

COAST VALLEY AQUATICS LEAGUE
CLOSED SHORT COURSE CHAMPIONSHIP
PACIFIC SWIMMING TIMED FINALS & T/F MEET
AUGUST 6-7, 2022
INVITED CLUBS: ACSC, CRUZ, GGST, MAKO, MBSC, SBA, SEA



Enter Online: [FastSwims.com](https://www.fastswims.com)

SANCTION: Held under USA/Pacific Swimming Sanction No. **22-103**

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, of 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.**

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: Bret Shaug	Head Starter: Frank Suchomel
Meet Marshal: Peter Hall	Admin Official: Sachi Itow
Meet Director: Ken Fittro backstrider@aol.com	
HyTek Meet Management: Michael Greymont	
Colorado Management: Larry Rice	

LOCATION: Hartnell Community College Pool, 498 West Alisal, Salinas, CA 93901

DIRECTIONS: FROM US-101 SOUTH: Take the MAIN ST exit toward SALINAS. Stay STRAIGHT to go onto N MAIN ST/CA-183 S. N MAIN ST/CA- 183 S becomes SALINAS ST. Turn RIGHT onto W ALISAL ST. Pool will be on your right. FROM US-101 NORTH: Take the JOHN ST exit. Turn LEFT onto JOHN ST. Turn RIGHT onto MONTEREY ST. Turn LEFT onto E ALISAL ST. Pool will be on your right. Limited parking in the pool parking lot, first come first served. There is also parking on the street, on Alisal and on Homestead and in Parking garage at the back of the College off of Central Avenue, there is a fee required for use of the parking garage. Many other college parking areas may require a daily fee. There will be parking next to the pool secured for working meet officials.

COURSE: Up to Ten (10) 25-yard lanes of competition are available, with separate 25-yard lanes provided for warm-up and warm-down each day. Eight lanes will be seeded for Finals and Consolation Finals. The minimum water depth, measured in accordance with Article 103.2.3, is 14' at the start end and 6' 6" 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: Officials and Coaches meeting will be conducted prior to each day's meet start time. Meet shall begin at 9:00 AM each day with warm-ups from 7:30 to 8:50 AM each day. Designated warm-up lane for 8 and under athletes will be available upon request.
Finals: Start time and warm-up times will be determined by the Meet Referee and announced each day as early as possible.

RULES:

- Current USA and Pacific Swimming, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0) and CVAL by-laws will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk-of-Course.
- The local facility's guidelines, restrictions, and interpretation of the local public health guidelines, including mask-wearing and social distancing, shall be followed at this meet.
- All applicable 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 2.0"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- All athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.
- Athletes may compete in a maximum of six (6) individual events. Athletes may compete in a Maximum of (3) individual events and on (1) relay event per day.
- "Due to world events which have effectively interrupted the normal flow of our summer league events, the League Head Coaches have agreed to waive the requirement for athletes to participate in a "League Swim Meet" event prior to participating in the Championship Meet. This waiver is in effect for summer Championship Meet, 2022".
- All 6/UN events, All 8/UN events, and All relay events will be timed finals. All other events will be conducted with preliminary heats and finals, with the "A" Championship Final followed by the "B" Consolation Final
- A club may have an unlimited number of entries per individual event. A club may have only one scoring relay per relay event # designated in advance as the "A" relay.
- The 9/10, 8/UN, and 6/UN relays are the last events of the preliminary sessions on Saturday and Sunday.
- For FINALS the 15-18 Age group will split into 15/16 and 17/18 for all events except for the 15/18 relays.
- All FINALS on Saturday and Sunday will begin no sooner than 1 hour after the completion of the last preliminary Heat.
- A lane vacated in a final heat due to a scratch or no-show shall be filled by the next fastest athlete from the consolation heat and the vacated consolation lane will be filled by the first alternate athlete without reseeding the lanes. Pacific Swimming Scratch Procedures will be in effect for this meet. A copy will be at the Scratch Desk.
- All events will be seeded and swum fastest to slowest. The fastest three heats will be circle seeded in all events except events listed as timed finals.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner at all times while on deck.**
- All participants will follow the Facility Safety Guidelines which will be emailed to all Teams prior to the meet and which will be announced prior to the meet.

UNACCOMPANIED ATHLETES: Any USA-S 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-S 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-S 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-S Club Member-Coach.

