

PACIFIC SWIMMING SHORT COURSE WINTER AGE GROUP CHAMPIONSHIPS  
HOSTED BY CROW CANYON SHARKS  
DECEMBER 1<sup>ST</sup>- 3<sup>RD</sup>, 2023  
Enter Online: <http://ome.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-148**

*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.

<b>OFFICIALS:</b>	<b>Meet Referee:</b>	<b>Mette Graversen</b>	<b>Head Starter:</b>	<b>Phil Grant</b>
	<b>Meet Marshal:</b>	<b>Chih Chen</b>	<b>Admin Official:</b>	<b>Mike Piccardo</b>
	<b>Meet Director:</b>	<b>Iain Searle</b>	<a href="mailto:Meetdirector@crowcanyonsharks.org">Meetdirector@crowcanyonsharks.org</a>	

**CERTIFICATION MEET:** Officials wishing to be evaluated must apply to Michael Davis ([mekidadad1@yahoo.com](mailto:mekidadad1@yahoo.com)) before the meet by email or when they first arrive at the meet and attend pre-session meetings. Please send in your application prior to the meet by email. We may not be able to accommodate applications submitted at the meet due to resource limitations. Briefing will occur one hour before the start of both Preliminaries and Finals. Officials' dress for Finals is white polo shirts/blouse, blue long pants or skirts, and closed-toed white athletic shoes. For an N3 evaluation to be valid, it must be done over 4 sessions in the position. N2 evaluations must be done over 3 sessions in the position. Recertification evaluations must each be done over two sessions. However, the official must work at least 4 sessions at the meet for advancement or recertification evaluation(s) to be valid. The application form can be found on the Pacific Swimming website.

All Officials should be LSC certified at Level 2 for their positions to officiate at this meet. Level 1 Officials having the recommendations (in writing) to work their positions by their Zone Official's Chair may be accepted to officiate.

**LOCATION:** Soda Aquatic Center at Campolindo High School: 300 Moraga Road, Moraga, California.

**DIRECTIONS:** Highway 24 West-take Central Lafayette Exit, turn right on Deer Hill Rd, right on First St, right on Mount Diablo Blvd, left on Moraga Rd, and right on Campolindo Dr. Highway 24 East-take Orinda Exit, turn right on Moraga Way, left on Glorietta Blvd, right on Rheem Blvd, left on Moraga Rd, left on Campolindo Drive. The Pool is located behind the high school. The parking lot is

located on the left. 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.

**COURSE:** OUTDOOR 25 YARD pool with up to two courses available for preliminary competition (9 lanes and 7 lanes); a 10 lane pool will be used for finals. An additional 6 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 a minimum of 7' at the start end and 7' at the turn end. The meet host shall ensure required course dimensions.

**TIME:** The meet will begin at 5:30PM on Friday with warmups from 4:15PM - 5:15PM. Friday events will be timed finals. The meet will begin at 9:00AM on both Saturday and Sunday with warmups from 7:30AM - 8:45AM. Saturday and Sunday events will be prelims and finals. The finals sessions on Saturday and Sunday will begin no later than 4:00PM but not less than one hour after the conclusion of the preliminary sessions OR immediately after the distance events (whichever ends last). The facility will open at 4:00PM on Friday and 7:00AM on Saturday and Sunday.

**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 individual events are preliminaries and finals except for all events on Friday's session and the 1650 Free events on Sat/Sun.
- All preliminary events will swim fast to slow with the fastest three heats circle seeded.
- Athletes may compete in a maximum of three (3) events per day and a maximum of seven (7) individual events for the entire meet.
- Preliminary events will be swum as combined age groups (10&U, 11-12 and 13-14).
- Championship Finals only with the TOP 10 athletes in 10&U, 11, 12, 13 and 14-year-old Athletes qualifying for each final.
- 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.

