DE ANZA CUPERTINO AQUATICS
PACIFIC SWIMMING SHORT COURSE CBA+ MEET
NOVEMBER 16-17, 2024
Enter Online: http://ome.fastswims.com

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-149**
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.

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: Brett Shaug — ***Head Starter: Carol Waln***
Meet Marshal: **Tammy Hopkins** — ***Admin Official: Sylvain Flamant***
Meet Director: **Annie Stein – annie@daca.org**

LOCATION: Saratoga High School – 20300 Herriman Ave., Saratoga, CA 95070

COURSE: Outdoor 25 yard x 50 meter pool with up to 10 lanes available for competition. Additional lane 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 6'0" at the start end and 6'0" at the turn end. The Meet Host shall ensure required course dimensions.

TIME: The meet will begin at 8:30 AM with warm-ups from 7:00 – 8:20 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 three (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.
• Athletes entered in the 400 IM, 1000 Free, and/or 500 Free must provide their own timers. Athletes entered in the 1000/500 Free must provide their own lap counters.
• Athletes entered in the 400 IM and/or 500 Free must have achieved a minimum USA-S Motivational "B" time for their age group/gender in order to compete. Coach verified times shall be accepted.
• The mixed 1000 Freestyle shall be limited to the first 30 entries received. Athletes entered in the 1000 Free must have achieved a minimum USA-S Motivational 13-14 "B" time for their gender in the 500 Free in order to compete. Athletes must submit a 1000 yard entry time for seeding purposes (no NT entries). Coach verified times shall be accepted.
• First Aid and an AED are available to participants and attendees. Lifeguards will NOT be on duty.
• **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner. USA-Swimming's Application is valid as proof of current 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 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.
• Entries with **"NO TIME" will be accepted. (EXCEPTION – 400IM, 500 Free, 1000 Free. See Rules).**
• 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: $4.50 per event plus a $10.00 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.

ENTRY PRIORITY: Priority entry will be given to Zone 1N clubs through **11:59 PM, Wednesday, October 30, 2024.** Athletes from Zone 1N submitting surface mail entries must be postmarked by Monday, October 28, 2024 to receive priority acceptance into the meet. No Athletes, other than those from the Zone 1N may enter the meet until the priority period concludes.

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 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. If you do not wish to pay the service 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 6th, 2024 (pending the meet does not fill up sooner per the "Four-Hour Rule, see Rules above).

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 **November 4th** or hand delivered by 6:30 p.m. Wednesday, **November 6th**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: **De Anza Cupertino Aquatics**
Mail/Hand deliver entries to: **Annie Stein**
1080 S. De Anza Blvd.
San Jose, CA 95129

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 shall not be penalized.

AWARDS: None.

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

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

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 table 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 (+1 for every additional 25 athletes)

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	**9-10**	**11-12**	**13 & O**	**8 & UN**	**9-10**	**11-12**	**13 & O**
25 BK	200 FR	200 FR	200 FR	25 BR	200 IM	200 IM	200 IM
100 BK	100 BK	100 BK	100 BK	100 BR	100 BR	100 BR	100 BR
50 FR	50 FR	200 BR	200 BR	50 FL	50 FL	50 FL	50 FL
100 FL	100 FL	50 FR	50 FR	100 FR	100 FR	200 BK	200 BK
25 FL	100 IM	100 FL	100 FL	25 FR	50 BK	100 FR	100 FR
100 IM	50 BR	100 IM	100 IM	50 BK	500 FR	200 FL	200 FL
50 BR		50 BR	50 BR			50 BK	50 BK
		400 IM	400 IM			500 FR	500 FR
		1000 FR	1000 FR				

ORDER OF EVENTS

Saturday, November 16th, 2024		
Girls Event #	**Event**	**Boys Event #**
1	9 & Over 200 Free	**2**
3	8 & Under 25 Back	**4**
5	Open 100 Back	**6**
7	11 & Over 200 Breast	**8**
9	Open 50 Free	**10**
11	Open 100 Fly	**12**
13	8 & U 25 Fly	**14**
15	Open 100 IM	**16**
17	Open 50 Breast	**18**
19	11 & O 400 IM*	**20**
21	11 & O Mixed 1000 Free**	

Sunday, November 17th, 2024		
Girls Event #	**Event**	**Boys Event #**
23	9 & Over 200 IM	**24**
25	8 & Under 25 Breast	**26**
27	Open 100 Breast	**28**
29	Open 50 Fly	**30**
31	11 & Over 200 Back	**32**
33	Open 100 Free	**34**
35	11 & Over 200 Fly	**36**
37	8 & Under 25 Free	**38**
39	Open 50 Back	**40**
41	9 & O 500 Free*	**42**

*Athletes entered in the 400 IM/500 Free must have achieved a USA-S Motivational "B" time for their age group/gender. Coach Verified Times will be accepted.

** The Mixed 1000 Freestyle will be limited to the first 30 entries received. Athletes must have achieved a minimum 13-14 USA-S "B" time standard in the 500 for their age group/gender to enter the 1000. Coach verified times shall be accepted.

Athletes in the 400 IM/500 Free/1000 Free must provide their own timers.
Athletes in the 500 Free/1000 Free must provide their own Lap Counters.

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

Pacific Swimming – Hosted by DACA
SHORT COURSE CBA+
November 16-17, 2024
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
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

# of entries _____ x $4.50 = $_____
Participation Fee $ 10.00
Total $_____

Coach

Athlete's
Address

Home Phone	Cell Phone

Email