

ALTO SWIM CLUB  
PACIFIC SWIMMING ZONE 1N LONG COURSE MEET  
JULY 15, 2023  
Enter Online: <http://ome.fastswims.com>



**MEET IS OPEN TO ZONE 1 NORTH ATHLETES ONLY**

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-098**

*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:** Mette Graversen  
**Meet Marshal:** Richard Barth  
**Meet Director:** Stan So – [altomeetdirector@gmail.com](mailto:altomeetdirector@gmail.com)  
**Head Starter:** Katherine Ng  
**Admin Official:** Brian Floyd

**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 6'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

<b>TIME:</b>	<b>Saturday</b>	<b>Session A</b>	Open age group. 7:00-8:15 am warm up. Meet begins at 8:30 am.
		<b>Session B</b>	Open age group. Warm up begins no earlier than 12:00 pm. Meet begins no earlier than 1:30 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 **3** 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.
- For the following events, Athletes ages 8 and younger can only participate if they have achieved the 10 and Under National B Time: 200 Fly, 200 Back, 200 Breast, 400 Free
- For the following events, Athletes ages 10 and younger can only participate if they have achieved the 11-12 National B Time: 400 IM, 800 Free, 1500 Free"
- All athletes in the 400 IM, 800 and 1500 freestyle must provide their own timers, and counters as needed.
- AED available to all participants. Further Medical support available via 911.
- 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.
- Meet is open to Zone 1 North Athletes only. Athletes that are unattached but participating with a Zone 1 North Club are eligible to compete.

- Entries with "NO TIME" will be ACCEPTED except for the 400 IM, 400 free, 1500 free (Coach approved time is OK). Additional exceptions: 8 & Under Athletes entering 200 Fly, 200 Back, 200 Breast, 400 Free (See Rules).
- 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 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 [www.fastswims.com](http://www.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. If you do not wish to pay the processing 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 **Saturday, July 8th 2023**.

**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 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)

## EVENTS

\* The 400 IM, 400 Free and 1500 free require a submitted entry time (Coach approved time is OK).

**July 15, 2023**

### Session A

Event #	Gender	Age Group	Stroke / Distance	Age Group	Gender	Event #
1	Girls	Open	200 fly	Open	Boys	2
3	Girls	Open	100 fly	Open	Boys	4
5	Girls	Open	50 fly	Open	Boys	6
7	Girls	Open	200 back	Open	Boys	8
9	Girls	Open	100 back	Open	Boys	10
11	Girls	Open	50 back	Open	Boys	12
13	Girls	Open	200 IM	Open	Boys	14
15	Girls	Open	200 breast	Open	Boys	16
17	Girls	Open	100 breast	Open	Boys	18
19	Girls	Open	50 breast	Open	Boys	20
21	Girls	Open	200 free	Open	Boys	22
23	Girls	Open	100 free	Open	Boys	24
25	Girls	Open	50 free	Open	Boys	26
27	Girls	11 and up	1500 free	11 and up	Boys	28

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**Session B**

<b>Event #</b>	<b>Gender</b>	<b>Age Group</b>	<b>Stroke / Distance</b>	<b>Age Group</b>	<b>Gender</b>	<b>Event #</b>
29	Girls	Open	200 fly	Open	Boys	30
31	Girls	Open	100 fly	Open	Boys	32
33	Girls	Open	50 fly	Open	Boys	34
35	Girls	Open	200 back	Open	Boys	36
37	Girls	Open	100 back	Open	Boys	38
39	Girls	Open	50 back	Open	Boys	40
41	Girls	Open	200 IM	Open	Boys	42
43	Girls	Open	200 breast	Open	Boys	44
45	Girls	Open	100 breast	Open	Boys	46
47	Girls	Open	50 breast	Open	Boys	48
49	Girls	Open	200 free	Open	Boys	50
51	Girls	Open	100 free	Open	Boys	52
53	Girls	Open	50 free	Open	Boys	54
55	Girls	Open	400 IM	Open	Boys	56
57	Girls	Open	400 free	Open	Boy	58

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