RACING STARTS: Athletes must be certified by a USA-S 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 or 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.
- No pets allowed on deck, other than service assistance animals.
- 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.

- Please read the facility guidelines and safety protocols
- 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.
- Only Coaches, Athletes, Officials, Timers, and Meet Staff are allowed within the Starting Blocks area, when meet is in session.

ELIGIBILITY: • Athletes must be current members of USA-S 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, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail.

- This meet is only open to qualified athletes, belonging to a CVAL Club (Aptos-Cabrillo Swim Club (ACSC); Gilroy Gators Swim Team (GGST); Santa Cruz Aquatics (CRUZ); Monterey Bay Swim Club (MBSC), San Benito Aquatics (SBA); Seaside Aquatic Club (SEA); and South Valley Makos (MAKO)).
- Registered USA Swimming Athletes participating on other USA Swimming clubs may participate on a CVAL club if they have declared themselves unattached prior to their first CVAL Meet, have swum exclusively at their CVAL team practices and meets during the regular league season, and meet any other requirements placed upon USA Swimming Athletes participating in CVAL events.
- Athletes 19 years of age and over may swim preliminary events only and will not score points.
- Individual Entries with "NO TIME" will be ACCEPTED. Relays must have an entry time.
- 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 FEES: \$6.00 per individual event plus an \$8.00 participation fee per athlete. Relay entries are \$16.00 Fees must be included with entries. RELAYS WILL BE PAID FOR BY CREDIT CARD IN FastSwims.com. NO REFUNDS will be made, except as noted in the relay entries or mandatory scratch downs.

ONLINE ENTRIES: You may enter this meet online or by U.S. Mail. To enter online go to FastSwims.com to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims, LLC charges a processing fee for this service, equal to 6.5% plus \$0.75 per transaction of the total Entry Fees, 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 **Sunday July 31st, 2022, 11:59PM**. LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS. **RELAY ENTRIES WILL BE ACCEPTED ONLINE THROUGH www.fastswims.com**

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. Entered times must be submitted in yards. "No Time entries" will be accepted. Mailed Entries must be postmarked by midnight, **Wednesday July 27th, 2022**. No late entries will be accepted. Requests for confirmation of receipt of mailed entries should include a self-addressed stamped envelope.

RELAY ENTRIES: All relays are timed finals. **RELAY ENTRIES SHOULD BE ENTERED ONLINE by, Sunday July 31st, 2022, 11:59PM.** **COACHES MUST COMPLETE THEIR RELAYS ONLINE** with FASTSWIMS entry form. RELAYS WILL BE PAID FOR BY CREDIT CARD IN FASTSWIMS.COM. **TEAMS CAN ENTER ANY NUMBER OF RELAYS, BUT ONLY THE "A" DESIGNATED RELAY WILL SCORE.** IF A CLUB DOES NOT ENTER THEIR RELAYS ONLINE, RELAY ENTRIES WILL BE ACCEPTED BY 10:00AM ON SATURDAY AND SUNDAY OF THE MEET. Relay athletes must swim in their respective age groups. Refunds to the CLUB Head Coach will be made for relays that are scratched before the relay card submission deadline.

Make check payable to: CVAL

Mailed entries sent to: Ken Fittro 1513 Hilby Avenue Seaside, CA 93955

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event.

SCRATCHES: • Any Athletes not reporting for or competing in an individual timed final or prelim event that they have entered shall not be penalized. Any known scratches should be communicated to the meet hosts by 6:00pm Friday, August 5th, 2022.

- Any athlete qualifying for any level of finals in an individual event who does not wish to compete must scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that they may not intend to compete in consolation finals or finals. In this case, they must declare their final intention within 30 minutes after the announcement of qualifiers following their individual preliminary event.
- Any athlete qualifying for a consolation final or final race in an individual event who fails to show up in said consolation final or 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.

AWARDS: CVAL RIBBONS: 1st- 8th place (medallions w/ribbons) 9th-16th place (ribbons with cords) in individual events and 1st-7th place (medallions w/ribbons) in relay events. Special Awards: High Point GIRL and BOY in each age group: 6-u; 7-8; 9-10; 11-12; 13-14; 15-16; and 17-18. Team Trophies: 1st-7th place.

