

CROW FALL INVITATIONAL  
PACIFIC SWIMMING SHORT COURSE INVITATIONAL MEET  
NOVEMBER 11-12, 2023  
Enter Online: <http://ome.fastswims.com>



Invited Clubs: CROW, RHAC, DA, BSW, PLS, CDST, SRVA, TERA, OAPB

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-149**

*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 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:** Carol Cottam  
**Meet Marshal:** Chih Chen  
**Meet Director:** Iain Searle [meetdirector@crowcanyonsharks.org](mailto:meetdirector@crowcanyonsharks.org)  
**Head Starter:** Bob Ritter  
**Admin Official:** David Cottam

**LOCATION:** Carondelet Aquatic Center 3737 Valley Vista Road Walnut Creek CA 94598

**DIRECTIONS:** From 680 go east on Ygnacio Valley Road, Take a right on Oak Grove Road and then a left on Valley Vista Road. From 24, go east on Ygnacio Valley Road, Take a right on Oak Grove Road and then a left on Valley Vista Road.

**COURSE:** Outdoor 25 yard pool with up to 8 lanes available for competition. Additional warm-up may be provided during breaks within the session. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 7 feet at the start end and 12 feet at the turn end. The meet host shall ensure required course dimensions.

**TIME:** Warm Up 9:30 AM to 10:15 AM. Meet Begins at 10:30 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 a Maximum of **3** 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.
- 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.**
- AED is available on the pool deck. Lifeguard and/or First Aid/CPR certified personnel will be available throughout the meet.

**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.
- Meet is open only to qualified athletes registered with **CROW/RHAC/DA/BSW/PLS/CDST/SRVA/TERA/OAPB**. Athletes who are unattached but participating with **CROW/RHAC/DA/BSW/PLS/CDST/SRVA/TERA/OAPB** are eligible to compete.
- "NO TIME" entries will not 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.

**ENTRY FEES:** \$40 Flat Fee per athlete.

**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 Wednesday, November 1, 2023.

**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 Monday, October 30, 2023 or hand delivered by 6:30PM on Wednesday, November 1, 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 94562

**Hand deliver entries to:** Joe Natina  
711 Silver Lake Dr.  
Danville, CA 94562

**CHECK-IN:** The meet shall be pre-seeded. Athletes shall report to the competition staging 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.

**HOSPITALITY:** Cold snacks and refreshments will be provided for coaches and officials

**AWARDS:** None.

**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

# EVENTS

Saturday November 11, 2023		
EVENT #	EVENT	EVENT #
1	14&Un 200FR	2
3	11-14 200 BR	4
5	14&U 100 Fly	6
7	12&Un 50 BR	8
9	12&Un 50 BK	10
11	14&Un 50 FR	12
13	14&Un 200 IM	14

Sunday, November 12, 2023		
EVENT #	EVENT	EVENT #
15	11-14 200 BK	16
17	14&Un 100 BR	18
19	11-14 200 Fly	20
21	14&Un 100 BK	22
23	12&Un 50 Fly	24
25	12&Un 100 IM	26
27	14&Un 100 FR	28

Pacific Swimming – Hosted by Crow Canyon Sharks SHORT COURSE Invitational November 11-12, 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				
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							: .				SCY / LCM				
# of entries _____ x \$0 = \$ _____ Participation Fee            \$ 40.00 Total                                \$ _____															
Coach															
Athlete's Address															
Home Phone								Cell Phone							
Email															