PACIFIC SWIMMING SHORT COURSE SENIOR OPEN PRELIMS & FINALS MEET
HOSTED BY MILPITAS AQUATIC CLUB
FEBRUARY 17-18, 2024
Enter Online: **http://ome.fastswims.com**

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-027**

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, webcasting, television, psych sheets and live meet results. The results of this meet shall be posted in real time on the Internet at 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:*** **Jeanette Soe** ***Head Starter:*** **Mike Davis**
Meet Marshal: **Felicia Zamora** ***Admin Official:*** **Mary Ruddell**
Meet Director: **Stella Ezrre** **stella@macswimming.org**

PERSONAL RESPONSIBILITY: Each Athlete and Coach is responsible for understanding the scratch rules and check in procedures, and for being familiar with the contents of this Meet Announcement and any announcements made during the meet.

LOCATION: Milpitas High School Pool, 1231 Arizona Ave, Milpitas CA, 95035

DIRECTIONS: From 880-Exit 8B for CA-237/Calaveras Blvd toward Milpitas/Mountain View. Turn Right onto CA-237 E/W Calaveras Blvd. Turn left onto N Abel St and continue onto Jacklin Rd. Turn left onto Arizona Ave. Destination will be on your right.

COURSE: OUTDOOR 25 YARD pool with up to 10 lanes available for prelim competition and 8 lanes will be used for finals. An additional 5 lanes shall 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 7'6" at the start end and **7'6"** at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Meet shall begin at 9:00 AM each day with warm-ups from 7:30 AM to 8:45 AM each day. Finals start time TBD each day but no earlier than 4pm and with warm-ups for 45 min prior to the start of Finals

RULES: • Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall be posted at the Clerk-of-Course. No paddles, snorkels or other breathing devices, boards, or fins, or the use of any other practice equipment is prohibited in the competition course or in the warmup pool.

• 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 shall swim fast to slow, with the fastest three heats circle seeded (*fastest two heats for 400IM and 500 Free).

• Athletes may compete in a maximum of three (3) events per day.

• All events shall be Preliminaries/Finals except the 1650 Free and the 1000 Free, which will be timed finals swum immediately after prelims finishes on Saturday/Sunday.

• There will be a Championship Final, Consolation Final, and Bonus Final, swum in that order, with 8 Athletes qualifying for each final heat.

• If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds shall be made for any mandatory scratches.

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

• Lifeguard will be on duty and First Aid Station will be available.

DISTANCE EVENT RULES: • Athletes must Positively Check-in for the 1650 Free by Friday, **February 16th** at 5:30 pm. Athletes must Positively Check-in for the 1000 Free by 30 min after the start of Finals on Saturday, **February 17th.**

• All heats of the 1000/1650 Free will be swum fastest to slowest alternating women and men at the conclusion of preliminaries.

• Athletes must provide timers and counters for the 1000/1650 Free.

• Athletes can qualify for the 1650 Freestyle with a 1000 yard/800-meter qualifying time.

• The 1650 Freestyle will be seeded in the following order: 1650 SCY, 1500 LCM, 1500 SCM, 1000 SCY, 800 LCM, 800 SCM. The 1000 Free will be seeded in the following order: 1000 SCY, 800 LCM, 800 SCM.

ATTENTION HIGH SCHOOL ATHLETES: High School Athletes in season need to be Unattached from this meet. It is the Athlete's responsibility to be Unattached from this meet. Athletes 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 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.

• Only Athletes, Coaches, Officials, and Volunteers shall be allowed on the pool deck.

• 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.

