BURLINGAME AQUATIC CLUB
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET
FRIDAY, SATURDAY, AND SUNDAY JUNE 7-9, 2024
Enter Online: http://ome.fastswims.com
Z1N Priority Teams: BAC, BCP, BGC, BSC, DCD, FOG, HDAC, MAV, MLKB, PASA, PSL, SSF, YEMB

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-067**
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/Stephanie Kuang** ***Head Starter:*** **Sam Tang**
Meet Marshal: **Daniel Kelly** ***Admin Official:*** **Kit Yan/Jeff Hu**
Meet Director: **Golda Marcus** golda@burlingameaquatics.com

LOCATION: Burlingame Aquatic Center (850 Oak Grove Ave. Burlingame, CA 94010)

DIRECTIONS: From highway 101, exit Broadway Ave. traveling West. Turn left onto Carolan Ave. Turn left onto Oak Grove Ave. Thepool will be located on your right. Parking is prohibited in all school lots. Parking is permitted on residential streets surrounding the facility

COURSE: Outdoor 50 meter by 25 yard heated pool with up to eight 50-meter lanes available for competition. An additional lane 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 13'0" at the start end and 3'6" at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: **FRIDAY SESSION:** Meet begins at 4:30pm; Warm-Up is from 3:30-4:20pm
SATURDAY/SUNDAY SESSION A (11 & Over): Meet begins at 8:30 AM; Warm-Up is from 7:00-8:15 AM.
SATURDAY/SUNDAY SESSION B (12&Under): Session B will begin 1 hour after Session A finishes, but not before 12:00

PM. Session B warm-Ups will begin immediately after Session A finishes.

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 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 1 event on Friday and 3 events per day on Saturday/Sunday.
•11-12 year old athletes may compete in EITHER the AM or PM Session each day. They may not enter both. 11-12 year olds competing in the AM Session must have achieved a USA-S "B" time for their age group/gender in each entered event. Coach verified times shall be accepted. 11-12 year old Athletes should consult their coaches **PRIOR** to entering the AM Session.
• Athletes competing in the 400 Free, 400 IM, and/or 1500 Free must provide their own lane timers. Athletes competing in the 1500 Freestyle must provide their own lap counters.
• Athletes competing in the 400 Free, 400 IM, and/or 1500 Free must have achieved a USA-S "B" time for their age group and gender. Coach verified times shall be accepted. Athletes should consult their coaches **PRIOR** to entering these events.
• The 9/10 400 Free, 11 & Over 400 IM, and 11 & Over 1500 Free shall be swum as mixed gender events.
• **The Friday PM Session timeline will be capped at a maximum timeline of 2 Hours and 45 minutes.**
• The 11 & Over Mixed 1500 Free will be limited to the first 40 entries.
• 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.
• First Aid and an AED are available to participants and attendees. Life guards will NOT be on duty.
• **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner. USA-Swimming's Application is valid as proof of current membership.**

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.

• 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 be accepted (exception: 400 Free, 400 IM, 1500 Free, 11-12 AM Session Events).**

• 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.

• 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 PRIORITY: Athletes from BAC, BCP, BGC, BSC, DCD, FOG, HDAC, MAV, MLKB, PASA, PSL, SSF, YEMB entering online must do so by 11:59 PM, Wednesday, May 22th, 2024 in order to receive priority acceptance to the meet. Athletes from the Zone 1N priority club submitting surface mail entries must be postmarked by Monday, May 20, 2024 in order to receive priority acceptance into the meet. No athletes other than those from the Zone 1N priority clubs may enter the meet until the priority period has closed. Entries of athletes from other Zone 1 North Clubs entered online between 12:00AM Thursday, May 23, 2024 and 11:59PM, Sunday, May 26, 2024, will be given 2nd priority acceptance. All entries from Zone 1N, all other Pacific LSC Zones and other LSCs, either postmarked, entered online, or hand delivered by the entry deadline will be considered in the order they are received.

