

OSPREY AQUATICS  
PACIFIC SWIMMING SHORT COURSE INTRASQUAD MEET  
NOVEMBER 21-22, 2020  
Enter Online: <http://www.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **20-067**

*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, AGCC OSPREY 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.**

**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.

**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:**

<i>Meet Referee: Mette Graversen</i>	<i>Head Starter: Dale Bender</i>
<i>Meet Marshal: Ashley Goldsmith</i>	<i>Admin Official: Marissa Bacon</i>
<i>Meet Director: Shannon Mackin</i>	<a href="mailto:SHANNON@OSPREYAQUATICS.COM">SHANNON@OSPREYAQUATICS.COM</a>

**LOCATION:** Willow Glen High School - 2001 Cottle Avenue San Jose, CA 95125

**DIRECTIONS:** From Almaden Expressway North – Exit at Lincoln Blvd exit (exit on left) Follow Lincoln to Curtner Avenue, left on Curtner then take a right on Cottle. Parking behind the school and on the corner of Cottle and Dry Creek. From Almaden Expressway South – Exit at Curtner Avenue

**COURSE:** Outdoor pool with up to 5 lanes available for competition. An additional 12 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 10' at the start end and 3'6" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4). 104.2.2C(4).

**TIME:** Meet will begin at **9:30 AM** each day with warm-ups from 7:30 AM to 9:15 AM each day. A maximum of two (2) athletes shall be permitted per warm-up lane. The athletes shall start from opposite ends of the pool.

**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.
- 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 a **maximum of 3** events per day; exception 11/12 athletes may compete in max 4 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,” based on the Athletes age and gender, or when the number of entered athletes meets the maximum capacity as determined by local health guidelines.
- 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.**

**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.
- No spectators will be allowed on deck.

**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 open only to qualified athletes registered with **Osprey Aquatics (OAQ)**. Athletes who are unattached but participating with **OAQ** are eligible to compete.
- Entries with **"NO TIME" will be Accepted.**
- Disabled Athletes 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 FEES:** \$4.00 per event plus an \$8 participation fee per Athlete. Entry fee will be charged to your account.

**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 equal to 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 **November 15, 2020**. LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.

**CHECK-IN:** The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event.

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

**AWARDS:** Ribbons will be awarded to the 1st – 8th place finishers in the Gold and Silver divisions, for each event and age group (8&U, 9-10, 11-12). Athletes 13 years of age and older will not receive awards.

**ADMISSION:** Free.

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

We have taken enhanced health and safety measures for our participants, guests and employees. You must follow all posted instructions while attending the Osprey meet. 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 Center for Disease Control and Prevention senior citizens and guests with underlying medical conditions are especially vulnerable. By attending this meet as a spectator or competitor you voluntarily assume all risks related to exposure to Covid 19.

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**EVENT SUMMARY**

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13/OVER	8 & UN	9-10	11-12	13/OVER
25 BACK	200 FREE	200 FREE	200 FREE	25 BREAST	200 IM	200 IM	200 IM
50 BACK	100 BACK	100 BACK	100 BACK	50 BREAST	100 BREAST	100 BREAST	100 BREAST
25 FLY	50 BACK	50 BACK	100 FLY	25 FREE	50 BREAST	50 BREAST	200 FLY
100 IM	100 FLY	100 FLY	200 BREAST	50 FLY	50 FLY	200 FLY	200 BACK
50 FREE	100 IM	200 BREAST	50 FREE	100 FREE	100 FREE	200 BACK	100 FREE
	50 FREE	100 IM				50 FLY	
		50 FREE				100 FREE	

<b>Saturday, November 21</b>		
Girls Event #	Event	Boys Event #
1	11 & Over 200 Free	2
3	9-10 200 Free	4
5	8 -UN 25 Back	6
7	11 & Over 100 Back	8
9	9-10 100 Back	10
	Break	
11	11-12 50 Back	12
13	10 & Under 50 Back	14
15	8-UN 25 Fly	16
17	11 & Over 100 Fly	18
19	9-10 Over 100 Fly	20
21	11 & Over 200 Breast	22
	Break	
23	11-12 100 IM	24
25	10 & UN 100 IM	26
27	8 & UN 50 Free	28
29	9-10 50 Free	30
31	11 & Over 50 Free	32

<b>Sunday, November 22</b>		
Girls Event #	Event	Boys Event #
33	11 & Over 200 IM	34
35	9-10 200 IM	36
37	8 -UN 25 Breast	38
39	11 & Over 100 Breast	40
41	9-10 100 Breast	42
	Break	
43	11-12 50 Breast	44
45	10 & UN 50 Breast	46
47	11 & Over 200 Fly	48
49	8 -UN 25 Free	50
51	11 & Over 200 Back	52
	Break	
53	11-12 50 Fly	54
55	10 & UN 50 Fly	56
57	8 & Under 100 Free	58
59	9-10 100 Free	60
61	11 & Over 100 Free	62

Pacific Swimming – Hosted by OAQ Short Course Intrasquad November 21-22, 2020 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 \$4.00 = \$ _____ Participation Fee                      \$ 8.00  Total    \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													