

BURLINGAME AQUATIC CLUB
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET
FRIDAY, SATURDAY, AND SUNDAY, JUNE 10-12, 2022
Enter Online: <http://www.fastswims.com>



PRIORITY Z1N CLUBS: BAC, BSC, BCP, BGC, DACA, DCD, FOG, HDAC, MAV, MLKB, OSC, PPSC, PSL, SOLO, SSF, SUNN, YEMB, TOC

SANCTION: Held under USA/Pacific Swimming Sanction No. **22-076**

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:

<i>Meet Referee:</i> Manus J-Chang	<i>Head Starter:</i> Jimmy Hong
<i>Meet Marshal:</i> Golda Marcus	<i>Admin Official:</i> Lucille Glassman
<i>Meet Director:</i> Loki Hondorf loki@burlingameaquatics.com	

LOCATION: Burlingame Aquatic Center, 1 Mangini Way, Burlingame CA 94010

DIRECTIONS: From highway 101, exit Broadway Ave. traveling West. Turn left onto Carolan Ave. Turn left onto Oak Grove Ave. The pool 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 seven 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 competition course has not been certified in accordance with Article 104.2.2C(4).

TIME: FRIDAY SESSION: Meet begins at 4:15pm; Warm-Up is from 3:00pm to 4:00pm.

SATURDAY/SUNDAY SESSION A (13 & Over and 11-12 GIRLS): Meet begins at 8:30 AM; Warm-Up is from 7:00-8:15 AM.

SATURDAY/SUNDAY SESSION B (10 & Under and 11-12 BOYS): 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 a maximum of **ONE (1)** event on Friday and **THREE (3)** events per day on Saturday and Sunday.
 - 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.**
 - All athletes entered in the 1500 meter freestyle, 400 meter freestyle, or 400 meter IM must have achieved a USA-S Motivational “BB” Time Standard for their age group and gender.
 - All athletes competing in the 1500 meter Freestyle, 400 meter Freestyle or 400 meter IM events must provide their own lane timers. Athletes competing in the 1500 meter Freestyle must provide their own lap counters.
 - The 1500 meter Freestyle will be swum fastest to slowest alternating girl’s and boy’s heats. Girl’s and boy’s heats may be combined at the discretion of the Meet Referee.

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.

- 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 – 1500 Free, 400 Free, and 400 IM. See rules)**.
- 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.
- 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, BSC, BCP, BGC, DACA, DCD, FOG, HDAC, MAV, MLKB, OSC, PPSC, PSL, SOLO, SSF, YEMB, TOC** entering online must do so by **11:59 PM, SUNDAY, May 29, 2022** in order to receive priority acceptance to the meet. Athletes from the Zone 1N priority clubs submitting surface mail entries must be postmarked by Friday, May 27, 2022 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.

ENTRY FEES: \$4.50 per event plus an \$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 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 Wednesday, June 1, 2022.

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 30, 2022 or hand delivered by 6:30 p.m. Wednesday, June 1, 2022. 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: Meet Director
PO BOX 281
BURLINGAME, CA 94011**

**Hand deliver entries to: Meet Director
1 Mangini Way
BURLINGAME, CA 94010**

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 remaining 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 in the event.

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

AWARDS: Individual events will be awarded in the A, B and C Divisions. Ribbons for the 1st – 8th place are given within each division to the following age groups: 8/un, 9-10, and 11-12. Athletes 13 years of age and older will not receive ribbons. "A" medals will be awarded to athletes achieving NEW "PC - A" times in each events, regardless of place achieved in the events. All awards must be picked up at the meet by club coach or coach representative. Awards will not be mailed.

ADMISSION: Free. A three day program will be available for \$4.00

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. Clubs that do not provide sufficient officials must provide coaches to act in the place of officials.

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 each 25 athletes)

EVENT SUMMARY

Friday	SATURDAY				SUNDAY			
11 & Over	8 & UN	9-10	11-12	13 & Over	8 & UN	9-10	11-12	13 & Over
1500 Free	50 Back	50 Back	100 Back	200 Back	50 Breast	200 Free	200 Free	200 Free
	100 Breast	100 Breast	200 Breast	200 Breast	100 Fly	100 Fly	50 Fly	200 Fly
	50 Fly	50 Fly	100 Fly	100 Fly	50 Free	50 Free	50 Breast	100 Breast
	100 Free	100 Free	50 Free	50 Free	100 Back	100 Back	200 IM	200 IM
		400 Free	400 IM	400 IM		200 IM	400 Free	400 Free

EVENTS

FRIDAY, JUNE 10 th		
GIRLS #	EVENT	BOYS #
1	1500 FREE	2

SATURDAY, JUNE 11 th		
GIRLS #	EVENT	BOYS #
SESSION A		
3	11-12 100 BACK	
5	13&O 200 BACK	6
7	11-12 200 BREAST	
9	13&O 200 BREAST	10
11	11-12 100 FLY	
13	13&O 100 FLY	14
15	11-12 50 FREE	
17	13&O 50 FREE	18
19	11-12 400 IM	
21	13&O 400 IM	22
SESSION B		
	11-12 100 BACK	24
25	9-10 50 BACK	26
27	8&U 50 BACK	28
	11-12 200 BREAST	30
31	9-10 100 BREAST	32
33	8&U 100 BREAST	34
	11-12 100 FLY	36
37	9-10 50 FLY	38
39	8&U 50 FLY	40
	11-12 50 FREE	42
43	9-10 100 FREE	44
45	8&U 100 FREE	46
	11-12 400 IM	48
49	9-10 400 FREE	50

SUNDAY, JUNE 12 th		
GIRLS #	EVENT	BOYS #
SESSION A		
51	11-12 200 FREE	
53	13&O 200 FREE	54
55	11-12 50 FLY	
57	13&O 200 FLY	58
59	11-12 50 BREAST	
61	13&O 100 BREAST	62
63	11-12 200 IM	
65	13&O 200 IM	66
67	11-12 400 FREE	
69	13&O 400 FREE	70
SESSION B		
	11-12 200 FREE	72
73	9-10 200 FREE	74
75	8&U 50 BREAST	76
	11-12 50 FLY	78
79	9-10 100 FLY	80
81	8&U 100 FLY	82
	11-12 50 BREAST	84
85	9-10 50 FREE	86
87	8&U 50 FREE	88
	11-12 200 IM	90
91	9-10 100 BACK	92
93	8&U 100 BACK	94
	11-12 400 FREE	96
97	9-10 200 IM	98

Athletes entering the 1500 Free, 400 Free, and/or 400 IM must have a USA-S "BB" Time Standard for their age group and gender.

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

Pacific Swimming – Hosted by BAC
 Long Course C/B/A+ Meet
 June 10-12 2022
 Consolidated Entry Form

Name: Last First Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M F	LSC – (PC, SN)
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USA-#															
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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
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Email