ALTO SWIM CLUB FALL FROLIC
PACIFIC SWIMMING SHORT COURSE INVITATIONAL MEET
NOVEMBER 23 - 24 2024

Invited Clubs: ALTO, DACA, LAMV, LO, OSC, SUNN, UCPA, BAC, BSC, BCP, BGC, DCD, FOG, HDAC, MAV, PASA, PPSC, PSL, SOLO, SSF
Enter Online: http://ome.fastswims.com

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-152**
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: Kit Yan** **Head Starter: Stephanie Kung**
Meet Marshal: Alireza Safaee **Admin Official: Carol Waln**
Meet Director: Joanne Leung - altomeetdirector@gmail.com

LOCATION: Gunn High School, 780 Arastradero Rd, Palo Alto, CA 94306

COURSE: OUTDOOR 25 YARD pool with up to 10 lanes available for competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 9' at the start end and 9' at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Saturday and Sunday are split into Sessions "A" and "B"

Session A 11 & Older Athletes (Saturday & Sunday): 7:00 - 8:20 am warm up. Meet begins at 8:30 am.
Session A should only include 11 - 12 Athletes who have achieved a BB time standard or above.

Session B 12 & Under Athletes (Saturday & Sunday): Warm up will begin at the conclusion of Session A.
Warm up will last for no more than 45 minutes.
Session B competition will begin 10 minutes after the concussion of warm up, no earlier than 12 PM.
Session B has no maximum time standard for Athletes ages 12 and younger.

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 enter and compete Saturday and Sunday 3 individual events per day and 1 relay each 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.

• Start lanes will only be available for the last 20 minutes of each warm up session.

• A minimum of 1 heat will be provided for the 1650 free. This event will close, at the meet director's discretion, when the maximum entry numbers are reached. Athletes must provide their own counters and timers for the 500 and 1650 free.

• 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.

• 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 athletes from **ALTO, DACA, LAMV, LO, OSC, SUNN, UCPA, BAC, BSC, BCP, BGC, DCD, FOG, HDAC, MAV, PASA, PPSC, PSL, SOLO, SSF.** Unattached athletes participating with an invited club are eligible to compete.
• Athletes in the "A" Division must have met at least USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division must have met at least the listed "B" minimum time standard. All entry times slower than the listed "B" time standard will be in the "C" Division.
• Entries with "NO TIME" will NOT be accepted, coach verified time ok.
• Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
• 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.
• Session A is for Athletes Ages 11 and Over and athletes Ages 11-12 who have achieved at least 1 BB time standard.
• Session B is for Athletes Ages 12 and Under. ***Session B has no maximum time standard for Athletes ages 12 and younger.***

ENTRY FEES : $4.50 per event plus a $10.00 SCY participation fee per Athlete. Relay entries are $9.00. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

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 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. Entries will be accepted through **Wednesday, November 13th 2024 11:59 PM.**

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.

MINIMUM OFFICIALS: Clubs must follow Zone 1 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 and up (for every 25 athletes)

ORDER OF EVENTS
Saturday Nov 23 - Session A

Session A is for athletes Ages 13 and Over and athletes Ages 11-12 who have achieved at least 1 BB time standard.

Event #	Gender	Age Group	Stroke / Distance	Age Group	Gender	Event #
1	Girls	11 & Over	400 free relay	11 & Over	Boys	2
3	Girls	11 & Over	200 free relay	11 & over	Boys	4
5	Girls	11 & Over	100 IM	11 & Over	Boys	6
7	Girls	11 & Over	200 fly	11 & Over	Boys	8
9	Girls	11 & Over	100 free	11 & Over	Boys	10
11	Girls	11 & Over	50 fly	11 & Over	Boys	12
13	Girls	11 & Over	200 back	11 & Over	Boys	14
15	Girls	11 & Over	100 breast	11 & Over	Boys	16
17	Girls	11 & Over	50 back	11 & Over	Boys	18
19	Girls	11 & Over	200 IM	11 & Over	Boys	20
21	Girls	11 & Over	200 breast	11 & Over	Boys	22
23	Girls	11 & Over	100 back	11 & Over	Boys	24
25	Girls	11 & Over	50 breast	11 & Over	Boys	26
27	Girls	11 & Over	200 free	11 & Over	Boys	28
29	Girls	11 & Over	100 fly	11 & Over	Boys	30
31	Girls	11 & Over	50 free	11 & Over	Boys	32
33	Mixed	11 & Over	1650 free			

The following events require the minimum National B time standard for entry (coach approved time is OK): 500 Freestyle, 1650 Freestyle, 400 IM.
Use the following URL to find the time standards: http://www.pacswim.org/swim-meet-times/standards.

