

ORINDA AQUATICS  
SUMMER FINALE SHORT COURSE/LONG COURSE INVITATIONAL  
SATURDAY JULY 22 – SUNDAY JULY 23, 2023  
INVITED CLUBS: OAPB, SCSC, and TERA  
Enter online at: <http://www.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-095**

*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, of information and/or imagery related to their participation at this meet, which may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results.

**USE OF AUDIO AND VIDEO:** Photography and video recording from behind or beside 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, 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. Flash photography from any location is prohibited during the start of a race.

|                        |   |   |
|------------------------|---|---|
| <b>MEET OFFICIALS:</b> | <b>Meet Referee:</b> Charlie Gonzalez   | <b>Head Starter:</b> William Judd       |
|                        | <b>Head Marshal:</b> Jonathan Levy  | <b>Admin Referee:</b> Alta Erdenebaatar |
|                        | <b>Meet Director:</b> Laurel Purewal ( <a href="mailto:oapbswimming@gmail.com">oapbswimming@gmail.com</a> ) |   |

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

**DIRECTIONS:** **Highway 24 West**-take Central Lafayette Exit, turn right on Deer Hill Rd, right on First St, right on Mount Diablo Blvd, left on Moraga Rd, and right on Campolindo Dr. **Highway 24 East**-take Orinda Exit, turn right on Moraga Way, left on Glorietta Blvd, right on Rheem Blvd, left on Moraga Rd, left on Campolindo Drive. The Pool is located behind the high school. The parking lot is located on the left. **Do not park where no parking signs or permit parking only signs are posted; you will be ticketed or towed. No overnight/RV parking allowed.**

**COURSE:** Outdoor 50-Meter competition pool with up to 8 lanes with electronic timing system. Outdoor 25-Yard competition pool with up to 10 lanes with electronic timing system. A separate pool and/or minimum of 3 lanes 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 begins at 9:00 AM each day. The competition course will be open for warm-ups from 7:30 to 8:45 AM each day. Round 1 and Round 2 will run consecutively, without a break between Rounds of events.

- 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 athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.
  - All events are timed finals and will be seeded from fastest to slowest.
  - Athletes may compete in up to 5 individual events per day. (Note that there will be minimal rest time between some events.)
  - Some events are repeated twice each day. Athletes may choose when they would prefer to swim these events or can choose to swim these events twice.
  - All events are open age group. All events are mixed gender events. All events will be seeded and swum without regard to age and gender.
  - At the discretion of the meet referee, and with the concurrence of the meet director, certain events may be swum together in a single 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 will be made for any mandatory scratches.
  - **DISTANCE:** All athletes in the 500 yard freestyle must provide their own lap counters. All athletes in the 1650 yard freestyle and the 1500 meter freestyle must provide their own timers and lap counters.
  - 1650 yard freestyle and the 1500 meter freestyle will be limited to the first 8 entrants, women or men.
  - **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
  - **Lifeguards will be available to participants.**

**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 START CERTIFICATION:** Each athlete 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 without the use of a backstroke ledge. 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 consumption 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.
  - **Marshals and signage will indicate areas designated for set-up. Participants who set-up in restricted areas of the pool deck, school campus, or within fire lanes will be required to re-locate.**
  - All shelters must be properly secured.
  - Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
  - Destructive devices, including 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 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 venue (pools, athlete/coach area, spectator area and open ceiling locker rooms) any time athletes, coaches, official and/or spectators are present.
  - Only athletes entered in the meet may use the competition or warm-down pool(s) at any time during the meet.
  - No overnight parking is allowed. Facilities will not be available or accessible before or after meet hours.

**ELIGIBILITY:**

- Athletes must be current athlete members of USA Swimming and enter their name and registration number exactly as they are shown in their USA Swimming registration. 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 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.
- No time conversions shall be accepted.
- Entries with "NO TIME" will be rejected.
- The athlete's age will be the age of the athlete on the first day of the meet.

**ENTRY TIMES:** Entries must be submitted using the athlete's best short-course yards time for each short course event, or long-course meter time for each long-course event. Entries with **"NO TIME" (NT) will NOT be accepted.**

**ENTRY FEES:** \$33 flat fee per day of the meet entered. **NO REFUNDS** will be given except in the case of mandatory scratch-down. Entries will be rejected if not accompanied by the required fees.

**ENTRY DEADLINES:** Entries will be accepted by mail or online until the estimated timeline reaches 5 hours, pre-distance. NO DECK ENTRIES OR ENTRY CHANGES WILL BE ALLOWED. Check <http://www.fastswims.com> for session open or closed status.