SCORING: Individual to 16 places: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
Relay events to 7 places: 40, 34, 32, 30, 28, 26, 24

ADMISSION: Free.

SNACK BAR & HOSPITALITY: Don Beto's, a full service (b/l/d) Food Truck will be available throughout the competition. Working deck officials will be provided lunch and dinner. Hospitality will serve refreshments to timers and volunteers. Picnic areas are available outside of the facility. Small personal-sized coolers with healthy swimmer snacks are allowed inside the facility. No glass containers are allowed in the competition area.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

EVENT SUMMARY

	6/UN	8/UN	9/10	11/12	13/14	15/18
SATURDAY August 6, 2022	100 IM 50 FREE 25 BACK	100 IM 50 FREE 25 BACK	100 IM 50 FREE 50 BACK	200 IM 100 FREE 50 BACK 50 FLY	100 FLY 200 FREE 100 BREAST 50 FREE	100 FLY 200 FREE 100 BREAST 50 FREE
SATURDAY RELAYS	100 MIXED MEDLEY RELAY	100 MEDLEY RELAY	200 MEDLEY RELAY	200 MEDLEY RELAY	200 MEDLEY RELAY	200 MEDLEY RELAY
SUNDAY August 7, 2022	25 FREE 25 BREAST 25 FLY	25 FREE 25 BREAST 25 FLY	100 FREE 50 BREAST 50 FLY	200 FREE 50 BREAST 50 FREE 100 IM	100 FREE 200IM 100 BACK	100 FREE 200IM 100 BACK
SUNDAY RELAYS	100 MIXED FREE RELAY	100 FREE RELAY	200 FREE RELAY	200 FREE RELAY	200 FREE RELAY	200 FREE RELAY

SCHEDULE OF EVENT

SATURDAY, AUGUST 6, 2022		
EVENT # GIRLS	EVENT	EVENT # BOYS
1	9-10 100 I.M.	2
3	11-12 200 I.M.	4
5*	8/UN 100 I.M.	6*
7	13-14 100 FLY	8
9**	15-18 100 FLY	10**
11	9-10 50 FREE	12
13	11-12 100 FREE	14
15*	8/UN 50 FREE	16*
17	13-14 200 FREE	18
19**	15-18 200 FREE	20**
21	9-10 50 BACK	22
23	11-12 50 BACK	24
25*	8/UN 25 BACK	26*
27	13-14 100 BREAST	28
29**	15-18 100 BREAST	30**
31	11-12 50 FLY	32
33	13-14 50 FREE	34
35**	15-18 50 FREE	36**
	RELAYS	
37*	6/UN 100 MIXED MEDLEY RELAY	—
39	8/UN 100 MEDLEY RELAY	40
41	9-10 200 MEDLEY RELAY	42
43	11-12 200 MEDLEY RELAY	44
45	13-14 200 MEDLEY RELAY	46
47	15-18 200 MEDLEY RELAY	48

SUNDAY, AUGUST 7, 2022		
EVENT # GIRLS	EVENT	EVENT # BOYS
49	9-10 100 FREE	50
51	11-12 200 FREE	52
53*	8/UN 25 FREE	54*
55	13-14 100 FREE	56
57**	15-18 100 FREE	58**
59	9-10 50 BREAST	60
61	11-12 50 BREAST	62
63*	8/UN 25 BREAST	64*
65	13-14 200 IM	66
67**	15-18 200 IM	68**
69	9-10 50 Fly	70
71	11-12 50 FREE	72
73*	8/UN 25 Fly	74*
75	13-14 100 BACK	76
77**	15-18 100 BACK	78**
79	11-12 100 I.M.	80
	RELAYS	
81*	6/UN 100 MIXED FREE RELAY	—
83	8/UN 100 FREE RELAY	84
85	9-10 200 FREE RELAY	86
87	11-12 200 FREE RELAY	88
89	13-14 200 FREE RELAY	90
91	15-18 200 FREE RELAY	92

***6/UN MIXED RELAYS MAY CONSIST OF 4 BOYS OR 4 GIRLS OR ANY COMBINATION OF BOYS AND GIRLS.**

THE 9/10, 8-U, & 6-U RELAYS ARE SCHEDULED AS THE LAST EVENT OF THE PRELIMINARY SESSIONS ON SATURDAY AND SUNDAY.