**RELAYS:**

- All relay entries must be submitted by the entry deadline with the entry time listed. Relay entries will not be accepted without an entry time – see qualifying times section. Saturday/Sunday— relay teams must check in by 12:00 PM. Teams not checked in will not be seeded and will not be allowed to compete in the event. Each athlete's complete name and actual age must be entered on the card at the time of check-in. Order of swim must be declared prior to the start of the heat. Mixed relays will be swum at the start of the Saturday Finals Session. Saturday's/Sunday's single-gender relays are swum at the end of finals. No late, telephone, emailed or faxed entries will be accepted. No refunds will be given.
- Entries must be received by the entry deadline. NO deck entered relays. Relay Only athletes must be entered on the relay only entry list in order to be eligible to swim relays. Do not include qualified athletes entered into the meet on the relay only list. Please email the Relay Only Athletes Entry sheet to [Meetdirector@crowcanyonsharks.org](mailto:Meetdirector@crowcanyonsharks.org) by the entry deadline. Relay athletes must swim in their respective age groups. Clubs may enter a maximum of two (2) relays per event. All relays will be scored.
- Mixed Gender Relays: must consist of two (2) female and two (2) male Athletes.

**DISTANCE RULES:**

- The 1650 Freestyle event is timed finals and shall swim after the conclusion of the last prelims event and before the start of the Finals session. All age groups will be combined and shall be seeded fast to slow. Athletes in these events shall provide their own timers and lap counters. If local conditions warrant, genders may be combined in one course, alternating heats of girls and boys. Check-in for the 1650 Freestyle will close at 11:00AM on the day the event is swum. Athletes may check-in early on the designated 1650 Freestyle check-in sheets at the check-in desk.
- Athletes shall provide their own lap counters for the 500 Free and 1650 Free events. Athletes in the 1650 Free shall provide their own timers.

- Athletes can qualify for the 1650 Freestyle with a 1650 SCY, 1500 LCM, 1500 SCM, 1000 SCY, 800 LCM, or 800 SCM qualifying time. The 1650 will be seeded in the following order: 1650 SCY, 1500 LCM, 1500 SCM, 1000 SCY, 800 LCM, and 800 SCM.

**BONUS EVENTS:** Athletes with at least one (1) Age Group Championships qualifying standard for their age/gender may enter as many bonus events as desired (not exceeding 3 events per day and 7 total events for the meet). Athletes entering bonus events should enter using their best official time in each event, please do not enter made up times. Athletes must have recorded an official time in an event in order to enter as a bonus event. NT entries will NOT be accepted.

**UNACCOMPANIED ATHLETES:** Any USA Swimming Athlete-Member competing at the meet shall 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 shall be certified by a USA Swimming member-coach as being proficient in performing a racing start or shall 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 shall be current members of USA Swimming and shall enter their name and registration number on their entries exactly as they are shown in their USA Swimming Registration. 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 to Pacific Swimming Athletes only.
- Athletes shall have met the "JO" time standard in at least one entered event.
- Athletes entering bonus events shall have recorded an official time in each bonus event entered.
- Entries with "NO TIME" shall be rejected.
- 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 shall be the age of the Athlete on the first day of the meet.

**PROOF OF TIME:** Proof of time shall be required for this meet per Pacific Swimming rule Section 4.C.2. All entry times will be verified against the USA Swimming SWIMS database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. **Entry times must have been achieved prior to the closing date of entries for the meet (Tuesday, 11/21/2023 AT 11:59PM PST).** If a time cannot be proven prior to the meet, the Athlete shall not be allowed to check-in for the event until the entry time has been proven. When possible, the Coaches shall be notified of the Athletes who have not proven their entry time. **No refunds shall be given if a time cannot be proven.**

**ENTRY FEES:** \$8.00 per individual event, \$10.00 participation fee per Athlete. \$20.00 per relay. \*\*Note, relay only Athletes ARE NOT required to pay the participation fee. All entry fees SHALL be included with entry. No refunds shall 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 Tuesday, November 21, 2023.

**MAILED OR HAND DELIVERED ENTRIES:** Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with Athlete's best time. Entries shall be postmarked by midnight, Saturday, November 18, 2023, or hand delivered by 6:30 p.m. Tuesday November 21, 2023, No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Crow Canyon Sharks**

**Mail entries to: Meet Director**  
711 Silver Lake Dr  
Danville CA, 94526

**Hand deliver entries to: Meet Director**  
711 Silver Lake DR  
Danville CA, 94526

**SEEDING:** Event seeding shall be in the following order: conforming short course yards, non-conforming long course meters, and non-conforming short course meters- USA Swimming rules 207.11.7B. **See Distance Rules for distance events seeding.**

**CHECK-IN:** The meet shall be deck seeded. Athletes shall 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 shall not be allowed to compete in the event.

