

Priority Teams: CDST, AAA, ALGA, EBAT, EBSD, ECG, ELIT, FF, HILL, LAC, MONT, ONDA, PST, RA, RHAC, TRIV

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-040**

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, webcasting, television, psych sheets, and live meet results. **The results of this meet may be posted in real-time on 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: Christopher Lam	Head Starter: Bob Ritter
	Meet Marshal: Kesavan Jayaraman	Admin Official: Laurie Jacobson-Jones
	Meet Director: Holly Gallagher (585) 472-1944, cdstmeetchief@gmail.com	

LOCATION: Ohlone College Swimming Pool: 43600 Mission Boulevard, Fremont CA

DIRECTIONS: Highway I-680 South take EXIT 16 for Mission Boulevard/CA-238, Keep left at the fork, follow signs for Mission San Jose/Ohlone College, turn left onto CA-238 S/Mission Blvd, after 1.1 mi, turn left onto Pine St, continue straight onto Aquatic Way and turn left enter Ohlone College Parking Structure. The pool is located next to the Ohlone College Parking Structure.

Parking: Park in the Ohlone College Parking Structure. No drop-offs are allowed in the driving lanes of the Parking Structure. Please pull into an empty parking space and drop off. If you are parking, a valid parking permit is required at all times to park on the Ohlone College campus. A Daily Permit can be purchased for \$4.00 at the kiosk machines located in the Ohlone College Parking Structure. Overnight parking is not allowed.

COURSE: Outdoor 25-yard competition pool with up to 10 lanes available for competition. An additional 8 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 4'0" at the start end and 4'0" at the turn end. The Meet Host shall ensure the 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. A special warm-up time for 8 and under Athletes only will be held from **8:45 to 8:55 AM** on Saturday and Sunday. **Pool gates will open at 7:00 AM on Saturday and Sunday.** **No early set-up is permitted inside the pool facility.**

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 **MAXIMUM 4** events per day.
- All Athletes ages 12 and under should complete the 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 Athlete’s 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 athletes entering the 500 Free must provide their own timers and lap counters.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- AED and First Aid available to all participants. Lifeguards will be on duty.

ATTENTION HIGH SCHOOL ATHLETES: If you are a High School Athlete in season, you need to be Unattached from this meet. It is the Athlete’s responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to Athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

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.
- This is a closed deck meet. Only coaches, athletes, officials, and volunteers are allowed on deck.
- Canopy setup is not allowed on the pool deck.
- Use of laptops, tablets, and/ or cell phones in locker rooms is prohibited.

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 "BB" Division must have met at least USA Swimming Motivational "BB" minimum time standard. (For 8 & Under, athletes in the "A" division must have met at least the listed "A" 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 **REJECTED**.

- **Entries for the 500 Free will be limited to the first 40 Girls and first 40 Boys.**

- 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: Meet entries will be accepted no earlier than Monday, February 19, 2024. Entries from members of assigned year-round Zone 2 clubs in good standing postmarked or entered online by 11:59 PM Saturday, February 24, 2024, will be given 1st priority acceptance. Entries from members of all Zone 2 clubs (year-round and seasonal) postmarked or entered online between 12:00 AM Sunday, February 25, 2024, and 11:59 PM Saturday, March 2, 2024, will be given 2nd priority acceptance. All entries from Zone 2, 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.

**** NOTE:** Athletes who falsify their entry form by listing a club to which they are not legitimately associated will be rejected from the meet. Further, entry fees will not be refunded and they may be referred to the Pacific Swimming Review Committee for disciplinary action.

ENTRY FEES: \$4.50 per event plus a \$10.00 participation fee per Athlete. Entries will be rejected if payment is not sent at the time of the request. No refunds will be made, except for 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 the 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, **March 13, 2024** or until capacity is reached, whichever comes first.

