

SWIM SOUTH BAY  
LAST CHANCE FOR AGE GROUP CHAMPS  
PACIFIC SWIMMING SHORT COURSE MEET  
NOVEMBER 18-19, 2023  
Enter Online: <http://ome.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-135**

*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.

**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:**

<b>Meet Referee:</b> Bob Armbruster	<b>Head Starter:</b> Thierry Foucu
<b>Meet Marshal:</b> Adam Wilson	<b>Admin Official:</b> Mette Graversen
<b>Meet Director:</b> Marisa Cozort, <a href="mailto:office@swimsouthbay.org">office@swimsouthbay.org</a>	

**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 required course dimensions.

**TIME:** Meet will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. Special warm-up lanes for 8 and under Athletes will be held from 8:30-8:45 AM.

**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.
- Athletes may compete in 4 events per day.
- All Athletes ages 12 and under should complete competition within four (4) hours.
- The meet will be capped at 450 Athletes or when the timeline reaches the 4 hour limit.
- 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 check in upon arrival to have their USA Swimming credentials verified at the desk. Those without valid USA Swimming registration will not be allowed on deck.**

**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.

- **NO TIME" will be ACCEPTED with the exception of the 400 IM and 500 Free. A certified "B" time or Coach Verified "B" time shall be accepted.**
- 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.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

**ENTRY PRIORITY:** Athletes from Zone 1 South Clubs entering online must do so by 11:59 PM, Tuesday, October 31 in order to receive priority acceptance to the meet.

**ENTRY FEES:** \$4.50 per event plus a \$10.00 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: FASTSWIMS:** 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, please 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. Entries will be accepted through Wednesday, November 8 or until it fills to capacity.

**MAILED 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, November 6. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope. Mailed entries will only be accepted IF the meet has not filled to capacity.

**Make check payable to** Swim South Bay

**Mail entries to:** Swim South Bay  
1583 Phantom Avenue  
San Jose, CA 95125

**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: Ribbons will be awarded to the 1st – 8th place finishers in the Gold and Silver divisions, for each event and age group (8&U, 9-10, 11-12, 13-14, 15-18.) Gold division will be the top half of the entries, while Silver will be the bottom half (by entry time.) Athletes 19 years of age and older will not receive awards. Awards will be available for pickup by the coaches, or a team representative, at the end of the meet. "A" medals will be awarded to athletes achieving new "A" times swum during this meet only.

**ADMISSION:** Free.

**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.

## EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
200 free	200 free	200 free	200 free	100 back	200 IM	200 IM	200 IM
100 fly	100 fly	100 fly	100 fly	50 breast	100 back	100 back	100 back
50 back	50 back	50 back	100 breast	50 fly	50 breast	50 breast	200 breast
100 breast	100 breast	100 breast	200 back	100 free	50 fly	200 breast	100 free
100 IM	100 IM	200 back	100 IM		100 free	50 fly	200 fly
50 Free	50 free	100 IM	50 free		500 free	100 free	500 free
		50 free	400 IM			200 fly	
		400 IM				500 free	

\* Athletes entering the 11 & Over 400 IM must provide their own timers.

\*\* Athletes entering the 9 and over 500 Free must provide their own timers and/or lap counters

**NO TIME" will be ACCEPTED with the exception of the 400 IM and 500 Free.  
A certified "B" time or Coach Verified "B" time shall be accepted.**

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

## ORDER OF EVENTS

Saturday, November 18		
EVENT #	EVENT	EVENT #
1	Open 200 Free	2
3	Open 100 Fly	4
5	12 and under 50 Back	6
7	Open 100 Breast	8
9	11 and over 200 Back	10
11	Open 100 IM	12
13	Open 50 Free	14
15	11 and over 400 IM*	16

Sunday, November 19		
EVENT #	EVENT	EVENT #
17	9 and over 200 IM	18
19	Open 100 Back	20
21	12 and under 50 Breast	22
23	11 and over 200 Breast	24
25	12 and under 50 Fly	26
27	Open 100 Free	28
29	11 and over 200 Fly	30
31	9 and over 500 Free**	32

Pacific Swimming – Hosted by BAY NOVEMBER 18-19, 2023 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				
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							:    .				SCY / LCM				
# of entries _____ x \$4.50 = \$ _____ Participation Fee                      \$ 10.00 Total                                      \$ _____															
Coach															
Athlete's Address															
Home Phone								Cell Phone							
Email															