

**BURLINGAME AQUATIC CLUB**

**LONG COURSE QUAD MEET**

**JUNE 26-27, 2021**

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



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **21-135**

*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:**

<i>Meet Referee:</i> <b>JON SASANO</b>	<i>Head Starter:</i> <b>ROBERT IACOBACCI</b>
<i>Meet Marshal:</i> <b>KAYLA TOM</b>	<i>Admin Official:</i> <b>NIK KIKUTA</b>
<i>Meet Director:</i> <b>ROB GILL</b> ( <a href="mailto:rob@burlingameaquatics.com">rob@burlingameaquatics.com</a> )	

**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 7 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, June 26 Session A - Warm-up 9:30-10:15am. The meet will begin at 10:15am
- Saturday, June 26 Session B - Warm-up 12:30-1:15pm. The meet will begin at 1:15pm
- Sunday, June 26 Session C - Warm-up 3:30-4:00pm. The meet will begin at 4:00pm
- Sunday, June 27 Session D - Warm-up 9:30-10:15am. The meet will begin at 10:15am
- Sunday, June 27 Session E - Warm-up 12:30-1:15pm. The meet will begin at 1:15pm

- 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 if when entering into session A, C and D. Athletes may compete in **4** events if entering into session B and E.
  - 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.
  - **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.**

**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, Sunnyvale Swim Club, ALTO Swim Club, and Bay Club Redwood Shores**. Athletes who are unattached but participating with **Burlingame Aquatic Club, Sunnyvale Swim Club, ALTO Swim Club, and Bay Club Redwood Shores** 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 will 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 June 18, 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 **June 18, 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: In sessions A & D, 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.

In Sessions B & E, the 200 fly, 200 back and 200 breast will be swum as combined events and the 400 IM and 400 free will be swum as combined events. Athletes may not enter more than one 200 stroke and more than one 400 in each session.

\*Athletes entering into event 45, 46, 47, 48, 49, 50 must have achieved an 11-12 BB for the 100 of the stroke in order to enter.

\*\*Athletes entering into event 59 & 60 must have achieve an 11-12 BB for the 200 IM in order to enter into this event.

### SATURDAY, JUNE 26, 2021

Session A		
BAC & SUNN 13 & Overs		
Girls	Event	Boys
1	400 Free	2
3	400 IM	4
5	800 Free	6
7	100 Fly	8
9	100 Back	10
11	100 Breast	12
13	200 Free	14
15	200 Fly	16
17	200 Back	18
19	200 Breast	20
21	100 Free	22
23	100 Fly	24
25	100 Back	26
27	100 Breast	28
29	200 IM	30
31	50 Free	32

Session B		
BAC & SUNN 13 & Unders		
Girls	Event	Boys
33	200 free	34
35	100 fly	36
37	100 back	38
39	50 breast	40
41	50 free	42
43	200 IM	44
45	200 fly*	46
47	200 back*	48
49	200 breast*	50
51	100 breast	52
53	100 free	54
55	50 fly	56
57	50 back	58
59	400 IM**	60
61	400 free	62

Session C		
BAC & BCP 12 & Unders		
Girls	Event	Boys
63	50 free	64
65	50 back	66
67	50 breast	68
69	50 fly	70
71	100 free	72

Note: In sessions A & D, 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.

In Sessions B & E, the 200 fly, 200 back and 200 breast will be swum as combined events and the 400 IM and 400 free will be swum as combined events. Athletes may not enter more than one 200 stroke and more than one 400 in each session.

\*Athletes entering into event 117, 118, 119, 120, 121, 122 must have achieved an 11-12 BB for the 100 of the stroke in order to enter.

\*\*Athletes entering into event 131 & 132 must have achieve an 11-12 BB for the 200 IM in order to enter into this event.

**SUNDAY, JUNE 27, 2021**

<b>Session D</b>		
<b>BAC &amp; ALTO 13 &amp; Overs</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
73	400 Free	74
75	400 IM	76
77	800 Free	78
79	100 Fly	80
81	100 Back	82
83	100 Breast	84
85	200 Free	86
87	200 Fly	88
89	200 Back	90
91	200 Breast	92
93	100 Free	94
95	100 Fly	96
97	100 Back	98
99	100 Breast	100
101	200 IM	102
103	50 Free	104

<b>Session E</b>		
<b>BAC &amp; ALTO 13 &amp; Unders</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
105	200 free	106
107	100 fly	108
109	100 back	110
111	50 breast	112
113	50 free	114
115	200 IM	116
117	200 fly*	118
119	200 back*	120
121	200 breast*	122
123	100 breast	124
125	100 free	126
127	50 fly	128
129	50 back	130
131	400 IM**	132
133	400 free	134

Pacific Swimming – Hosted by Burlingame Aquatic Club  
 BAC LCM Quad Meet  
 June 26-27, 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				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
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						: .			SCY / LCM				
						: .			SCY / LCM				
FLAT FEE                                      \$35.00 Single Session/\$70 Two Sessions													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													