**SCRATCHES:**

- Pacific Swimming scratch rules shall be enforced. A copy shall be posted at the clerk-of-course.
- Athletes entered in a preliminary individual event in a Preliminaries and Finals meet that is deck seeded who have checked in for that event, shall compete in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to compete in an event shall result in being barred from their next preliminary individual event.
- Any Athlete qualifying for finals in an individual event who does not wish to compete shall scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that may not intend to compete in finals. In this case, they shall declare their final intention within 30 minutes after the announcement of qualifiers following their individual preliminary event.
- Any Athlete qualifying for finals in an individual event who fails to report to the blocks in said final race prior to calling the alternate shall be barred from the remainder of any final events for that day. Should the Athlete have no additional final events for that day they will be barred from their next preliminary event.
- If the No-Show occurs on the last day that the Athlete is entered in an individual final event in the meet, and no other individual event penalty is applicable, the Athlete shall then be fined \$100.00. The fine will be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.

**AWARDS:** Individual Events: Medals 1<sup>st</sup> – 3<sup>rd</sup>; Ribbons 4<sup>th</sup> – 10<sup>th</sup> Relay Events: Medals 1<sup>st</sup> - 3<sup>rd</sup>; Individual High Point: Distinctive awards for high point male and female for ages 10&Under, 11, 12, 13, 14.

**SCORING:**

	1 <sup>ST</sup>	2 <sup>ND</sup>	3 <sup>RD</sup>	4 <sup>TH</sup>	5 <sup>TH</sup>	6 <sup>TH</sup>	7 <sup>TH</sup>	8 <sup>TH</sup>	9 <sup>TH</sup>	10 <sup>TH</sup>
<b>INDIVIDUAL EVENTS</b>	11	9	8	7	6	5	4	3	2	1
<b>RELAY EVENTS</b>	22	18	16	14	12	10	8	6	4	2

**ADMISSION:** Free.

**SNACK BAR:** A snack bar will be available during the meet.

**HOSPITALITY:** Lunch and limited hospitality will be available to all working Officials and Coaches.

- MISCELLANEOUS:**
- No overnight parking is allowed. Facilities will not be provided after meet hours.
  - A snack bar vendor may be available during the meet.
  - Hospitality will be available for coaches and officials working the meet.

**EVENT SUMMARY:**

<i>Friday, December 1, 2023</i>		
<b>10 &amp; under</b>	<b>11-12</b>	<b>13-14</b>
500 FREE	500 FREE	500 FREE
200 IM	400 IM	400 IM

<i>Saturday, December 2, 2023</i>		
<b>10 &amp; under</b>	<b>11-12</b>	<b>13-14</b>
200 FREE	200 BACK	200 BACK
50 BACK	200 FREE	200 FREE
100 IM	50 BACK	200 BREAST
100 FLY	200 BREAST	100 FLY
50 BREAST	100 IM	1650 FREE (GIRLS)
	100 FLY	
	50 BREAST	
	1650 FREE (GIRLS)	

<i>Sunday, December 3, 2023</i>		
<b>10 &amp; under</b>	<b>11-12</b>	<b>13-14</b>
100 FREE	200 IM	200 IM
50 FLY	100 FREE	100 FREE
100 BREAST	50 FLY	100 BREAST
100 BACK	100 BREAST	200 FLY
50 FREE	200 FLY	100 BACK
	100 BACK	50 FREE
	50 FREE	1650 FREE (BOYS)
	1650 FREE (BOYS)	

\*1650 Freestyle event shall swim after the conclusion of the last prelim event and before the start of the finals session.  
Athletes in these events shall provide their own timers and lap counters.

Events will be swum by age group during prelims, and separated out to single age during finals.