**ONLINE ENTRIES:** You may enter this meet online or by U.S. mail. To enter on-line go to <http://www.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service fee, 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 midnight, Wednesday, July 12, 2023. **LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.**

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be submitted on the attached consolidated entry form, which must be filled out completely and legibly with Athlete's best times and delivered with payment in-full. **Paper entries will be accepted if postmarked by Monday, July 10, 2023, or hand delivered by 6:30PM Wednesday, July 12, 2023, or until the meet has reached capacity, whichever comes first.** Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: **Orinda Aquatics**

Mail/Hand deliver entries to: **Orinda Aquatics, c/o Laurel Purewal, 337 Barrow Court, Walnut Creek, CA 94598**

**CHECK-IN: NONE**

- **Saturday and Sunday Sessions are Pre-seeded** and athletes will **NOT** be required to check in. -

**SCRATCHES & NO-SHOWS:**

- **Scratch Deadlines:** Any athlete who plans to scratch events is requested to scratch with the Meet Director (or via email to [oapbswimming@gmail.com](mailto:oapbswimming@gmail.com)) as soon as possible. The scratch deadline for each Saturday and Sunday session will be at the beginning of warm-ups for that session. Email scratches from athletes will NOT be confirmed with their coach.
- **No-shows:** Any athlete not reporting for or competing in a single individual event shall not be penalized. Athletes who must withdraw from an event after the scratch deadline are requested to inform the referee immediately.

**AWARDS:** None.

**ADMISSION:** Free.

**SNACK BAR & HOSPITALITY:** Orinda Aquatics Snack Shack will not be open for this meet. Limited hospitality will be provided to working Officials throughout the meet, and lunch will be provided to them.

**HOSPITALITY:** Coaches and working deck officials will be provided breakfast and a grab and go lunch. Hospitality will serve refreshments to coaches, working deck officials, timers and volunteers.

**TIMERS:** Clubs will be assigned lanes based on the number of club athletes entered (host club will not be expected to time).

**MINIMUM OFFICIALS:** All available USA Swimming certified officials are welcomed and encouraged to work at this meet. As the number of certified officials allows, interested parents/trainees are also welcome to shadow working officials for education and/or mentoring. Participating clubs are ***requested*** to provide at least the following number of certified and carded officials for each session:

| 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                                      |

**ORDER OF EVENTS**  
**Saturday, July 22, 2023**  
**Short Course Yards**

| Saturday, July 22, 2023<br>Short Course Yards |             |
|---|-------------|
| EVENT #                                       | EVENT       |
| 1   | *500 FREE   |
| 2   | 200 IM      |
| 3   | 100 FLY     |
| 4   | 200 FLY     |
| 5   | 50 BREAST   |
| 6   | 100 BREAST  |
| 7   | 200 BREAST  |
| 8   | 100 FREE    |
| 9   | 200 FREE    |
| 10  | 100 BACK    |
| 11  | 200 BACK    |
| 12  | 100 IM      |
| 13  | 50 FREE     |
| 101   | 400 IM      |
| 102   | 50 FLY      |
| 103   | 100 FLY     |
| 104   | 200 FLY     |
| 105   | 100 BREAST  |
| 106   | 200 BREAST  |
| 107   | 100 FREE    |
| 108   | 200 FREE    |
| 109   | 50 BACK     |
| 110   | 100 BACK    |
| 111   | 200 BACK    |
| 112   | 200 IM      |
| 113   | 50 FREE     |
| 114   | **1650 FREE |

Events shaded blue are repeated twice. Athletes can choose when they would prefer to swim these events or can choose to swim them twice.

\* Athletes in the 500 free must provide their own Lap Counters.

\*\* Athletes in the 1650 free must provide their own Timers and Lap Counters.

**ORDER OF EVENTS**  
**Sunday, July 23, 2023**  
**Long Course Meters**

| Sunday, July 23, 2023<br>Long Course Meters |             |
|---|-------------|
| EVENT #                                     | EVENT       |
| 15  | 200 FREE    |
| 16  | 200 IM      |
| 17  | 50 BACK     |
| 18  | 100 BACK    |
| 19  | 100 FREE    |
| 20  | 50 FREE     |
| 21  | 200 BREAST  |
| 22  | 100 FLY     |
| 23  | 200 BACK    |
| 24  | 100 BREAST  |
| 25  | 200 FLY     |
| 26  | 400 IM      |
| 27  | 400 FREE    |
| 115   | 200 FREE    |
| 116   | 200 IM      |
| 117   | 100 BACK    |
| 118   | 100 FREE    |
| 119   | 50 FREE     |
| 120   | 200 BREAST  |
| 121   | 50 FLY      |
| 122   | 100 FLY     |
| 123   | 200 BACK    |
| 124   | 50 BREAST   |
| 125   | 100 BREAST  |
| 126   | 200 FLY     |
| 127   | **1500 FREE |

Events shaded blue are repeated twice. Athletes can choose when they would prefer to swim these events or can choose to swim them twice.

\*\* Athletes in the 1500 free must provide their own Timers and Lap Counters.

