

**BURLINGAME AQUATIC CLUB  
LONG COURSE INTRASQUAD MEET**

**MAY 22-23, 2021**

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



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **21-099**

*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:**  
**Meet Referee:** JON SASANO      **Head Starter:** ROBERT IACOBACCI  
**Meet Marshal:** KAYLA TOM      **Admin Official:** STEPHANIE KUANG  
**Meet Director:** ROB GILL ([rob@burlingameaquatics.com](mailto:rob@burlingameaquatics.com))

**LOCATION:** Burlingame Aquatic Center, 1 Mangini Way Burlingame, CA 94401

**DIRECTIONS:** From Highway 101, exit Broadway west. Turn left on Carolan Ave. Turn left on Oak Grove Ave., and the pool facility will be on your right. There is a small facility lot that will be reserved for coaches and officials only. Street parking is available for all other vehicles. Parking on the Burlingame High School property is prohibited.

**COURSE:** OUTDOOR 50 METER pool with up to 8 lanes available for competition. An additional 1-2 lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 8'0" at the start end and 4'6" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:**

- Saturday, May 23 Session A - Warm-up 11:00-11:45am. The meet will begin at 11:45am
- Saturday, May 23 Session B - Warm-up 2:15-3:00pm. The meet will begin at 3:00pm
- Sunday, May 24 Session C - Warm-up 8:00-8:45am. The meet will begin at 8:45am
- Sunday, May 24 Session D - Warm-up 10:30-11:15am. The meet will begin at 11:15am
- Sunday, May 24 Session E - Warm-up 2:00-2:45pm. The meet will begin at 2:45pm

- 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 and emailed out in advance.
  - 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 **3** events in session.
  - 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, or when the number of entered athletes reaches maximum capacity per facility restrictions.
  - 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.
  - **Athletes in groups designated by the host may compete in up to 2 sessions (one on Saturday and one on Sunday). All other athletes will compete in their assigned single session on Saturday or Sunday.**
  - **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 the 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 if 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.

- 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 **Burlingame Aquatic Club**. Athletes who are unattached but participating with **Burlingame Aquatic Club** 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.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. 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:** Each athlete shall be charged a flat fee of **\$35** per session for the meet. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

**ONLINE ENTRIES:** To enter online go to [www.fastswims.com](http://www.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. If you do not wish to pay the processing fee, enter the meet using a mail entry. Entering online is a convenience, is completely voluntary, and is in no way required or expected of an Athlete by Pacific Swimming. Online entries will be accepted through **May 14, 2021** for invited athletes only.

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with Athlete's best time. Entries must be hand delivered by 6:30 PM on **May 14, 2021** to Coach Ben or Coach Kayla. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Burlingame Aquatic Club**

**Hand deliver entries to: BAC Swim Meet  
PO Box 281  
Burlingame, CA 94011**

**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. Spectators will need to remain outside of the pool facility and will not be allowed to set up chairs or personal shade.

## ORDER OF EVENTS

Note: Within each session, events that are highlighted in the same color will swim as a combined event.  
Athletes may only sign up for 1 event within each color.

Saturday, May 22		
Session A		
Girls	Event	Boys
1	Open 200 free	2
3	Open 200 IM	4
5	Open 100 fly	6
7	Open 100 back	8
9	Open 400 free	10
11	Open 400 IM	12
13	Open 100 breast	14
15	Open 100 free	16
17	Open 50 free	18

Saturday, May 22		
Session B		
Girls	Event	Boys
19	Open 200 free	20
21	Open 200 IM	22
23	Open 50 fly	24
25	Open 50 back	26
27	Open 100 fly	28
29	Open 100 back	30
31	Open 50 breast	32
33	Open 50 free	34
35	Open 100 breast	36
37	Open 100 free	38

Sunday, May 23		
Session C		
Girls	Event	Boys
39	Open 50 free	40
41	Open 50 back	42
43	Open 50 breast	44
45	Open 50 fly	46
47	Open 100 free	48

Sunday, May 23		
Session D		
Girls	Event	Boys
49	Open 200 free	50
51	Open 200 IM	52
53	Open 100 fly	54
55	Open 100 back	56
57	Open 400 free	58
59	Open 400 IM	60
61	Open 100 breast	62
63	Open 100 free	64
65	Open 50 free	66

Sunday, May 23		
Session E		
Girls	Event	Boys
67	Open 200 free	68
69	Open 200 IM	70
71	Open 50 fly	72
73	Open 50 back	74
75	Open 100 fly	76
77	Open 100 back	78
79	Open 50 breast	80
81	Open 50 free	82
83	Open 100 breast	84
85	Open 100 free	86

Pacific Swimming – Hosted by Burlingame Aquatic Club												
BAC LCM Intrasquad Meet												
May 22-23, 2021												
Consolidated Entry Form												
Name: Last				First				Middle				
Club Abbr.			UNATT TEAM ABBR				Club Name					
Age			Date of Birth				Sex M F		LSC – (PC, SN)			
USA-#												
Event #	Distance / Stroke						Entry Time			Circle one		
							: .			SCY / LCM		
							: .			SCY / LCM		
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FLAT FEE						\$35.00 Single Session/\$70 Two Sessions						
Coach												
Athlete's Address												
Home Phone						Cell Phone						
Email												