ALTO SWIM CLUB SUMMER SWELTER
PACIFIC SWIMMING LONG COURSE INVITATIONAL MEET
JUNE 29 - 30, 2024
Enter Online: http://ome.fastswims.com
Invited Teams: ALTO, BAC, CROW, QSS, SSF, PLS, LAMV, PASA, TOC

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-097**
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: Debbi Tucker
Meet Marshal: Richard Barth
Meet Director: Joy Taylor - altomeetdirector@gmail.com
Head Starter: Liat Rosenfeld
Admin Official: Sunil Shanker

LOCATION: Chabot College – 25555 Hesperian Blvd, Hayward, CA 94545

COURSE: OUTDOOR 50 METER pool with up to 8 lanes available for competition. No warm up / warm down lane will be available. 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 6'0" at the turn end. The meet host shall ensure the required course dimensions.

TIME: **Saturday + Sunday**
12 / Under (Session A): 7:30 AM warm up. Competition begins at 8:30 AM.
12 / Over (Session B): Warmup begins at the conclusion of AM session for 1 hour. Meet starts no earlier than 12 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.

- Athletes may compete in 3 events per day Saturday - Sunday.
- Entries with NO TIME; will be accepted, with the exception of the 200 Free, 200 Breast, 200 Fly, 200 Back, the 400 IM and 400, 800 and 1500 Free.
- 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 teams for any mandatory scratches.
- 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.
- Deck Entries: Deck entries may be accepted at the discretion of the host if timeline permits. Only athletes already entered into the meet will be eligible.
- RELAYS: A maximum of 1 heat (8 entries total) offered for the 400 Freestyle Relay and 400 Medley Relay can be accommodated with additional heats added if timeline permits. If timeline permits, additional heats may be offered at the discretion of the meet host. If the event fills to capacity and you would like to express your team's interest in being considered "standby" for the 400 Free or 400 Medley relay, please email our Meet Director: altomeetdirector@gmail.com.
- 1500 and 800 FREE: A maximum of 1 heat each of the 1500 Freestyle and 800 Freestyle can be accommodated with additional heats added if timeline permits. If the event fills to capacity and you would like to express your swimmer's interest in being considered "standby" for the 1500 Freestyle, please email our Meet Director: altomeetdirector@gmail.com.
- **12 year old athletes may only compete in one session per day.**
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**

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.
- The meet is open to qualified athletes from ALTO, BAC, CROW, QSS, SSF, PLS, LAMV, PASA, TOC. Unattached athletes participating with ALTO, BAC, CROW, QSS, SSF, PLS, LAMV, PASA, TOC are eligible to compete.

• 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.

ENTRY FEES: Flat fee per athlete per day: Saturday $45, Sunday $45.

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 (contact Meet Director to request alternate entry option: altomeetdirector@gmail.com). 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 Monday, June 24th.

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

SCRATCHES: Any Athletes not reporting for or competing in an individual prelim or event shall not be penalized.

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

Saturday June 29 2024 - Session A

WOMENS	EVENT	MENS
1	12 & U 100 free	2
3	12 & U fly	4
5	12 & U 200 back	6
7	12 & U 100 breast	8
9	12 & U 50 back	10
11	12 & U 200 IM	12
13	12 & U 200 breast	14
15	12 & U 00 back	16
17	12 & U 50 breast	18
19	12 & U 200 free	20
21	12 & U 100 fly	22
23	12 & U 50 free	24
MIXED	EVENT	
25	12 & O 400 free	

Saturday June 29 2024 - Session B

WOMENS	EVENT	MENS
27	12 & O 400 free relay	28
29	12 & O 200 fly	30
31	12 & O 100 free	32
33	12 & O 50 fly	34
35	12 & O 200 back	36
37	12 & O 100 breast	38
39	12 & O 50 back	40
41	12 & O 200 IM	42
43	12 & O 200 breast	44
45	12 & O 100 back	46
47	12 & O 50 breast	48
49	12 & O 200 free	50
51	12 & O 100 fly	52
53	12 & O 50 free	54
MIXED	EVENT	
55	12 & O 400 free	
57	12 & O 1500 free	

Sunday June 30 2024 - Session A

WOMENS	EVENT	MENS
59	12 & U 200 free	60
61	12 & U 100 fly	62
63	12 & U 50 free	64
65	12 & U 200 breast	66
67	12 & U 100 back	68
69	12 & U 50 breast	70
71	12 & U 200 IM	72
73	12 & U 200 back	74
75	12 & U 100 breast	76
77	12 & U 50 back	78
79	12 & U 200 fly	80
81	12 & U 100 free	82
83	12 & U 50 fly	84
MIXED	EVENT	
85	12 & U 400 IM	

Sunday June 30 2024 - Session B

WOMENS	EVENT	MENS
87	12 & O 400 medley relay	88
89	12 & O 200 free	90
91	12 & O 100 fly	92
93	12 & O 50 free	94
95	12 & O 200 breast	96
97	12 & O 100 back	98
99	12 & O 50 breast	100
101	12 & O 200 IM	102
103	12 & O 200 back	104
105	12 & O 100 breast	106
107	12 & O 50 back	108
109	12 & O 200 fly	110
111	12 & O 100 free	112
113	12 & O 50 fly	114
MIXED	EVENT	
115	12 & O 400 IM	
117	12 & O 800 free	