

LOS ALTOS MOUNTAIN VIEW AQUATICS 2023 MARCH MADNESS  
PACIFIC SWIMMING Short COURSE C/B/A+ MEET  
MARCH 18 to 19, 2023  
Enter Online: <http://www.fastswims.com>  
**Z1N PRIORITY CLUBS: LAMV, ALTO, LO, MCAC, PASA, SUNN**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-038**

*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 the Internet 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:** Brian Floyd      **Head Starter:** Katherine Ng-Suen  
                                 **Meet Marshal:** John Scarboro, [js4env@gmail.com](mailto:js4env@gmail.com)      **Admin Official:** Larry Rice  
                                 **Meet Director:** James Whitney, [meetdirector@lamvac.org](mailto:meetdirector@lamvac.org)

**LOCATION:** Eagle Park Pool, 600 Franklin St., Mountain View, CA 94041

**DIRECTIONS:** Take US 101 S toward San Jose. Exit 399 Shoreline Blvd. towards Mountain View. Turn right onto Shoreline Blvd. Turn Left on Church St. Take the second right onto Franklin St. The Eagle Park Pool will be on your right. **From the South:** Take US 101 North to San Francisco. Exit 396C to merge on CA-237 W. towards Mountain View Alviso Rd. Turn right onto El Camino Real. Turn right onto Shoreline Blvd. Turn right on Church St. Take the second right onto Franklin St. The Eagle Park pool will be on your right.

**COURSE:** Outdoor, 25-yard pool with up to 8 lanes available for competition. An adjacent 4 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 13' at the start end and 5.0' at the turn end. An additional 3x20-yard lanes will be available for warm-up/Cool down throughout the competition. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** Session A (11-12 year old Girls and all athletes 13 and older) will begin at 8:30 AM each day with warm-ups from 7:00 to 8:15 AM each day.  
Session B (11-12 year old Boys and all athletes 10 and younger) will begin one hour after the end of the morning session but not before 12:00 noon each day. Session B warm-ups will begin immediately after Session A finishes.

- 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 maximum of 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 time line, 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 deck officials must wear their USA Swimming membership cards in a visible manner.
  - All athletes in the 400 IM and 500 Free must have achieved a USA-S “B” Time Standard for their age group and gender. Entries with “No Time” for the 400 IM and 500 Free will not be accepted. A coach certified time is acceptable.
  - All athletes entered in the 400IM must provide their own timers and all athletes in the 500 Free must provide their own timers and lap counters.

**ATTENTION HIGH SCHOOL ATHLETES:** If you are a high school athlete in season, you need to be Unattached from this meet. It is the athlete’s responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**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, on standing areas and in all areas used by swimmers, 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.
  - NO animals are permitted with the exception of certified service animals, and they must check in with the meet director.
  - \* 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.

- Swimmers in the "A" Division must have met at least USA Swimming Motivational "A" minimum time standard. Swimmers in the "B" Division must have met at least the listed "B" minimum time standard. All entry times slower than the listed "B" time standard will be in the "C" Division.
- Entries with **"NO TIME" will be accepted (exception 400I IM, 500 free- see rules).**
- Entry times submitted for this meet will 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 and 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 PRIORITY: Zone 1 North Athletes from LAMV, ALTO, LO, MCAC, PASA, SUNN entering online must do so by 11:59 pm Thursday, Feb 23, 2023** in order to receive priority acceptance to the meet. Surface entries must be postmarked by Tuesday February 21<sup>st</sup> in order to receive priority acceptance to the meet. No athletes other than those from LAMV, ALTO, LO, MCAC, PASA, SUNN may enter the meet until the priority period has closed.

**ENTRY FEES:** \$4.50 per event plus an \$8.00 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.

**ONLINE ENTRIES:** To enter online go to [www.fastswims.com](http://www.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, March 8

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmer's best time. Entries must be postmarked by midnight, Monday, March 6th or hand delivered by 6:30 p.m. Wednesday, March 8th. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: LAMV**

**Mail entries to: Jonathan Ho**  
**2432 Tamalpais St**  
**Mountain View, CA 94043**

**Hand deliver entries to: Jonathan Ho**  
**2432 Tamalpais St.**  
**Mountain View, CA 94043**

**CHECK-IN:** The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. Close of check-in for all individual events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. No event shall be closed more than 30 minutes before the scheduled start of the session. Swimmers who do not check in will not be seeded and will not be allowed to compete in that event.