Saturday Nov 23 - Session B

Event #	Gender	Age Group	Stroke / Distance	Age Group	Gender	Event #
35	Girls	12 & Under	200 free relay	12 & Under	Boys	36
37	Girls	12 & Under	100 free	12 & Under	Boys	38
39	Girls	12 & Under	50 fly	12 & Under	Boys	40
41	Girls	10 & Under	25 free	10 & Under	Boys	42
43	Girls	12 & Under	200 back	12 & Under	Boys	44
45	Girls	12 & Under	100 breast	12 & Under	Boys	46
47	Girls	12 & Under	50 back	12 & Under	Boys	48
49	Girls	10 & Under	25 breast	10 & Under	Boys	50
51	Girls	12 & Under	200 IM	12 & Under	Boys	52
53	Girls	12 & Under	200 breast	12 & Under	Boys	54
55	Girls	12 & Under	100 back	12 & Under	Boys	56
57	Girls	12 & Under	50 breast	12 & Under	Boys	58
59	Girls	10 & Under	25 back	10 & Under	Boys	60
61	Girls	12 & Under	200 free	12 & Under	Boys	62
63	Girls	12 & Under	100 fly	12 & Under	Boys	64
65	Girls	12 & Under	50 free	12 & Under	Boys	66
67	Girls	10 & Under	25 fly	10 & Under	Boys	68
69	Girls	12 & Under	100 IM	12 & Under	Boys	70
71	Mixed	12 & Under	500 free			

The following events require the minimum National B time standard for entry (coach approved time is OK): 500 Freestyle, 1650 Freestyle, 400 IM.
Use the following URL to find the time standards: http://www.pacswim.org/swim-meet-times/standards.

Sunday Nov 24 - Session A

Session A is for athletes Ages 13 and Over and athletes Ages 11-12 who have achieved at least 1 BB time standard.

Event #	Gender	Age Group	Stroke / Distance	Age Group	Gender	Event #
73	Girls	11 & Over	400 medley relay	11 & Over	Boys	74
75	Girls	11 & Over	200 medley relay	11 & Over	Boys	76
77	Girls	11 & Over	100 IM	11 & Over	Boys	78
79	Girls	11 & Over	200 free	11 & Over	Boys	80
81	Girls	11 & Over	100 fly	11 & Over	Boys	82
83	Girls	11 & Over	50 free	11 & Over	Boys	84
85	Girls	11 & Over	200 breast	11 & Over	Boys	86
87	Girls	11 & Over	100 back	11 & Over	Boys	88
89	Girls	11 & Over	50 breast	11 & Over	Boys	90
91	Girls	11 & Over	200 IM	11 & Over	Boys	92
93	Girls	11 & Over	200 back	11 & Over	Boys	94
95	Girls	11 & Over	100 breast	11 & Over	Boys	96
97	Girls	11 & Over	50 back	11 & Over	Boys	98
99	Girls	11 & Over	200 fly	11 & Over	Boys	100
101	Girls	11 & Over	100 free	11 & Over	Boys	102
103	Girls	11 & Over	50 fly	11 & Over	Boys	104
105	Girls	11 & Over	400 IM	11 & Over	Boys	106
107	Mixed	11 & Over	1650 free			

The following events require the minimum National B time standard for entry (coach approved time is OK): 500 Freestyle, 1000 Freestyle, 1650 Freestyle, 400 IM.
Use the following URL to find the time standards: http://www.pacswim.org/swim-meet-times/standards.

Sunday Nov 24 - Session B

Event #	Gender	Age Group	Stroke / Distance	Age Group	Gender	Event #
109	Girls	12 & Under	200 medley relay	12 & Under	Boys	110
111	Girls	12 & Under	200 free	12 & Under	Boys	112
113	Girls	12 & Under	100 fly	12 & Under	Boys	114
115	Girls	12 & Under	50 free	12 & Under	Boys	116
117	Girls	10 & Under	25 fly	10 & Under	Boys	118
119	Girls	12 & Under	200 breast	12 & Under	Boys	120
121	Girls	12 & Under	100 back	12 & Under	Boys	122
123	Girls	12 & Under	50 breast	12 & Under	Boys	124
125	Girls	10 & Under	25 back	10 & Under	Boys	126
127	Girls	12 & Under	200 IM	12 & Under	Boys	128
129	Girls	12 & Under	200 back	12 & Under	Boys	130
131	Girls	12 & Under	100 breast	12 & Under	Boys	132
133	Girls	12 & Under	50 back	12 & Under	Boys	134
135	Girls	10 & Under	25 breast	10 & Under	Boys	136
137	Girls	12 & Under	200 fly	12 & Under	Boys	138
139	Girls	12 & Under	100 free	12 & Under	Boys	140
141	Girls	12 & Under	50 fly	12 & Under	Boys	142
143	Girls	10 & Under	25 free	10 & Under	Boys	144
145	Girls	12 & Under	100 IM	12 & Under	Boys	146
147	Mixed	12 & Under	400 IM			

The following events require the minimum National B time standard for entry (coach approved time is OK): 500 Freestyle, 1650 Freestyle, 400 IM.
Use the following URL to find the time standards: http://www.pacswim.org/swim-meet-times/standards.