• Find Parking on the street. No parking on school grounds. Please read all signs before parking. Be respectful of the

neighborhood
- No tents will be permitted on the pool deck.
- No person shall be permitted on school grounds other than designated areas.
- No person will be permitted on the athletic fields (football field, track, soccer fields, or baseball/softball fields).
- No early set up will be permitted
- Parking Lot adjacent to the pool is for working officials only

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.
- Athletes 13/Over are eligible to enter this meet. There is no proof of time. Entry times should be the Athlete's actual time and not the minimum standard.
- Athletes 11 and 12 years of age shall meet the Senior Open time standard as outlined by Pacific Swimming time verification procedures. No refunds shall be given if the time cannot be proven.
- Athletes under the age of 11 years are not eligible to compete
- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- No time conversions shall be accepted.
- Entries with "NO TIME" shall be rejected.
- The Athlete's age shall be the age of the Athlete on the first day of the meet.

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 Rules for distance events seeding**.

SCRATCH RULE PRELIMINARIES: Closing for the Saturday preliminary session will be Friday, February 16th at 5:30 pm. Coaches must e-mail or text their scratches to the Admin Referee, Mary Ruddell (scratchdesk@pacswim.org or 925-787-7586). Closing for the Sunday preliminary session will be on Saturday, February 17th 30 minutes after the start of Saturday's FINALS. The scratch box will be located at the Scratch Desk at the start of the meet on Saturday until the scratch deadline. The penalty for failure to compete in an individual preliminary heat in which such Athlete is entered and has not been scratched will be:

- Barred from the rest of his/her events that day.
- If the Athlete qualifies for a final before missing an event, they may swim that final.
- The Athlete shall not be seeded in any further individual events on succeeding days unless that Athlete declares an intent to swim prior to the close of the scratch box for that day's events.

SCRATCH RULE FINALS: Any Athlete qualifying for any level of 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 they may not intend to compete in Bonus, Consolation or Championship Finals. In this case they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual Preliminary Event. In a Preliminaries & Finals meet any Athlete qualifying for a Bonus Final, Consolation Final or Championship Final race in an individual event who fails to show up in said Bonus Final, Consolation Final or Championship Final race prior to calling the alternate shall be barred from further competition for the remainder of the Meet. 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 shall be increased to $150.00 if after 30 days of receiving the letter of notification the party has not made the payment.

ENTRY FEES: $8.50 per individual event plus a $10.00 per Athlete participation fee. Entries shall be rejected if payment is not sent at the time of request. No late entries shall be accepted. 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 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, February 7th

MAILED ENTRIES: Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly

with the Athlete's best time. Entries shall be entered using the current Pacific Swimming procedure: and postmarked by midnight, Monday, February 5th Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Milpitas Aquatic Club

Mail entries to: Kyler VanSwol
754 The Alameda, Apt 2325
San Jose, CA 95126

AWARDS: None.

ADMISSION: Free.

HOSPITALITY: Hospitality available for Coaches, Officials, Timers, and Volunteers. Lunch will be provided for Coaches and working Officials. There WILL NOT be a snack bar.

ORDER OF EVENTS

Saturday, Feb 17th		
EVENT #	**EVENT**	**EVENT #**
1	500 FREE	2
3	200 BACK	4
5	200 FLY	6
7	100 BREAST	8
9	100 FREE	10
11	200 I.M.	12
13	1650 FREE	14

Sunday, Feb 18th		
EVENT #	**EVENT**	**EVENT #**
17	400 I.M.	18
19	100 BACK	20
21	200 FREE	22
23	200 BREAST	24
25	50 FREE	26
27	100FLY	28
29	1000 FREE	30

Events 13-14, and 29-30 shall be swum fastest to slowest alternating women and men
The 1650 Free and the 1000 Free will begin immediately after the prelim sessions finish on Saturday/Sunday. Athletes entered in the 1650 and 1000 Freestyle shall provide their own timers and lap counters.

Time standards may be found at: http://www.pacswim.org/swim-meet-times/standards

Pacific Swimming – Hosted by MAC
SHORT COURSE SENIOR OPEN T/F
February 17-18, 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 $8.50 = $_____
Participation Fee $ 10.00
Total $_____

Coach

Athlete's
Address

Home Phone	Cell Phone

Email