500 free **	94
			95	8 and under 100 medley relay	96
			97	10 and under 200 medley relay	98
			99	11 - 12 200 medley relay	100
			101	13 - 14 200 medley relay	102
			103	15 - 18 200 medley relay	104

** 11 and over 500 free will be timed finals with the top 10 swimmers seeded in the event in finals. All other heats will be swum during prelims.