ALTO SWIM CLUB
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET
JUNE 22 – 23, 2024
Enter Online: http://www.fastswims.com
Priority: ALTO, BSC, HDAC, LAMV, LO, MCAC, OSC, PASA, PSL, SOLO, and CDST

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-095**
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: Stephanie Kuang
Head Starter: Sam Tang
Meet Marshal: Alec Scott
Admin Official: Kit Yan
Meet Director: Joy Taylor - altomeetdirector@gmail.com

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

COURSE: OUTDOOR 50 METER pool with up to 8 lanes available for competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 10'0" at the start end and 5'0" at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Saturday and Sunday are split into Sessions "A" and "B"
Session A 11 and over Athletes (Saturday & Sunday): 7:00-8:15 am warm up. Meet begins at 8:30 am.
Session B 12 and under Athletes (Saturday & Sunday): Warm up no earlier than 11:00 am.
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.
• 11-12 year old athletes may compete in EITHER the AM or PM Session each day. They may not enter both.
• Athletes competing in the 400 Free and/or 400 IM shall provide their own lane timers.
• 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.**
• **AED available to all participants. Further Medical support available via 911.**

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 from ALTO, BSC, HDAC, LAMV, LO, MCAC, OSC, PASA, PSL, SOLO, and CDST entering online must do so by Sunday, **June 9th, 2024** in order to receive priority acceptance into the meet. No Athletes other than those from ALTO, BSC, HDAC, LAMV, LO, MCAC, OSC, PASA, PSL, SOLO, and CDST may enter the meet until the preference period has concluded.

ENTRY FEES: $4.50 per event plus an $14.00 LCM 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, **June 12th.**

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

EVENT SUMMARY

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

Saturday June 22 Session A - 11 & Over

Event #	Gender	Age Group	Stroke / Distance
1	Mixed	11 & Over	200 Fly
2	Mixed	11 & Over	100 Free
3	Mixed	11 & Over	50 Fly
4	Mixed	11 & Over	200 Back
5	Mixed	11 & Over	100 Breast
6	Mixed	11 & Over	50 Back
7	Mixed	11 & Over	200 IM
8	Mixed	11 & Over	200 Breast
9	Mixed	11 & Over	100 Back
10	Mixed	11 & Over	50 Breast
11	Mixed	11 & Over	200 Free
12	Mixed	11 & Over	100 Fly
13	Mixed	11 & Over	50 Free
14	Mixed	11 & Over	400 Free

Saturday June 22 Session B - 12 & Under

Event #	Gender	Age Group	Stroke / Distance
15	Mixed	11 - 12	200 Fly
16	Mixed	12 & Under	100 Free
17	Mixed	12 & Under	50 Fly
18	Mixed	11 - 12	200 Back
19	Mixed	12 & Under	100 Breast
20	Mixed	12 & Under	50 Back
21	Mixed	12 & Under	200 IM
22	Mixed	11 - 12	200 Breast
23	Mixed	12 & Under	100 Back
24	Mixed	12 & Under	50 Breast
25	Mixed	12 & Under	200 Free
26	Mixed	12 & Under	100 Fly
27	Mixed	12 & Under	50 Free
28	Mixed	11 - 12	400 Free

Sunday June 23 Session A - 11 & Over

Event #	Gender	Age Group	Stroke / Distance
29	Mixed	11 & Over	200 Free
30	Mixed	11 & Over	100 Fly
31	Mixed	11 & Over	50 Free
32	Mixed	11 & Over	200 Breast
33	Mixed	11 & Over	100 Back
34	Mixed	11 & Over	50 Breast
35	Mixed	11 & Over	200 IM
36	Mixed	11 & Over	200 Back
37	Mixed	11 & Over	100 Breast
38	Mixed	11 & Over	50 Back
39	Mixed	11 & Over	200 Fly
40	Mixed	11 & Over	100 Free
41	Mixed	11 & Over	50 Fly
42	Mixed	11 & Over	400 IM

Sunday June 23 Session B - 12 & Under

Event #	Gender	Age Group	Stroke / Distance
43	Mixed	12 & Under	200 Free
44	Mixed	12 & Under	100 Fly
45	Mixed	12 & Under	50 Free
46	Mixed	11 - 12	200 Breast
47	Mixed	12 & Under	100 Back
48	Mixed	12 & Under	50 Breast
49	Mixed	12 & Under	200 IM
50	Mixed	11 - 12	200 Back
51	Mixed	12 & Under	100 Breast
52	Mixed	12 & Under	50 Back
53	Mixed	11 - 12	200 Fly
54	Mixed	12 & Under	100 Free
55	Mixed	12 & Under	50 Fly
56	Mixed	11 - 12	400 IM

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