

**ALTO SWIM CLUB AUTUMN OPENER  
PACIFIC SWIMMING SHORT COURSE INTRASQUAD MEET  
OCTOBER 21-22, 2023  
ALTO Swim Club Members Only**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-139**

*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> Liat Rosenfeld
<b>Meet Marshal:</b> Richard Barth	<b>Admin Official:</b> Darryl Woo
<b>Meet Director:</b> Joy Taylor - <a href="mailto:altomeetdirector@gmail.com">altomeetdirector@gmail.com</a>	

**LOCATION:** Palo Alto High School, 50 Embarcadero Rd, Palo Alto, CA 94301

**COURSE:** Outdoor, heated 25 yard pool with up to 10 lanes available for competition. A warm-up and cool-down area will be available during the meet. The minimum water depth, measured in accordance with Article 103.2.3 is 7' at the start end and 7' at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

**TIME:** Saturday Session: Warm-ups from 8:00 – 9:20 AM. Meet begins at 9:30 AM.  
Sunday Session: Warm-ups from 8:00 – 9:20 AM. Meet begins at 9:30 AM.

**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 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 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.
- No pets and/or animals are allowed with the exception of certified service animals, and they must check in with the meet director.
- 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 only to qualified athletes registered with **Alto Swim Club (ALTO)**. Athletes who are unattached but participating with ALTO are eligible to compete.
- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee
- The Athlete’s age will be the age of the Athlete on the first day of the meet.

**ENTRY FEES:** No entry fees for this meet.

**ENTRIES:** Entries will be accepted via hy-tek file only. Entries will be accepted through Sunday, October 15<sup>th</sup> at 11:59 PM.

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

**AWARDS:** None.

**ADMISSION:** Free.

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

**ORDER OF EVENTS**

**Saturday Oct 21**

Event #	Gender	Age Group	Stroke / Distance
1	Mixed	Open	200 free
2	Mixed	Open	25 free
3	Mixed	Open	100 breast
4	Mixed	Open	50 back
5	Mixed	Open	100 back
6	Mixed	Open	50 breast
7	Mixed	Open	50 fly
8	Mixed	Open	25 fly
9	Mixed	Open	100 IM
10	Mixed	Open	200 IM
11	Mixed	Open	500 free

**EVENT SUMMARY**

**Sunday Oct 22**

Event #	Gender	Age Group	Stroke / Distance
12	Mixed	Open	200 free
13	Mixed	Open	100 back
14	Mixed	Open	25 back
15	Mixed	Open	50 back
16	Mixed	Open	25 breast
17	Mixed	Open	50 fly
18	Mixed	Open	100 free
19	Mixed	Open	100 IM
20	Mixed	Open	100 fly
21	Mixed	Open	50 free

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