

ALTO SWIM CLUB LAST SPLASH INVITATIONAL  
PACIFIC SWIMMING LONG COURSE INVITE MEET  
JULY 20 - 21, 2024

Enter Online: <http://ome.fastswims.com>

Invited Teams: ALTO, BAC, BGC, BSC, CDST, FOG, GSMY, MAC, NBA, PLS, QSS, SCSC, VS



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **24-104**

*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> Brian Floyd	<b>Head Starter:</b> Robert Lashier
<b>Meet Marshal:</b> Richard Barth	<b>Admin Referee:</b> Sam Tang
<b>Meet Director:</b> McKaela Glanville - <a href="mailto:altomeetdirector@gmail.com">altomeetdirector@gmail.com</a>	

**LOCATION:** Valley Christian High School. 100 Skyway Dr #130, San Jose, CA 95111

**DIRECTIONS:** From 101 South: Take 101 South to the Capitol Expressway/Yerba Buena Road exit. Turn right onto East Capitol Expressway heading west. Take the Monterey Road ramp. Turn left onto Monterey Road. Turn left onto Skyway Drive. Valley Christian High School is located at 100 Skyway Drive. From 280 South: Take 280 South to 87 South. Take 87 South to the Capitol Expressway Auto Mall exit. Turn left onto West Capitol Expressway. Take the Monterey Road ramp. Turn left onto Monterey Road. Turn left onto Skyway Drive. Valley Christian High School is located at 100 Skyway Drive.

**COURSE:** OUTDOOR 50 METER pool with up to 9 lanes available for competition. An additional lane will be available for warmup/cool down throughout the afternoon session. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 9'0" at the start end and 6'6" at the turn end. The Meet Host shall ensure the required course dimensions.

**TIME: Saturday + Sunday**

**12 / Under (Session A):** Warm-ups begin at 7:30AM. Meet will begin at 8:30AM.

**12 / Over (Session B):** Warm-ups begin 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 the MAAPP policy is a condition of participation in the conduct of this competition.
  - Athletes may compete in 3 events per day.
  - **On a given day, athletes of twelve-years-of-age may compete in either session A (AM) or in session B (PM), but not both.**
  - Timers must meet USA and Pacific Swimming minimum age requirements.
  - All events are timed final events.
  - All events will swim fast to slow.
  - Entries with NO TIME will be accepted with the exception of the 200 Free, 200 Breast, 200 Fly, 200 Back, 400 IM, 400 Free, 800 Free, and 1500 Free.
  - Entries will be accepted for each session until the estimated timeline reaches the session maximum time limit (4 hours).
  - The estimated timeline will be calculated using the following limits: scratch rate of zero percent (0%); heat interval of thirty seconds (30 sec); backstroke extra interval of fifteen seconds (15 sec); nine (9) competition lanes.
  - For each session the maximum session time limit is four hours (4 hours).
  - Upon closing entries, the host team and/or Meet Director will promptly review the final estimated timelines (e.g., HyTeK estimated timelines) with the Meet Referee to confirm each session is in accordance with the session time limit and with the entries NT rules. The final estimated timelines will be calculated using the above limits for scratch rate, heat interval, backstroke extra interval, and number of competition lanes.
  - No new entries will be accepted after entries (sessions) have closed.
  - Final estimated timelines must be reviewed and approved by the Meet Referee prior to the start of any session.
  - If during review of the final estimated timelines, the Meet Referee determines that one or more sessions is oversubscribed, then there will be an automatic scratch down to bring the one or more sessions in compliance with the maximum session time limit.
  - 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.
  - All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.
  - To be present on deck, coaches must sign in and provide proof of current good standing USA Swimming membership.
  - First aid will be available to participants.

**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.

- No pets and/or animals are allowed with the exception of well-behaved service animals in accordance with ADA guidelines. The Meet Director may ask any person handling a service animal to leave the premises if the service animal is barking, mis-behaving, soiling, or otherwise causing a disturbance.
- 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.
- Spectators are not allowed on the pool deck and/or within restricted areas of the pool deck, but may view the competition from a spectator designated area.
- Only Coaches EZ-Ups will be allowed on the pool deck.

**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 qualified Athletes registered with ALTO, BAC, BGC, BSC, CDST, FOG, GSMY, MAC, NBA, PLS, QSS, SCSC, VS. Unattached athletes participating with ALTO, BAC, BGC, BSC, CDST, FOG, GSMY, MAC, NBA, PLS, QSS, SCSC, VS are eligible to compete.
- Entries with "NO TIME" will NOT be accepted for events 200 meters or longer (coach approved times are 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. 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:** Flat fee per athlete per day of \$45

**HYTEK ENTRIES:** To enter 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. Entries will be accepted until **Monday July 15**, or until capacity has been reached, whichever is sooner.

**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 checked in for/entered shall not be penalized.

**AWARDS:** No awards

**ADMISSION:** Free.

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

**MINIMUM OFFICIALS:** Clubs must follow Z1 North rules for providing officials. Each club must provide officials for each session according to the number of athletes entered in that session, following the table below.

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 + 1 for every 25 additional Athletes

### ORDER OF EVENTS

\* Entries with "NO TIME" for all marked events (200-yard events and above) will not be accepted.

A coach certified time will be accepted.

#### Saturday July 20, 2024 - Session A

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

#### Saturday July 20, 2024 - Session B

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

**Sunday July 21, 2024 - Session A**

<b>WOMENS</b>	<b>EVENT</b>	<b>MENS</b>
57	12 & UN 200 free*	58
59	12 & UN 100 fly	60
61	12 & UN 50 free	62
63	12 & UN 200 breast*	64
65	12 & UN 100 back	66
67	12 & UN 50 breast	68
69	12 & UN 200 IM*	70
71	12 & UN 200 back*	72
73	12 & UN 100 breast	74
75	12 & UN 50 back	76
77	12 & UN 200 fly*	78
79	12 & UN 100 free	80
81	12 & UN 50 fly	82
<b>MIXED</b>	<b>EVENT</b>	
83	12 & UN Mixed 400 IM*	

**Sunday July 21, 2024 - Session B**

<b>WOMEN</b>	<b>EVENT</b>	<b>MEN</b>
85	12 & OV 200 free*	86
87	12 & OV 100 fly	88
89	12 & OV 50 free	90
91	12 & OV 200 breast*	92
93	12 & OV 100 back	94
95	12 & OV 50 breast	96
97	12 & OV 200 IM*	98
99	12 & OV 200 back*	100
101	12 & OV 100 breast	102
103	12 & OV 50 back	104
105	12 & OV 200 fly*	106
107	12 & OV 100 free	108
109	12 & OV 50 fly	110
<b>MIXED</b>	<b>EVENT</b>	
111	12 & OV Mixed 400 IM*	
113	12 & OV Mixed 800 free*	