

**CROW CANYON SHARKS 14 & UNDER JO LAST CHANCE**  
**PACIFIC SWIMMING SHORT COURSE B/BB+ MEET**  
**February 25-26<sup>th</sup> 2023**  
Enter Online: <http://www.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-013**

*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:** Leo Lin      **Head Starter:** Marie Lin  
**Meet Marshal:** Lee McDonald      **Admin Official:** Carol Cottam  
**Meet Director:** Iain Searle [Meetdirector@crowcanyonsharks.org](mailto:Meetdirector@crowcanyonsharks.org) 925-395-3058

**LOCATION:** Dougherty Valley Aquatic Center, 10550 Albion Rd, San Ramon, CA 94582. Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed. No overnight/RV parking allowed.

**DIRECTIONS:** From the North of San Ramon follow I-680 S to Bollinger Canyon Rd in San Ramon, Take left on Albion Rd.

**COURSE:** OUTDOOR 25 YARD/50 METER 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 10' 0" at the start end and 7' 0" at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

**TIME:** Meet will begin at 9 AM each day with warm-ups from 7:30 to 8:45 AM each day. Check in begins at 7:15 AM on each day

**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.
- 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, or until the meet has reached capacity, whichever comes first.
- 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.**
- Athletes entering the 500 and 1650 free must provide their own timers and lap counters. Athletes entering the 400IM must provide their own timers. These events may be swum alternating heats of girls and boys or seeded combining girls and boys. The time standard required to enter those events are given in the ELIGIBILITY section.
- **Medical supervision available:** Certified lifeguards will be on deck throughout meet, First Aid and AED are available in the Lifeguard office.

**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.

**ELIGIBILITY:**

- Only Athletes aged 14 and under are eligible for this meet. 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 at least 24 hours prior to the meet date. There will be no onsite USA-S membership registration.
- Athletes in the “B” Division must have met at least USA motivational “B” minimum time standard. Athletes in the “BB” Division must have met at least the “BB” minimum time standard.
- Athletes must have met the minimum USA swimming Motivational “B” time standard for their age group in all events entered, except for the 400 IM where they must have met the “BB” timing standard in their age group, the 500 Free where

they must have met the 10 & Under "BB" standard, and the 1650 free where they must have met the 11-12 "BB" standard. To compete in 10 & Under events, athletes 8 and younger must have met the 10 & Under "B" minimum time standard.

- Entries with "**NO TIME**" will be **REJECTED**.
- 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.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

**ENTRY PRIORITY:** Meet entries will not be accepted any earlier than January 21<sup>st</sup> 2023. Entries from members of "year-round" Zone 2 clubs in good standing postmarked or entered online by 11:59 PM on January 30<sup>th</sup> 2023 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 January 31<sup>st</sup>, 2023 and 11:59 PM February 6<sup>th</sup> 2023 will be given 2nd priority acceptance. All entries from Zone 2, all other Pacific LSC Zones and other LSC's, either postmarked, entered online, or hand delivered by the entry deadline will be considered in the order they are received.

**ENTRY FEES:** \$4.50 per event plus an \$8.00 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](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 **11:59 PM Wednesday, February 15<sup>th</sup>, 2023, or until the meet has reached capacity, 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 Athlete's best time. Entries must be postmarked by midnight, Monday **February 13<sup>th</sup>, 2023** or hand delivered by 6:30 PM Wednesday, **February 15<sup>th</sup>, 2023**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Sharks Swim Team**

**Mail entries to: Joe Natina**

**711 Silver Lake Dr  
Danville, CA, 94526**

**Hand deliver entries to: Joe Natina**

**711 Silver Lake Dr  
Danville, CA, 94526**

**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, 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. 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 on 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. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

**AWARDS:** First through eighth places in each division (B & BB) will be awarded for the 10&under, 11-12, 13-14 age groups. All athletes achieving an A time for the first time will be awarded a standard A medal, regardless of place achieved in the event. No Awards will be distributed for OPEN events. We will not mail or distribute awards after the meet.

**ADMISSION:** Free.

**SNACK BAR & HOSPITALITY:** A snack bar and food vendors will be available throughout the competition. Coaches and working Officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

**MISCELLANEOUS:** Vendors will be onsite throughout the meet to provide refreshments and apparel. No overnight parking is allowed. Facilities will not be provided after meet hours.

**TIMERS:** All participating clubs are expected to provide lane timers based on the number of athletes entered for each day. Club lane-timing assignments will be assigned, and coaches will be notified, during the week prior to the meet.

**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.

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
Every 20 athletes over 100	+1

## EVENT SUMMARY

SATURDAY			SUNDAY		
10&Un	11-12	13-14	10&Un	11-12	13-14
200 Free	200 Free	200 Free	200 IM	200 IM	200 IM
50 Breast	100 Breast	100 Breast	50 Free	50 Free	50 Free
50 Fly	100 Fly	100 Fly	100 Breast	50 Breast	200 Breast
100 Back	50 Back	200 Back	100 Fly	200 Breast	200 Fly
100 Free	200 Back	100 Free	50 Back	50 Fly	100 Back
100 IM	100 Free			200 Fly	
	100 IM			100 Back	
500 FREE				400 IM	
			1650 FREE		

## EVENTS

Saturday February 25 <sup>th</sup> 2023		
EVENT #	EVENT	EVENT #
1	11-12 200 Free	2
3	10&Un 200 Free	4
5	13-14 200 Free	6
7	11-12-100 Breast	8
9	10&Un 50 Breast	10
11	13-14 100 Breast	12
13	11-12 100 Fly	14
15	10&Un 50 Fly	16
17	13-14 100 Fly	18
19	11-12 50 Back	20
21	10&Un 100 Back	22
23	13-14 200 Back	24
25	11-12 200 Back	26
27	10&Un 100 Free	28
29	13-14 100 Free	30
31	11-12 100 Free	32
33	10&Un 100 IM	34
35	11-12 100 IM	36
37	Open 500 Free*	38

Sunday February 26 <sup>th</sup> 2023		
EVENT #	EVENT	EVENT #
39	11-12 200 IM	40
41	10&Un 200 IM	42
43	13-14 200 IM	44
45	11-12 50 Free	46
47	10&Un 50 Free	48
49	13-14 50 Free	50
51	11-12 50 Breast	52
53	10&Un 100 Breast	54
55	13-14 200 Breast	56
57	11-12 200 Breast	58
59	10&Un 100 Fly	60
61	11-12 50 Fly	62
63	13-14 200 Fly	64
65	11-12 200 Fly	66
67	10&Un 50 Back	68
69	13-14 100 Back	70
71	11-12 100 Back	72
73	11-14 400 IM**	74
75	OPEN 1650 Free*	76

\*Athletes entering the 500 Free must have achieved the 10&Under "BB" time (Girls - 7:34.89; Boys - 7:26.99); athletes entering the 1650 Free must have achieved the BB standard for the 11-12 age group (Girls - 23:07.29; Boys - 22:37.49). The 1650 Free will be capped at 4 heats, 20 Girls and 20 boys and will be determined on a first come first serve basis. For those events, athletes must provide their own timers and lap counters.

\*\*Athletes entering the 400 IM must have achieved the BB time for this event in their age group (13-14 Girls – 5:37.59; Boys - 5:17.09 ; 11-12 Girls – 5:56.79 ; Boys – 5:46.39) and must provide their own timers.

These events may be swum alternating heats of girls and boys or seeded combining girls and boys.

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

Pacific Swimming – Hosted by Crow Canyon Sharks SHORT Course B/BB+ February 25th & 26th 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       \$ 8.00 Total                       \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													