ALL 6/UN AND 8/UN EVENTS ARE TIMED FINALS EVENTS AND WILL BE AWARDED AS SEPARATE AGE GROUPS.

**** FOR FINALS: THE 15/18 AGE GROUP WILL SPLIT INTO 15/16 AND 17/18 FOR ALL EVENTS EXCEPT FOR THE 15/18 RELAYS.**

8-U & 6-U AWARDS WILL BE AWARDED IN PERSON AT THE STARTING PLATFORMS IN BETWEEN TRIALS AND FINALS ON SATURDAY AND SUNDAY.

CLUBS MAY ENTER MORE THAN ONE RELAY PER AGE GROUP/GENDER, BUT ONLY THE "A" DESIGNATED RELAY WILL SCORE POINTS.

COAST VALLEY AQUATICS LEAGUE CLOSED SHORT COURSE MEET AUGUST 6-7, 2022 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				
							: .				SCY / LCM				
							: .				SCY / LCM				
# of entries _____ x \$6.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____															
Coach															
Athlete's Address															
Home Phone								Cell Phone							
Email															

CLUB RELAY ENTRIES

RELAYS: ENTRIES SHOULD BE ENTERED ONLINE by, MIDNIGHT, Sunday, JULY 31, 2022. Enter the entry time in the appropriate time field of the online relay entry form for each relay team. IF A CLUB DOES NOT ENTER THEIR RELAYS ONLINE, RELAY ENTRIES WILL BE ACCEPTED BY 10:00 AM ON SATURDAY AND SUNDAY OF THE MEET. <http://www.fastswims.com>

CLUBS MAY ENTER MORE THAN ONE RELAY PER AGE GROUP/GENDER, BUT ONLY THE "A" DESIGNATED RELAY WILL SCORE POINTS.

Relay Entry cards confirming the relay entries for the entire meet will be ready for pick up by each CVAL club on the first day of the meet. Relay scratches or time changes are accomplished by returning the Relay Entry cards to the Clerk of Course by the ANNOUNCED time each day having relay events. When there are no scratches or time changes, there is no need to turn in the Relay Entry card. **Refunds will be made to the club for any relay entries scratched prior to the deadline that entry cards are due back to the Clerk of the Course for that day of the relay event.**

Relay Event cards containing the heat and lane assignments and all the eligible athletes for the relay for all 10 and under relays will be ready for pick up one hour before the estimated start of the Relay for that day. Relay Event cards containing the heat and lane assignments and all the eligible athletes for the relay for all 11 and-over relays will be ready for pick up before the start of finals each day. **The order of the athletes must be listed on the Relay Event card prior to the start of the heat.**

No deck entered relay teams will be accepted. No deck entered relay athletes will be accepted.

Any athlete who is not entered in an individual event or is unattached is not eligible to participate in a relay.

COACHES MAY USE THE FOLLOWING RELAY ENTRY CARD FOR THEIR OWN NOTE-TAKING.

TEAM RELAY ENTRY FORM ROUGH DRAFT					
CLUB NAME:			CLUB ABBREVIATION:		
SATURDAY Relay Event		Entry Time	SUNDAY Relay Event		Entry Time
41	6/un 100 Mixed Medley Relay		85	6/un 100 Mixed Free Relay	
43	8/un 100 Girls Medley Relay		87	8/un 100 Girls Free Relay	
44	8/un 100 Boys Medley Relay		88	8/un 100 Boys Free Relay	
45	9/10 200 Girls Medley Relay		89	9/10 200 Girls Free Relay	
46	9/10 200 Boys Medley Relay		90	9/10 200 Boys Free Relay	
47	11/12 200 Girls Medley Relay		91	11/12 200 Girls Free Relay	
48	11/12 200 Boys Medley Relay		92	11/12 200 Boys Free Relay	
49	13/14 200 Girls Medley Relay		93	13/14 200 Girls Free Relay	
50	13/14 200 Boys Medley Relay		94	13/14 200 Boys Free Relay	
51	15/18 200 Girls Medley Relay		95	15/18 200 Girls Free Relay	
52	15/18 200 Boys Medley Relay		96	15/18 200 Boys Free Relay	
Number of Relay Entries:			X \$16.00 =\$ ____ .00		
<u>RELAYS MUST HAVE AN ENTRY TIME.</u>					