ENTRY FEES: $4.50 per event plus a $14.00 participation fee per Athlete. 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 **http://ome.fastswims.com** to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service 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 service fee is a separate fee from the Entry Fees. If you do not wish to pay the service 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 Wednesday, **May 29, 2024.**

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 postmarked by midnight, Monday **May 27, 2024** or hand delivered by 6:30 p.m. Wednesday, **May 29, 2024**. 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

Mail entries to: BAC MEET DIRECTOR
PO Box 281
BURLINGAME, CA 94011

Hand deliver entries to: BAC MEET DIRECTOR
1 MANGINI WAY
BURLINGAME, CA 94011

CHECK-IN: The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for all individual events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check in will not be seeded and will not be allowed to compete in that event.

SCRATCHES: Any Athletes not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized.

AWARDS: Individual events will be awarded in the A, B, and C division. Age groups will be awarded separately as 8 & Under, 9/10, 11/12. Awards will **ONLY** be given during the 12 & Under session. Ribbons for First through Eighth place will be given to the following age groups: 8 & Under, 9-10, 11-12. "A" time medals will be given to athletes achieving new "A" time standards ("PC-A" for 8 & Under Athletes, USA-S "A" for 9 & Over Athletes), regardless of place achieved in the event, during the PM session **ONLY**. All awards must be picked up at the meet by coaches or designated Club Representative at the end of the meet. Awards will not be mailed.

ADMISSION: Free. A digital 2-day psych sheet will be distributed prior to competition.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working Officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

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

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 tables 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 (one for every 25 athletes)

EVENT SUMMARY

FRIDAY		SATURDAY		SUNDAY	
9-10	**11 & O**	**12 & U**	**11 & O**	**12 & U**	**11 & O**
400 FR	400 IM	200 IM	200 BK	200 FR	200 FR
	1500 FR	100 BK	50 FL	100 BR	100 BK
		50 BR	100 BR	50 FL	50 BR
		100 FL	200 FL	100 FR	100 FL
		50 FR	50 BK	50 BK	50 FR
			100 FR		200 BR
			200 IM		400 FR (W)
			400 FR (M)		

ORDER OF EVENTS

	Friday June 7th	
GIRLS #	**EVENT**	**BOYS #**
101	MIXED 9-10 400 Free*	
102	MIXED 11&O 400 IM*	
103	MIXED 11&O 1500 Free*	

Saturday, June 8th		
	SESSION A	
GIRLS #	**EVENT**	**BOYS #**
1	11 & Over 200 Back#	2
3	11 & Over 50 Fly	4
5	11 & Over 100 Breast	6
7	11 & Over 200 Fly#	8
9	11 & Over 50 Back	10
11	11 & Over 100 Free	12
13	11 & Over 200 IM	14
	11 & Over M 400 Free*	16

	SESSION B	
17	12 & Under 200 IM	18
19	12 & Under 100 Back	20
21	12 & Under 50 Breast	22
23	12 & Under 100 Fly	24
25	12 & Under 50 Free	26

Sunday, June 9th		
	SESSION A	
GIRLS #	**EVENT**	**BOYS #**
27	11 & Over 200 Free	28
29	11 & Over 100 Back	30
31	11 & Over 50 Breast	32
33	11 & Over 100 Fly	34
35	11 & Over 50 Free	36
37	11 & Over 200 Breast*	38
39	11 & Over W 400 Free*	

	SESSION B	
41	12 & Under 200 Free	42
43	12 & Under 100 Breast	44
45	12 & Under 50 Fly	46
47	12 & Under 100 Free	48
49	12 & Under 50 Back	50

*Athletes entered in the 400 IM/400 Free/1500 Free must have achieved a USA-S Motivational "B" time for their age group/gender. Coach Verified Times will be accepted.

11-12 Year old athletes entering the AM Session must have achieved a USA-S Motivational 11-12 "B" time for their gender. Coach Verified Times will be accepted.

11-12 Year old athletes may compete in EITHER the AM or PM session on Saturday/Sunday. They may **not compete in both.

Athletes in the 400 IM/400 Free/1500 Free must provide their own timers.
Athletes in the 1500 Free must provide their own Lap Counters.
The Mixed 1500 Free shall be limited to the first 40 entries. The Friday PM Session shall be capped at 2hr 45min.

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

Pacific Swimming – Hosted by BAC
LONG COURSE CBA+
June 7-9
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
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

# of entries _____ x $4.50 = $_____
Participation Fee $ 14.00
Total $_____

Coach

Athlete's
Address

Home Phone	Cell Phone

Email