

**MONTEREY BAY SWIM CLUB**  
**PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET**  
**MARCH 5th & 6th, 2022**  
Enter Online: [www.fastswims.com](http://www.fastswims.com)



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **22-032**

*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 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:** Brett Shaug      **Head Starter:** Elizabeth Garcia  
**Meet Marshal:** Chris Rodgers      **Admin Official:** Doug Thompson  
**Meet Director:** Christina Rodgers      [mbscmeetdirector@gmail.com](mailto:mbscmeetdirector@gmail.com)

**LOCATION:** Hartnell College 156 Homestead Road, Salinas, CA

**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 becomes Salinas St. Turn Right onto W Alisal St. Turn right onto Homestead Ave. 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. Turn right onto Homestead Ave.

**COURSE:** OUTDOOR 25 YARD pool with up to 10 lanes available for competition. An additional 8 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 14' at the start end and 4'6" 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:** Meet will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. A special warm-up lane for 8 and under Athletes only will be held from 8:30-8:45 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 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”), and that they understand that compliance with the MAAPP policy 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 4 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,” base on the Athletes age and gender.
  - The meet will be capped at 325 Athletes.
  - 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 Officials must wear their USA Swimming membership cards in a visible manner
  - Athletes entering the 500 Free must provide their own timers and lap counters

**SPECIAL RULES:** The USA Swimming Motivational “BB” minimum time standard per age group and gender will be used as the qualifying time standard for the 400IM, 500 Free and 10& Under 200IM at this meet. Use the following link to find the time standards <http://www.pacswim.org/swim-meet-times/standards>

**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 Athlete's swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**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.
  - Food and beverages (other than water) are not allowed on deck.

- No tents/ez-ups allowed on deck or in the bleachers. Tents may not be on campus landscaping or blocking walkways or entry/exit ways.

**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, 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.

- Athletes in the "A" Division must have met at least USA Swimming Motivational "A" minimum time standard. Athletes 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 with the exception of: 10 & UN 200IM, 400IM, & 500 FR (See Special 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 PRIORITY:** Zone 1 South will have a one-week (7day) priority of entries when online entries open. All other zones are invited to enter after the priority period ends.

**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, February 23, 2022**.

**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, February 21, 2022. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to:** Monterey Bay Swim Club

**Mail entries to:** MBSC/Christina Rodgers

24725 Lower Trail  
Carmel, CA 93923

**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. Close of check-in for remaining events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check in will not be seeded in the event.

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

**AWARDS:** Individual events: Ribbons will be awarded to the 1st – 8th place finishers, for each event designated as an age group event. (9-10, 11-12, 13-14, 15-18). Awards will be available for pickup by the coaches, or a club representative, the last day of the meet. No awards will be mailed.

**ADMISSION:** Free

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

**MISCELLANEOUS:** No overnight parking is allowed. Facilities/security will not be provided after meet hours. Parking is FREE on campus Saturday and Sunday only. Tents may not be on campus landscaping.

**MINIMUM OFFICIALS:** Requested Officials Provided

#### EVENT SUMMARY

| SATURDAY |         |         | SUNDAY  |         |         |
|----------|---------|---------|---------|---------|---------|
| 10 & UN  | 11-12   | 13-18   | 10 & UN | 11-12   | 13-18   |
| 200 IM*  | 200 IM  | 200 IM  | 50 BR   | 200 BR  | 200 BR  |
| 100 BR   | 200 FL  | 200 FL  | 100 BK  | 100 BK  | 100 BK  |
| 50 BK    | 200 BK  | 200 BK  | 200 FR  | 100 FL  | 100 FL  |
| 100 FR   | 100 BR  | 100 BR  | 50 FR   | 200 FR  | 200 FR  |
| 50 FL    | 100 FR  | 100 FR  | 100 FL  | 50 FR   | 50 FR   |
|          | 400 IM* | 400 IM* |         | 500 FR* | 500 FR* |

## EVENTS

| Saturday, March 5th |                  |         |
|---------------------|------------------|---------|
| EVENT #             | EVENT            | EVENT # |
| 1                   | 13-18 100 Free   | 2       |
| 3                   | 11-12 100 Free   | 4       |
| 5                   | 10-UN 100 Free   | 6       |
| 7                   | 13-18 200 Back   | 8       |
| 9                   | 11-12 200 Back   | 10      |
| 11                  | 10-UN 50 Back    | 12      |
| 13                  | 13-18 100 Breast | 14      |
| 15                  | 11-12 100 Breast | 16      |
| 17                  | 10-UN 100 Breast | 18      |
| 19                  | 13-18 200 Fly    | 20      |
| 21                  | 11-12 200 Fly    | 22      |
| 23                  | 10-UN 50 Fly     | 24      |
| 25                  | 13-18 200 I.M.   | 26      |
| 27                  | 11-12 200 I.M.   | 28      |
| 29                  | 10-UN 200 I.M.*  | 30      |
| 31                  | 11-18 400 I.M.*  | 32      |

| Sunday, March 6th |                  |         |
|-------------------|------------------|---------|
| EVENT #           | EVENT            | EVENT # |
| 33                | 13-18 200 Free   | 34      |
| 35                | 11-12 200 Free   | 36      |
| 37                | 10-UN 200 Free   | 38      |
| 39                | 13-18 200 Breast | 40      |
| 41                | 11-12 200 Breast | 42      |
| 43                | 10-UN 50 Breast  | 44      |
| 45                | 13-18 100 Fly    | 46      |
| 47                | 11-12 100 Fly    | 48      |
| 49                | 10-UN 100 Fly    | 50      |
| 51                | 13-18 50 Free    | 52      |
| 53                | 11-12 50 Free    | 54      |
| 55                | 10-UN 50 Free    | 56      |
| 57                | 13-18 100 Back   | 58      |
| 59                | 11-12 100 Back   | 60      |
| 61                | 10-UN 100 Back   | 62      |
| 63                | 11-18 500 Free*  | 64      |

\* See special time requirements for 500 Free, 10&UN 200 IM and 400 IM in the Special Rules Section

Athletes entering the 500 free must provide their own timers and lap counters

Use the following URL to find the 5me standards: <http://www.pacswim.org/swim-meet-5mes/standards>

Pacific Swimming – Hosted by Monterey Bay Swim Club  
SHORT COURSE CBA+  
March 5th & 6th, 2022  
Consolidated Entry Form

|   |                   |  |                 |  |  |  |               |  |  |                |            |  |  |
|---|-------------------|--|-----------------|--|--|--|---------------|--|--|----------------|------------|--|--|
| Name: Last                      First                      Middle   |                   |  |                 |  |  |  |               |  |  |                |            |  |  |
| Club Abbr.  |                   |  | UNATT TEAM ABBR |  |  |  | Club Name     |  |  |                |            |  |  |
| Age   |                   |  | Date of Birth   |  |  |  | Sex<br>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 = \$ _____<br>Participation Fee        \$ 8.00<br>Total                        \$ _____ |                   |  |                 |  |  |  |               |  |  |                |            |  |  |
| Coach   |                   |  |                 |  |  |  |               |  |  |                |            |  |  |
| Athlete's<br>Address  |                   |  |                 |  |  |  |               |  |  |                |            |  |  |
| Home Phone  |                   |  |                 |  |  |  | Cell Phone    |  |  |                |            |  |  |
| Email   |                   |  |                 |  |  |  |               |  |  |                |            |  |  |