SWIM SOUTH BAY
PACIFIC SWIMMING SHORT COURSE MICRO MEET
WEDNESDAY, JUNE 26, 2024
Enter Online: http://ome.fastswims.com

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-090**
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 at 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:*** **Bob Armbruster** ***Head Starter:*** **Mike Piccardo**
Meet Marshal: **Adam Wilson** **Admin Official: Shari Oldfield**
Meet Director: **Marisa Cozort – office@swimsouthbay.org**

LOCATION: Willow Glen High School, 2001 Cottle Avenue, San Jose, CA 95125

DIRECTIONS: From Almaden Expressway North – Exit at Lincoln Blvd exit (exit on left) Follow Lincoln to Curtner Avenue, left on Curtner then take a right on Cottle. Parking behind the school and on the corner of Cottle and Dry Creek. From Almaden Expressway South – Exit at Curtner Avenue

COURSE: Outdoor 25 yard pool with up to 8 lanes available for competition. An additional 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 10'" at the start end and 3'6" at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Meet will begin at 4:30pm with warm-ups from **3:30** to **4:20pm.**

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 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 MAAPP is a condition of participation in the conduct of this competition.

- All events are timed finals.
- All events will swim fast to slow.
- All events will be swum as combined age groups and mixed gender.
- Athletes may compete in a max of **3** events.
- 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.
- Entries will be accepted until the number of splashes exceeds an estimated timeline of 2 hours.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- **First Aid available to participants**

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.
- Entries with **"NO TIME" will be accepted.**
- 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.
- The Athlete's age will be the age of the Athlete on the first day of the meet.
- This meet is open to Zone 1 South teams only.

ENTRY FEES: $4.50 per event plus a $10 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 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 20, 2024 unless the meet fills to capacity prior to that date.**

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 **June 18** hand delivered by 6:30 PM **June 20.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: **Swim South Bay**
Mail/hand deliver entries to: **Marisa Cozort**
1583 Phantom Avenue
San Jose, CA 95125

CHECK-IN: The meet shall be pre-seeded. Athletes shall report directly to the starting blocks for their events. There will be no calls for missing athletes.

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

AWARDS: None.

ADMISSION: Free.

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

EVENT SUMMARY:

Wednesday, June 26, 2024			
8 & UN	**9-10**	**11-12**	**13+**
25 Back	25 Back	100 Back	100 Back
100 Back	100 Back	50 Breast	50 Breast
50 Breast	50 Breast	50 Fly	50 Fly
25 Free	25 Free	100 Free	100 Free
50 Fly	50 Fly		
100 Free	100 Free		

EVENTS

Wednesday, June 26, 2024	
EVENT #	**EVENT**
1	10 & under 25 Back
2	Open 100 Back
3	Open 50 Breast
4	10 & under 25 Free
5	Open 50 Fly
6	Open 100 Free

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

Pacific Swimming – Hosted by BAY
Short Course Micro Meet
Wednesday, June 26, 2024
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 $ 10.00

Total $_____

Coach

Athlete's
Address

Home Phone	Cell Phone

Email