

**BURLINGAME AQUATICS
PACIFIC SWIMMING LONG COURSE QUAD MEET
PC-BAC, PC-RHAC, SN-DART, SN-CCA
Sunday, May 16th, 2021**



SANCTION: Held under USA/Pacific Swimming Sanction No. **21-095**

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 real-time results of this meet may be posted on Meet Mobile.**

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: Mark Carmody	Head Starter: Wayne McCintosh
Meet Marshal: Olivia Frenkel	Admin Official: Scott Hastings
Meet Director: Hollie Edwards	

LOCATION: Cunningham Aquatics Complex 801 Heartwood Ave Vallejo, CA 94591

COURSE: Outdoor 50 Meter pool with up to 6 lanes available for competition. Up to 3 LC lanes will be available for warm-up/cool down throughout the competition (limited to 8 athletes per lane.) The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 4'0" at the start end and 4'0" at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

SESSIONS:	Session 1	Warmups 8:00-9:00 am	Start 9:10 am	Session 9:10-11:10
	Session 2	Warmups 11:20-12:20pm	Start 12:25 pm	Session 12:25-2:25
	Session 1	No more than 80 athletes (CCA/BAC/DART)		
	Session 2	No more than 80 athletes (RHAC/DART)		

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 shall swim fast to slow.
- All events shall be co-ed.
- Athletes may compete in **three** events per day.
- All Athletes ages 12 and under should complete competition within four (4) hours.
- Sessions are limited to 80 athletes per session.
- 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.
- USA Swimming Tech Suit policies will be enforced for 12 and under swimmers.
- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.

ATTENTION HIGH SCHOOL ATHLETES: If you are a high school athlete in season, you need to be Unattached from this meet. It is the athlete’s responsibility to be Unattached from this meet. You can un-attach at the meet of necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

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.
- Only coaches, swimmers, staff and designated volunteers will be allowed on the pool deck.
- Up to 100 persons are allowed in the facility at one time.
- **COVID Protocols and additional information will be sent out to all participating clubs prior to the meet.**

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.
- Meet is open only to qualified athletes registered with BAC, DART, RHAC and CCA. Athletes who are unattached but participating with **BAC, DART, RHAC and CCA** are eligible to compete.
- Entries with **"NO TIME" will be accepted.**

- Disabled Athletes 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: \$30 per athlete. No refunds will be made, except for cancellation of the event.

ENTRIES: ONLINE ENTRIES: You may enter this meet with a team entry. Entries will be accepted through 11:59pm, Monday, May 10. LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.

Entries are open to all invited athletes from participating clubs. Athletes should check with their clubs regarding participation in this meet. Session 1 and Session 2 are limited to athletes 11 and older. Clubs will communicate specific groups able to attend.

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the ready 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.

COACHES MEETING: A mandatory coaches ZOOM meeting will be held on Friday, May 14 at 1 pm. At least one coach from each participating team MUST attend.

AWARDS: None

ADMISSION: Free.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. Viewing is available off the pool deck

COVID SAFETY INFO: Information will be sent out to all clubs attending prior to the meet.

SESSIONS AND EVENTS

Session 1

BAC/CCA/DART

Girls	Event	Boys
1	400 IM	2
3	100 free	4
5	200 breast	6
7	50 free	8
9	100 fly	10
11	200 back	12
13	100 breast	14
15	200 fly	16
17	200 IM	18
19	100 back	20
21	200 free	22
23	400 free	24

Session 2

RHAC/DART (Girls/Boy events may be combined if entries warrant)

Girls	Event	Boys
25	400 IM	26
27	100 free	28
29	200 breast	30
31	50 free	32
33	100 fly	34
35	200 back	36
37	100 breast	38
39	200 fly	40
41	200 IM	42
43	100 back	44
45	200 free	46
47	400 free	48

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