DE ANZA CUPERTION AQUATICS
PACIFIC SWIMMING LONG COURSE INTRASQUAD MEET
MAY 17-18, 2024
Enter Online: http://ome.fastswims.com

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-078**
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.

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: **Brian Floyd** ***Head Starter:*** **PJ Yim**
Meet Marshal: **Tammy Hopkins** ***Admin Official:*** **Carol Waln**
Meet Director: **Annie Stein – annie@daca.org**

LOCATION: De Anza College: 21250 Stevens Creek Blvd., Cupertino, CA 95014.

DIRECTIONS: From the North: Take Highway 280 South. Exit right on De Anza Blvd. Turn right on Stevens Creek Blvd. Turn Left on Stelling St. Enter the College Campus on the right hand side from Stelling St. and use Parking Lot C for easiest access to the pool. **From the South:** Take Highway 280 North. Exit left on De Anza Blvd. Turn Right on Stevens Creek Blvd. Turn left on Stelling St. Enter the College Campus on the right hand side from Stelling St. and use Parking Lot C for easiest access to the poll.

COURSE: 50 meter, outdoor heated pool. Up to ten (10) racing lanes will be used for competition. Separate, warm-up, cool down area will be available during the meet. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 6'0" at the start end and 4'0" at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: **FRIDAY SESSION:** Meet begins at 4:45 pm; Warm-Up is from 3:45 – 4:35 pm.
SATURDAY SESSION: Meet begins at 8:00 am; Warm-Up is from 7:00 – 7:50 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 3 events per session.

• All events shall swim as mixed age group and gender.

• **The session time limit is <u>3 hours.</u>**

• Entries for each session will be accepted until the estimated session timeline reaches the session time limit (3 hours) based on the number of splashes and the following closing limits: maximum scratch rate 0%, minimum heat interval thirty seconds (30 sec), minimum backstroke extra 15 sec.

• All Athletes ages 12 and under should complete competition within four (4) hours.

• Upon closing entries, the Meet Director will promptly review the final estimated timelines (e.g., HyTeK timelines) with the Meet Referee to confirm each session is in accordance with the above session time limit.

• After a session is closed, no new entries (e.g., a last-minute entry) will be accepted for that session.

• No new entries will be accepted after the closing date (**<u>Sunday, May 12, 2024</u>).**

• If the Meet Referee determines that one or more of the final estimated session timelines is oversubscribed, then there will be an automatic scratch down to bring all session timelines into accordance with the session time limit. The Meet Host may determine the manner in which the automatic scratch down will be implemented.

• Additionally, 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 and/or automatic scratches.

• Timers must meet USA and Pacific Swimming minimum age requirements.

• First Aid and an AED are available to participants and attendees. Life guards will NOT be on duty.

• All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.

• **To be present on deck, coaches must sign in and provide proof of current good standing USA Swimming membership.**

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 pets and/or animals are allowed with the exception of well-behaved service animals in accordance with ADA guidelines. The Meet Director may ask any person handling a service animal to leave the premises if the service animal is barking, mis-behaving, soiling, or otherwise causing a disturbance.

• 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.

• This meet is open only to athletes from De Anza Cupertino Aquatics (DACA). Unattached athletes participating with DACA are eligible to compete.

• Entries with **"NO TIME" will be accepted.**

• 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 FEES: $30.00 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.

ENTRIES: To enter go to **http://ome.fastswims.com** to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service 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 service fee is a separate fee from the Entry Fees. Online entries will be accepted through **Sunday**, **May 12, 2024.**

CHECK-IN: The meet will be pre-seeded.

SCRATCHES: Any Athletes not reporting for or competing in an individual timed final event that they have entered shall not be penalized.

AWARDS: None.

ADMISSION: Free. A digital 2-day psych sheet will be distributed prior to competition.

SNACK BAR & HOSPITALITY: There will not be a snack bar available. Light refreshments will be provided for working officials/coaches.

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

MINIMUM OFFICIALS: Clubs must follow Zone 1 North rules for providing officials. Each club must provide officials for each session according to the number of athletes entered in that session, following the tables below.

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
100 or more	5 and up (one for every 25 athletes)

ORDER OF EVENTS

FRIDAY, MAY 17th	
EVENT #	**EVENT**
1	Mixed Open 100 Free
2	Mixed Open 50 Back
3	Mixed Open 50 Breast
4	Mixed Open 100 Fly
5	Mixed 9 & Over 200 IM

SATURDAY, MAY 18th	
EVENT #	**EVENT**
6	Mixed 9 & Over 200 Free
7	Mixed Open 50 Fly
8	Mixed Open 50 Free
9	Mixed Open 100 Back
10	Mixed Open 100 Breast

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