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with the Athlete's best time. Entries must be postmarked by Monday, **March 11, 2024**, or hand delivered by 6:30 PM Wednesday, **March 13, 2024** or until capacity is reached, whichever comes first. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: CDST

Mail entries to: **CDST MEET ENTRIES**
5121 ROYCROFT WAY
FREMONT, CA 94538

Hand deliver entries to: **CDST MEET DIRECTOR**
5121 ROYCROFT WAY
FREMONT, CA 94538

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. Prior to 10:30 AM, the close of check-in for each event shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. **The close of check-in for all remaining events for that day shall be at 10:30 AM.** Athletes who do not check-in will not be seeded and will not be allowed to compete in that event.

Athletes who wish to scratch from an event after the close of check-in are requested to inform the Referee at the starting end of the competition course.

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: First through eighth places in each division (C, B, BB) will be awarded for the 9-10, 11-12, 13-14 age groups. First through eighth place in each division (PC-C, PC-B, PC-A) will be awarded to the 8 & Under age group. All athletes achieving an A time for the first time will be awarded a standard A medal, regardless of the place achieved in the event. No awards will be given to athletes 15 years of age and older. Distance events will not be awarded. Individual awards must be picked up at the meet. We will not mail or distribute awards after the meet.

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.

MINIMUM OFFICIALS: The Meet Referee shall conduct an inventory of Officials and shall compare the number of athletes entered against the number of Officials that worked representing each club per day of the meet. Those clubs who have not provided sufficient Officials in a day of the meet, in accordance with the table below, will be fined \$100 per missing Official per day.

Number of athletes entered in meet per club per day	Number of trained and carded officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 Athletes over 100	+1

EVENT SUMMARY

SATURDAY				SUNDAY			
8&UN	9-10	11-12	13&UP	8&UN	9-10	11-12	13&UP
100 IM	100 IM	200 IM	200 IM	50 Fly	100 Fly	200 Fly	200 Fly
25 Fly	100 Back	200 Back	200 Back	25 Free	200 Free	100 Free	100 Free
25 Breast	50 Fly	50 Fly	100 Fly	25 Back	50 Back	100 Back	100 Back
50 Free	100 Breast	100 Breast	100 Breast	50 Breast	50 Breast	50 Breast	200 Breast
	50 Free	50 Free	50 Free			50 Back	
*OPEN 500 Free Girls				*OPEN 500 Free Boys			

EVENTS

SATURDAY MARCH 23, 2024		
GIRLS EVENT #	EVENT	BOYS EVENT #
1	13 & up 200 IM	2
3	11-12 200 IM	4
5	9-10 100 IM	6
7	8 & un 100 IM	8
9	13 & up 200 Back	10
11	11-12 200 Back	12
13	9-10 100 Back	14
15	8 & un 25 Fly	16
17	13 & up 100 Fly	18
19	11-12 50 Fly	20
21	9-10 50 Fly	22
23	8 & un 25 Breast	24
25	13 & up 100 Breast	26
27	11-12 100 Breast	28
29	9-10 100 Breast	30
31	8 & un 50 Free	32
33	11-12 50 Free	34
35	9-10 50 Free	36
37	13 & up 50 Free	38
39	*OPEN 500 Free Girls	40

SUNDAY MARCH 24, 2024		
GIRLS EVENT #	EVENT	BOYS EVENT #
41	13 & up 200 Fly	42
43	11-12 200 Fly	44
45	9-10 100 Fly	46
47	8 & un 50 Fly	48
49	13 & up 100 Free	50
51	11-12 100 Free	52
53	9-10 200 Free	54
55	8 & un 25 Free	56
57	13 & up 100 Back	58
59	11-12 100 Back	60
61	9-10 50 Back	62
63	8 & un 25 Back	64
65	13 & up 200 Breast	66
67	11-12 50 Breast	68
69	9-10 50 Breast	70
71	8 & un 50 Breast	72
73	11-12 50 Back	74
75	*OPEN 500 Free Boys	76

***All athletes entering the 500 Free must provide their own timers and lap counters**

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

Pacific Swimming – Hosted by California Dolphin Swim Team SHORT COURSE C/B/BB+ March 23-24th 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			
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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														