

ALTO SWIM CLUB  
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET  
April 29 – 30, 2023  
Enter Online: <http://ome.fastswims.com>  
**Priority to all Z1N Clubs**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-059**

*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:**

<b>Meet Referee:</b> Stephanie Kuang	<b>Head Starter:</b> Chris Lam
<b>Meet Marshal:</b> Richard Barth	<b>Admin Official:</b> Sylvain Flamant
<b>Meet Director:</b> Julie Gustin - <a href="mailto:altomeetdirector@gmail.com">altomeetdirector@gmail.com</a>	

**LOCATION:** Ohlone College, 43600 Mission Blvd, Fremont, CA 94539

**COURSE:** OUTDOOR 50 METER pool with up to 8 lanes available for competition. An additional 1 lane will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 12'0" at the start end and 12'0" at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

**TIME:** Saturday and Sunday are split into Sessions "A" and "B"

<b>Session A</b>	11 and over Athletes (Saturday & Sunday: 7:00-8:15 am warm up. Meet begins at 8:30 am.
<b>Session B</b>	12 and under Athletes (Saturday & Sunday): Warm up no earlier than 11:00. Meet begins no earlier than 12:00 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 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 compete in 4 events per day.
- 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 Athletes age and gender.
- 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.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- Athletes ages 11-12 may compete in either Session A (AM) or Session B (PM) but not both.
- AED available on-site. Further medical support available to participants via 9-1-1.

**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.
- Entries with "NO TIME" will be ACCEPTED except for the 400 free and 400 IM (Coach approved time is OK)
- 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 entering online must do so by Friday, **April 14th, 2023** in order to receive priority acceptance into the meet. No Athletes other than those from Zone 1 North Clubs may enter the meet until the preference period has concluded.

**ENTRY FEES:** \$4.50 per event plus an \$14.00 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.

**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 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. Online entries will be accepted through Wednesday, April 19th.

**CHECK-IN:** The meet shall be pre-seeded. Scratches will be accepted until start of warm up for each session. Athletes shall report to the bull-pen area at their scheduled time for each event.

**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.

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

**MINIMUM 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

The 400 Free and 400 IM shall require a submitted entry time (Coach approved time is OK)

April 29

## Session A - 11 & Over

Event #	Gender	Age Group	Stroke / Distance	Age Group	Gender	Event #
1	Girls	11 & Over	200 Fly	11 & Over	Boys	2
3	Girls	11 & Over	100 Free	11 & Over	Boys	4
5	Girls	11 & Over	50 Fly	11 & Over	Boys	6
7	Girls	11 & Over	200 Back	11 & Over	Boys	8
9	Girls	11 & Over	100 Breast	11 & Over	Boys	10
11	Girls	11 & Over	50 Back	11 & Over	Boys	12
13	Girls	11 & Over	200 IM	11 & Over	Boys	14
15	Girls	11 & Over	200 Breast	11 & Over	Boys	16
17	Girls	11 & Over	100 Back	11 & Over	Boys	18
19	Girls	11 & Over	50 Breast	11 & Over	Boys	20
21	Girls	11 & Over	200 Free	11 & Over	Boys	22
23	Girls	11 & Over	100 Fly	11 & Over	Boys	24
25	Girls	11 & Over	50 Free	11 & Over	Boys	26
27	Girls	11 & Over	400 IM	11 & Over	Boys	28
29	Girls	11 & Over	400 Free	11 & Over	Boys	30

## Session B - 12 & Under

Event #	Gender	Age Group	Stroke / Distance	Age Group	Gender	Event #
31	Girls	12 & Under	100 Fly	12 & Under	Boys	32
33	Girls	12 & Under	50 Free	12 & Under	Boys	34
35	Girls	12 & Under	100 Back	12 & Under	Boys	36
37	Girls	12 & Under	50 Breast	12 & Under	Boys	38
39	Girls	12 & Under	200 IM	12 & Under	Boys	40
41	Girls	12 & Under	100 Breast	12 & Under	Boys	42
43	Girls	12 & Under	50 Back	12 & Under	Boys	44
45	Girls	12 & Under	100 Free	12 & Under	Boys	46
47	Girls	12 & Under	50 Fly	12 & Under	Boys	48
49	Girls	12 & Under	400 Free	12 & Under	Boys	50

**April 30**  
**Session A - 11 & Over**

Event #	Gender	Age Group	Stroke / Distance	Age Group	Gender	Event #
51	Girls	11 & Over	200 Free	11 & Over	Boys	52
53	Girls	11 & Over	100 Fly	11 & Over	Boys	54
55	Girls	11 & Over	50 Free	11 & Over	Boys	56
57	Girls	11 & Over	200 Back	11 & Over	Boys	58
59	Girls	11 & Over	100 Breast	11 & Over	Boys	60
61	Girls	11 & Over	50 Back	11 & Over	Boys	62
63	Girls	11 & Over	200 IM	11 & Over	Boys	64
65	Girls	11 & Over	200 Fly	11 & Over	Boys	66
67	Girls	11 & Over	100 Free	11 & Over	Boys	68
69	Girls	11 & Over	50 Fly	11 & Over	Boys	70
71	Girls	11 & Over	200 Breast	11 & Over	Boys	72
73	Girls	11 & Over	100 Back	11 & Over	Boys	74
75	Girls	11 & Over	50 Breast	11 & Over	Boys	76
77	Girls	11 & Over	400 IM	11 & Over	Boys	78
79	Girls	11 & Over	400 Free	11 & Over	Boys	80

**Session B - 12 & Under**

Event #	Gender	Age Group	Stroke / Distance	Age Group	Gender	Event #
81	Girls	12 & Under	100 Free	12 & Under	Boys	82
83	Girls	12 & Under	50 Fly	12 & Under	Boys	84
85	Girls	12 & Under	200 IM	12 & Under	Boys	86
87	Girls	12 & Under	100 Breast	12 & Under	Boys	88
89	Girls	12 & Under	50 Back	12 & Under	Boys	90
91	Girls	12 & Under	100 Fly	12 & Under	Boys	92
93	Girls	12 & Under	50 Free	12 & Under	Boys	94
95	Girls	12 & Under	100 Back	12 & Under	Boys	96
97	Girls	12 & Under	50 Breast	12 & Under	Boys	98
99	Girls	12 & Under	400 Free	12 & Under	Boys	100

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