## ORDER OF EVENTS

### FRIDAY – ALL TIMED FINALS

GIRLS	EVENT	BOYS
1	10&U 500 Free	2
3	11-12 500 Free	4
5	13-14 500 Free	6
7	10&U 200 IM	8
9	11-12 400 IM	10
11	13-14 400 IM	12

### SATURDAY – TRIALS/FINALS

GIRLS	EVENTS	BOYS
13**	10&U Mixed 200 Medley Relay	
15**	11-12 Mixed 200 Medley Relay	
17**	13-14 Mixed 200 Medley Relay	
19**	10&U Mixed 200 Free Relay	
21**	11-12 Mixed 200 Free Relay	
23**	13-14 Mixed 200 Free Relay	
25	11-12 200 Back	26
27	13-14 200 Back	28
29	10&U 200 Free	30
31	11-12 200 Free	32
33	13-14 200 Free	34
35	10&U 50 Back	36
37	11-12 50 Back	38
39	13-14 200 Breast	40
41	11-12 200 Breast	42
43	10&U 100 IM	44
45	11-12 100 IM	46
47	13-14 100 Fly	48
49	11-12 100 Fly	50
51	10&U 100 Fly	52
53	11-12 50 Breast	54
55	10&U 50 Breast	56
111	*11-14 1650 Free	
57	13-14 200 Medley Relay	58
59	11-12 200 Medley Relay	60
61	10&U 200 Medley Relay	62

### SUNDAY– TRIALS/FINALS

GIRLS	EVENT	BOYS
63	11-12 200 IM	64
65	13-14 200 IM	66
67	10&U 100 Free	68
69	11-12 100 Free	70
71	13-14 100 Free	72
73	10&U 50 Fly	74
75	11-12 50 Fly	76
77	10&U 100 Breast	78
79	11-12 100 Breast	80
81	13-14 100 Breast	82
83	11-12 200 Fly	84
85	13-14 200 Fly	86
87	10&U 100 Back	88
89	11-12 100 Back	90
91	13-14 100 Back	92
93	10&U 50 Free	94
95	11-12 50 Free	96
97	13-14 50 Free	98
	*11-14 1650 Free	112
99	10&U 200 Free Relay	100
101	11-12 200 Free Relay	102
103	13-14 200 Free Relay	104

**\*\*Mixed Gender Relays – must consist of two (2) female and two (2) male athletes.  
Mixed Gender Relays will swim at the START of the Saturday Finals Session.**

\*1650 Free events shall swim after the conclusion of the last preliminary event and before the start of the finals sessions.  
Athletes in these events shall provide their own timers and lap counters.

Events will be swum by age group designations above during preliminaries and separated into single age during finals.

Time standards are located on the Pacific Swimming website: [www.pacswim.org/swim-meet-times/standards](http://www.pacswim.org/swim-meet-times/standards)

# RELAY ENTRY FORM

CLUB				LSC		CLUB ABBREVIATION	
Friday 12/1/23							
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
Saturday 12/2/23							
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
Sunday 12/3/23							
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
COACH NAME					# RELAYS		
					RELAY FEE		X \$20.00 EA.
COACH EMAIL					TOTAL		\$

### RELAY ONLY ATHLETES

[illegible]



**PACIFIC SWIMMING 14 & U WINTER AGE GROUP CHAMPIONSHIP**

**Hosted by Crow Canyon Sharks**

December 1-3, 2023

To be accepted, all entry information must be completely filled out. Please print!

Last Name			First Name		Init.
LSC	Club Abbr.	Club Name			
Age	Age Group	USA Swimming Registration Number		Gender M F	Date of Birth
Event Number	Qualifying Entry Time	(LCM /SCY) Distance/Stroke			
Athlete's Address:		Total Entries _____ x \$8.00 <i>US Dollars</i>		\$	
Athlete's Phone #		Participation Fee		\$ 10.00	
Athlete's/ parent's email:		-----		-----	
Athlete's Coach:		Total Due		\$	

**IMPORTANT!**

**Please PRINT clearly.** Be sure to include all information. Athletes must have achieved an AGC Qualifying Standard in at least ONE entered event. Athletes must have recorded an official time in ALL BONUS EVENTS. NT Entries will NOT be accepted. Bonus Events should be entered with the athlete's best official time in that event.

MADE UP TIMES WILL NOT BE ACCEPTED.

All clubs will be assigned Timer Assignments by the Meet Director. The FRIDAY PM Session require that the athlete provide their own timers and counters. Parents, please take your turn at timing, we cannot make this possible without your help. Thank you.