**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:** Individual awards will be awarded in the A, B, and C division. Ribbons for First through Eighth place will be given to the following age groups: 6 & under, 7-8, 9-10, 11-12. Athletes 13 years of age and older will not receive awards. "A" time medals will be given to athletes achieving a new "A" time, regardless of place achieved in the event. Awards for athletes 12 & younger must be picked up at the meet by coaches at the end of each session. Awards will not be mailed.

**ADMISSION:** Free. A free meet program is available for download at LAMVAC.org Meet Program

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

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. All participating teams are expected to provide lane timers based upon the number of athletes registered to swim each day. Team timing lanes will be assigned and coaches will be notified of assignments 5 days prior to the meet.

**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 on that session – see 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 each additional 25 athletes

#### EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13 & OV	8 & UN	9-10	11-12	13 & OV
50 Back	100 Back	200 Back	100 Back	50 Free	100 Free	200 Free	200 Free
50 Breast	100 Breast	100 Breast	200 Breast	25 Back	100 Fly	200 Fly	100 BR
25 Fly	50 Fly	100 Free	100 Free	25 Breast	50 Free	50 Free	50 Free
25 Free	50 Back	50 Back	200 IM	50 Fly	500 Free	100 IM	500 Free
100 IM	100 IM	400 IM	100 Fly				

## EVENTS

SATURDAY MORNING , MARCH 18		
EVENT #	EVENT	EVENT #
1	13 – OV 100 BACK	2
3	11-12 200 BACK	
5	13 – OV 200 BREAST	6
7	11 – 12 100 BREAST	
9	13 – OV 100 FREE	10
11	11 -12 100 FREE	
13	13 – OV 200 IM	14
15	11 – 12 50 BACK	
17	13 – OV 100 FLY	18
19	11 – 12 400 IM*	
SATURDAY AFTERNOON, MARCH 18		
EVENT #	EVENT	EVENT #
21	8 – UN 50 BACK	22
23	9 – 10 100 BACK	24
	11 – 12 200 BACK	26
27	8 – UN 50 BREAST	28
29	9 – 10 100 BREAST	30
	11 – 12 100 BREAST	32
33	8 – UN 25 FLY	34
35	9 – 10 50 FLY	36
	11 – 12 100 FREE	38
39	8 – UN 25 FREE	40
41	9 – 10 50 BACK	42
	11 – 12 50 BACK	44
45	8 – UN 100 IM	46
47	9 – 10 100 IM	48
	11 – 12 400 IM*	50

SUNDAY MORNING, MARCH 19		
EVENT #	EVENT	EVENT #
51	11 – 12 200 FREE	
53	13 – OV 200 FREE	54
55	11 – 12 200 FLY	
57	13 – OV 100 BREAST	58
59	11 – 12 50 FREE	
61	13 – OV 50 FREE	62
63	11 – 12 100 IM	
64	13 – OV 500 FREE*	66
SUNDAY AFTERNOON, MARCH 19		
EVENT #	EVENT	EVENT #
67	8 – UN 50 FREE	68
	11 – 12 200 FREE	70
71	9 – 10 100 FREE	72
73	8 – UN 25 BACK	74
	11 – 12 200 FLY	76
77	9 – 10 100 FLY	78
79	8 – UN 25 BREAST	80
	11 – 12 50 FREE	82
83	8 – UN 50 FLY	84
85	9 – 10 50 FREE	86
	11 – 12 100 IM	88
89	9 – 10 500 FREE*	90

**\*Athletes in THE 400 IM/500 Free must have achieved a USA-S Motivational “B” Time Standard for their gender:  
Coach Verified Times will be accepted.**

Use the following URL time find the time standards: <https://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by Los Altos & Mountain View Aquatic Club Short Course C/B/A+ March 18th and 19th 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			
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# of entries _____ x \$4.50 = \$ _____ Participation Fee        \$ 8.00 Total                                    \$ _____															
Coach															
Swimmer's Address															
Home Phone								Cell Phone							
Email															