PACIFIC SWIMMING SHORT COURSE SENIOR OPEN MEET
HOSTED BY ORINDA AQUATICS
OCTOBER 19-20, 2024
Enter Online: **http://ome.fastswims.com**

No Friday Night set-up allowed. Gates will open each morning at 7:00 a.m.

ENTRIES WILL REMAIN OPEN UNTIL THE ESTIMATED TIMELINE (before the 1650) FOR EACH SESSION REACHES 5 HOURS.

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-131**
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 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.

OFFICIALS:
Meet Referee: Brett Shaug
Head Starter: Andy Downs
Meet Marshal: Cynthia Blaylock
Admin Official: Sachi Kuwano
Meet Director: Hoa On, **oapbswimming@gmail.com**

LOCATION: De La Salle High School – 1130 Winton Dr. Concord, CA 91518

DIRECTIONS: Highway 680 South- take exit 49 onto Monument Blvd. Keep left onto Monument Blvd. Turn right onto Bancoft Rd. Turn left onto Treat Blvd. Turn right onto Winton.
Highway 24 East-to I-680 N. Take exit 48 for Treat Blvd toward Geary Road. Use right lane to take ramp to Silicon Valley College. Sight right into the ramp to Silicon Valley College. Merge onto Treat Blvd.

COURSE: Outdoor 25-Yard competition pool with up to 9 lanes equipped with touch pads and push-button back-up. Two lanes will be available for warm up and warm down. The minimum water depth as measured in accordance with article 103.2.3 is 14'6" on the primary start end and 7' on the secondary start end of the competition pool. The Meet Host shall ensure the required course dimensions.

TIME: Meet shall begin at 9 AM each day with warm-ups from 7:30 to 8:45 AM each day.

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.

• 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 shall swim fast to slow. At the discretion of the Meet Referee, Events 11 & 12 and Events 25 & 26 may swim fastest to slowest alternating women's and men's heats.

• **Athletes in the 400 IM must provide their own timers. Athletes in the 500 free and 1650 Free must provide their own lap counters.**

• Athletes may compete in a maximum of four (4) events per day. **1650 is limited to 24 athletes per 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 shall be made for any mandatory scratches.

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

• Lifeguards will be available to provide medical assistance to all participants.

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.

• 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.

• **No camping tents are allowed in the facility. Pop-up tents CANNOT be fully enclosed.**
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 fine lanes will be required to re-locate.

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 must 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 a 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.

CHECK-IN: The meet shall be deck seeded. Athletes shall 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 shall not be allowed to compete in the event..

SCRATCH RULE: Athletes entered in a timed final individual event that is seeded on the deck that have checked in for that event, shall swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim an event shall result in being barred from their next individual event.

ENTRY FEES: $7.00 per individual event plus a **$10.00 per Athlete Participation Fee and $10.00 per Athlete Facility Surcharge Fee**. Entries shall be rejected if payment is not sent at time of request. No late entries shall be accepted. No refunds shall be made, except mandatory scratch downs.

ONLINE ENTRIES: Entering online is a convenience, is completely voluntary, and is in no way required or expected of an Athlete by Pacific Swimming. 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, **October 9, 2024, or until the meet has reached capacity, whichever comes first**.

MAILED OR HAND DELIVERED ENTRIES: Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with Athlete's best time. Entries shall be entered using the current Pacific Swimming procedure: and postmarked by midnight, Monday, **October 7, 2024** or hand delivered by 6:30 p.m. Wednesday, **October 9, 2024 or until the meet 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 or Hand deliver entries to: Hoa On
2332 27th Ave
Oakland, CA 94601

AWARDS: None.

ADMISSION: Free.

HOSPITALITY/SNACK BAR: Hospitality available for Coaches, Officials, and Timers. Lunches will be provided for Coaches and working Officials. There will be a snack bar.

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

ORDER OF EVENTS

WOMEN'S EVENTS				MEN'S EVENTS		
Senior Open Time Standards				Senior Open Time Standards		
SCY	LCM			SCY	LCM	
Saturday, October 19, 2024						
2:19.99	2:39.49	1	**200 Free (women)**			
			200 IM (men)	2	2:23.29	2:45.49
2:32.99	2:55.79	3	200 Back	4	2:20.69	2:41.39
1:10.69	1:19.99	5	100 Fly	6	1:03.89	1:12.69
29.99	34.29	7	50 Free	8	26.89	30.19
2:56.39	3:21.19	9	200 Breast	10	2:40.49	3:04.09
5:32.89	6:18.79	11	**400 IM (women)**			
			500 Free (men)	12	5:47.89	5:12.79
21:27.19	22:09.69	13	**1650 Free (women)**			
Sunday, October 20, 2024						
2:36.79	3:00.29	15	**200 IM (women)**			
			200 Free (men)	16	2:08.39	2:27.89
2:34.89	2:55.89	17	200 Fly	18	2:22.29	2:41.49
1:10.79	1:22.29	19	100 Back	20	1:04.69	1:15.49
1:04.99	1:14.09	21	100 Free	22	58.69	1:07.39
1:21.99	1:33.89	23	100 Breast	24	1:13.59	1:25.49
6:12.69	5:34.69	25	**500 Free (women)**			
			400 IM (men)	26	5:07.69	5:51.59
			1650 Free (men)	28	20:13.29	20:43.39

Athletes in the 500 Free must provide own timers and lap counter.
Athletes in the 1650 Free must provide own timers and lap counter.
Athletes in the 400 IM must provide their own timers.
All events swim fastest to slowest

Athletes aged 11&12 must meet the Senior Open Time Standards

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

Pacific Swimming – Hosted by ORINDA AQUATICS
SENIOR OPEN
OCT. 19-20, 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 / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM

# of entries _____ x $7.00 = $_____
Participation Fee $10.00
Facility Surcharge Fee $10.00
Total $_____

Coach

Athlete's
Address

Home Phone	Cell Phone

Email