

SANCTION: Held under USA/Pacific Swimming Sanction No. **21-190**

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.

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	Head Starter: Katherine Ng
Meet Marshal: Alec Scott	Admin Official: Laura Mitchell
Meet Director: Kyle Renne - info@altoswimclub.com	

LOCATION: 480 E Meadow Dr, Palo Alto, CA 94306

COURSE: OUTDOOR 25 YARD 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 3.5' at the start end and 9' at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Friday: Competition will begin at 5:00 PM with warm-ups from 4:00-5:00 PM. Competition will conclude no later than 8:00 PM. Saturday / Sunday: Competition will begin at 8:30 AM with warm-ups from 7 – 8:30 AM. Competition will conclude no later than 3:00 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.
- All applicable 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.
- All events are timed finals.
- All events will swim fast to slow.

- Athletes may compete in 5 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 time line, 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.
- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet. All applicable Santa Clara County, City of Palo Alto and State of California Public Health requirements for protection against Covid-19 will apply. All persons in the facility must be masked, with the exceptions of athletes during warm up, warm down, and actual competition. The meet director and meet referee may remove any individual who does not comply.

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, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail.
- With host club approval, any of the following clubs may submit a team entry file until the maximum session length is reached: **Daily City Dolphins (DCD), Ladera Oaks Swim Team (LO), Pacific Sea Lions (PSL), Solo Aquatics (SOLO), South San Francisco Aquatics (SSF), Alto Swim Club (ALTO), Los Altos & Mountain View Aquatic Club (LAMV), SUNN Swimming (SUNN)**. All entries must be submitted in a team hitek entry file (one file per team) and team entries will be accepted at the discretion of the host team. Adjustments may be required in order to adhere to timeline / facility restrictions. Athletes who are unattached but participating with **DCD, LO, PSL, SOLO, SSF, ALTO, LAMV, or SUNN** are eligible to compete.
- Entries with **"NO TIME" will be accepted.**
- 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: Friday: \$30 flat entry fee per athlete. Saturday / Sunday: \$40 flat entry fee per athlete per day.

ENTRIES: Entries will be accepted via hy-tek file only (one entry submission per club). Entries will be accepted until Friday, October 1, 2021 or until capacity has been reached, whichever is sooner. Each club will submit a single check payment for their team entry no later than the first day of competition, Friday October 8, 2021.

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 entered shall not be penalized.

AWARDS: None.

ADMISSION: Free.

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

ORDER OF EVENTS

Friday, October 8th, 2021

1	Girls	10&U	200 free relay
2	Boys	10&U	200 free relay
3	Girls	11-12	200 free relay
4	Boys	11-12	200 free relay
5	Girls	13-14	200 free relay
6	Boys	13-14	200 free relay
7	Girls	15-18	200 free relay
8	Boys	15-18	200 free relay
9	Girls	10&U	200 medley relay
10	Boys	10&U	200 medley relay
11	Girls	11-12	200 medley relay
12	Boys	11-12	200 medley relay
13	Girls	13-14	200 medley relay
14	Boys	13-14	200 medley relay
15	Girls	15-18	200 medley relay
16	Boys	15-18	200 medley relay
17	Mixed	Open	200 free
18	Mixed	Open	500 free

Saturday, October 9th, 2021

19	Girls	15-18	400 free relay
20	Boys	15-18	400 free relay
21	Girls	13-14	400 free relay
22	Boys	13-14	400 free relay
23	Mixed	Open	50 fly
24	Mixed	Open	100 fly
25	Mixed	Open	200 fly
26	Mixed	Open	50 back
27	Mixed	Open	100 back
28	Mixed	Open	200 back
29	Mixed	Open	50 breast
30	Mixed	Open	100 breast
31	Mixed	Open	200 breast
32	Mixed	Open	50 free
33	Mixed	Open	100 free
34	Mixed	Open	200 free
35	Mixed	Open	500 free
36	Mixed	Open	100 IM
37	Mixed	Open	200 IM
38	Mixed	Open	400 IM
39	Girls	11-12	400 free relay
40	Boys	11-12	400 free relay
41	Mixed	Open	25 fly
42	Mixed	Open	50 fly
43	Mixed	Open	100 fly
44	Mixed	Open	200 fly
45	Mixed	Open	25 back
46	Mixed	Open	50 back
47	Mixed	Open	100 back
48	Mixed	Open	200 back
49	Mixed	Open	25 breast
50	Mixed	Open	50 breast
51	Mixed	Open	100 breast
52	Mixed	Open	200 breast
53	Mixed	Open	25 free
54	Mixed	Open	50 free
55	Mixed	Open	100 free
56	Mixed	Open	200 free
57	Mixed	Open	500 free
58	Mixed	Open	100 IM
59	Mixed	Open	200 IM
60	Mixed	Open	400 IM

Sunday, October 10th, 2021

61	Girls	15-18	400 free relay
62	Boys	15-18	400 free relay
63	Girls	13-14	400 free relay
64	Boys	13-14	400 free relay
65	Mixed	Open	50 fly
66	Mixed	Open	100 fly
67	Mixed	Open	200 fly
68	Mixed	Open	50 back
69	Mixed	Open	100 back
70	Mixed	Open	200 back
71	Mixed	Open	50 breast
72	Mixed	Open	100 breast
73	Mixed	Open	200 breast
74	Mixed	Open	50 free
75	Mixed	Open	100 free
76	Mixed	Open	200 free
77	Mixed	Open	500 free
78	Mixed	Open	100 IM
79	Mixed	Open	200 IM
80	Mixed	Open	400 IM
81	Girls	11-12	400 free relay
82	Boys	11-12	400 free relay
83	Mixed	Open	25 fly
84	Mixed	Open	50 fly
85	Mixed	Open	100 fly
86	Mixed	Open	200 fly
87	Mixed	Open	25 back
88	Mixed	Open	50 back
89	Mixed	Open	100 back
90	Mixed	Open	200 back
91	Mixed	Open	25 breast
92	Mixed	Open	50 breast
93	Mixed	Open	100 breast
94	Mixed	Open	200 breast
95	Mixed	Open	25 free
96	Mixed	Open	50 free
97	Mixed	Open	100 free
98	Mixed	Open	200 free
99	Mixed	Open	500 free
100	Mixed	Open	100 IM
101	Mixed	Open	200 IM
102	Mixed	Open	400 IM