

ORINDA AQUATICS  
PACIFIC SWIMMING SHORT COURSE DUAL MEET (OAPB & WCAB)  
SENIOR PRELIM/FINALS & 9-12 TIMED FINALS  
JUNE 5-6, 2021



Enter Online by Wed. May 26<sup>th</sup>: <http://ome.swimconnection.com/pc/OAPB20210605>

**SANCTION:** Held under USA/Pacific Swimming Sanction Number: **21-105**

**TIME TRIAL SANCTION:** Held under USA/Pacific Swimming Sanction Number: **21-106**

*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 competition, 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. By entering the meet, the athlete or his/her guardian consents to this publication.

**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.

<b>MEET PERSONNEL:</b>	<b>Meet Referee: Dave Cottam</b>	<b>Head Starter: David Kaplan</b>
	<b>Head Marshal: Laurel Purewal</b>	<b>Admin Official: Supicha Castro</b>
	<b>Meet Director: Jane Healy (<a href="mailto:janehealy@msn.com">janehealy@msn.com</a>)</b>	

**LOCATION:** Soda Aquatic Center at Campolindo High School – 300 Moraga Road, Moraga, California.

**COURSE:** Outdoor 25-Yard competition pool with up to 10 lanes with electronic timing system. Separate pool space will be available for warm-down during the meet. The minimum water depth as measured in accordance with article 103.2.3 is 10' on the primary start end and 7' on the secondary start end of the competition pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

**TIME:** Meet will begin at 9:15 with assigned warm-ups from 7:30-9:00. Coaches will be notified of specific warm-up times after registration closes. There will be a break of at least one hour between completion of the final heat of the preliminary session and the start of the finals session each day.

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedure 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 the 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 will run fast to slow.
- All 9-12 year-old events and the Open 1650 freestyle will swim as TIMED FINALS
- Open Event Finals will be comprised of a Consolation Final and Championship Finals swum in that order, with 8 athletes qualifying for each final heat.
- Athletes may swim a maximum of **3** events per day in the preliminary session.
- Athletes may swim a maximum of **2** events per day in the finals session.
- All Athletes ages 9-12 should complete competition with four (4) hours.
- Entries will be accepted until the number of splashes exceeds the estimated timeline, per the "Four-Hour Rule," based on the Athlete's age and gender, or the number of entered Athletes meets the maximum capacity as determined by local health restrictions.
- If local conditions warrant, the Meet Referee, with concurrence of the Meet Director, may require a mandatory scratch down. Refunds will be made for mandatory scratches only.
- All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.
- All participants will follow the Facility Safety Plan, which will be communicated prior to the meet.
- All participants within the swim facility must observe distancing guidelines and wear face masks at all times, up to entering and upon exiting the water.
- **Locker rooms are available for restroom use only. No showering or changing in the locker rooms will be permitted.**

**TIME TRIALS:** Contingent on availability of Meet Officials and pool space, a limited number of Time Trials may be offered on Saturday and/or Sunday, in accordance with procedures followed at national championship meets.

- The decision to hold Time Trials and the start time would be determined by the Meet Referee.
- Athletes shall provide their own Timer and Lap Counter, if appropriate.
- Only athletes entered in the meet may enter a Time Trial event.
- Time Trials heats may combine genders and/or strokes.
- An athlete may compete *in* a combined total of three (3) events in the preliminary and Time Trials sessions each day.
- There shall be no additional fee to enter a Time Trials event.

**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 swimmers, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages are prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- Individual/personal pop-up/tents will not be allowed.
- No propane heater is permitted except for snack bar/meet operations.
- Deck changes and parking lot 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 are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus is prohibited over the pool venue (pools, Athlete/Coach areas, spectator areas and open ceiling locker rooms) any time Athletes, Coaches, Officials and/or Spectators are present.

- No spectators will be permitted within the Soda Aquatic Center for the duration of the meet. Swimmers must be dropped off and picked up as specified in the Safety Plan.

#### **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.
- Meet is **ONLY** open to **athletes registered with Orinda Aquatics and Walnut Creek Aquabears**. Athletes who are unattached but participating with Orinda Aquatics or Walnut Creek Aquabears are eligible to compete.
- Athletes 13&up are eligible to enter this meet with no proof of time requirement. Entry times should be the athlete's actual short course time and not the minimum standard.
- Athletes age 11&12 years that wish to swim in the OPEN events, must meet the Senior Open time standard as outlined by Pacific Swimming time verification. Athletes age 9 or 10 are not eligible to enter Open events.
- 11&12 athletes are not permitted to enter the 9-12 event and the open event of the same distance.
- All Athletes 18 & older must have completed the Athlete Protection Training to be allowed to compete.
- Entries with "No Time" will not be accepted.
- Disabled Athletes are welcome to attend the meet and should contact the Meet Director or Meet Referee regarding and special accommodations on the entry times and seeding per Pacific Swimming Policy.
- Athletes 19 years of age and over may compete in the meet.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

**ENTRY FEES:** \$60 per participating athlete.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/OAPB20210605> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per Athlete plus 5% of the total Entry Fees. 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, May 26, 2021 (unless meet reaches capacity prior to that date).

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with Athletes best time. Entries must be entered using the current Pacific Swimming procedure and be postmarked by midnight, Monday, May 24, 2021 or hand delivered by 6:30 PM Wednesday, May 26, 2021. No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to:** Orinda Aquatics

**Mail or hand-deliver entry form with payment to:** Jane Healy, 15 Pimentel Court, Moraga, CA 94556

**CHECK-IN:** The meet will be pre-seeded. Athletes will report to the designated ready-area at their scheduled time for each event.

**SCRATCHES:** Any Athlete not reporting for or competing in an event will not be penalized. All Finals scratches must be reported to the Admin Referee before the conclusion of the mile swim each day. A designated coach from each club will report final scratches to the Admin Official.

**AWARDS:** None

**ADMISSION:** No spectators will be permitted within the Soda Aquatic Center for the duration of the meet due to capacity restrictions. Only participants listed on the Safety Plan will be admitted. Spectators may be able to observe athletes via livestream, using a link provided prior to the start of the meet.

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

**EVENTS:**

Women's Events			EVENTS:	Men's Events		
SCY	LCM			SCY	LCM	
SR Open Time Standard			Saturday, June 5, 2021	SR Open Time Standard		
5:32.89	6:18.79	1	*Open 400 IM	2	5:07.69	5:51.59
		3	9-12 100 IM	4		
2:32.99	2:55.79	5	*Open 200 Back	6	2:20.69	2:41.39
		7	9-12 50 Back	8		
1:10.69	1:19.99	9	*Open 100 Fly	10	1:03.89	1:12.69
		11	9-12 100 Fly	12		
2:19.99	2:39.49	13	*Open 200 Free	14	2:08.39	2:27.89
		15	9-12 100 Breast	16		
1:21.99	1:33.89	17	*Open 100 Breast	18	1:13.59	1:25.49
		19	9-12 50 Free	20		
29.99	34.29	21	*Open 50 Free	22	26.89	30.19
21:27.19	22:09.69	23	<b>**1650 Free (women)</b>			
Sunday, June 6, 2021						
6:12.69	5:34.69	25	*Open 500 Free	26	5:47.89	5:12.79
		27	9-12 50 Fly	28		
2:34.89	2:55.89	29	*Open 200 Fly	30	2:22.29	2:41.49
		31	9-12 100 Back	32		
1:10.79	1:22.29	33	*Open 100 Back	34	1:04.69	1:15.49
2:36.79	3:00.29	35	*Open 200 IM	36	2:23.29	2:45.49
		37	9-12 100 Free	38		
1:04.99	1:14.09	39	*Open 100 Free	40	58.69	1:07.39
		41	9-12 50 Breast	42		
2:56.39	3:21.19	43	*Open 200 Breast	44	2:40.49	3:04.09
			<b>**Open 1650 Free (men)</b>	45	20:13.29	20:43.39

9-12 Events are timed finals for 9, 10, 11, and 12-year-olds.

\*11&12 Athletes who wish to enter an Open Event MUST have achieved the listed minimum Senior Open Time Standard.

\*\*The 1650 freestyle is a timed final event. Athletes who want a 1000 free split must notify the Meet Referee of their intention to split the 1650 prior to the start of the event.

Finals will consist of the top 16 finishers in the preliminaries of all Open Events.

Athletes are limited to two entries per Finals session.

Pacific Swimming – hosted by Orinda Aquatics OAPB/WCAB Senior T&F & 9-12 Time Finals Dual Meet June 5 & 6, 2021 Consolidated Entry Form													
NAME (Last, First, MI):													
LSC Code :PC													
CLUB ABBR:			IF UNATT Team Abbrev:					CLUB NAME:					
AGE			DATE OF BIRTH					AMOUNT PAID \$					
USA-S REG #													
SEX: Boy                      Girl								Age Group:					
<b>EVENT #</b>	<b>PLEASE CIRCLE</b>					<b>DISTANCE/STROKE</b>			<b>ENTRY TIME</b>				
	SCY/LCM								: .				
	SCY/LCM								: .				
	SCY/LCM								: .				
	SCY/LCM								: .				
	SCY/LCM								: .				
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<div style="text-align: right;">Participation Fee =    <b>\$60:00</b></div>													
Coach:													
Athlete's Address													
Contact Phone # Contact Email:													
<b>Checks payable to Orinda Aquatics</b>													