

**PALO ALTO STANFORD AQUATICS
PACIFIC SWIMMING LONG COURSE INTRASQUAD MEET
MARCH 27, 2021
Enter Online: <http://www.DKSWIM.com>**



SANCTION: Held under USA/Pacific Swimming Sanction No. **21-050**

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.**

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: JAMES HONG **Head Starter:** EVAN BIGALL
Meet Marshal: SHIRLY EARLEY **Admin Official:** LARRY RICE
Meet Director: KEITH EARLEY (PASADKSMetDirector@gmail.com)

LOCATION: Fremont Hills Country Club – 12889 Viscaino Place, Los Altos Hills, CA 94022

DIRECTIONS: From US101 take San Antonio Rd SW. Continue as the road becomes E. Charleston and then Arastradero Rd. Turn Left onto Purissima Rd. Turn Left onto Viscaino Rd, then Right onto Viscaino Pl and into the pool parking lot. From I-280 take exit for Page Mill Rd towards Arastradero Rd. Turn Right onto Purissima Rd, left onto Viscaino Rd, then Right onto Viscaino Pl.

COURSE: OUTDOOR 50 METER pool with up to 8 lanes available for competition. There will be no additional lanes for warm up/down during 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.

TIME: Session 1 (12 and Under): Meet will begin at **3:00 PM. Session 2 (Open):** Meet will begin at **5:00 PM.**

RULES:

- 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 **3** events per day- coaches may require a scratch down to meet timeline requirements.

- The local facilities guidelines, restrictions, and interpretation of the local public health guidelines shall be followed at this meet.
- All Athletes ages 12 and under should complete competition within two (2) hours.
- Entries will be accepted until Wednesday, March 17 at 9pm.
- 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.**
- **Due to Covid-19 concerns, limits will be put on the number of spectators allowed on deck.**

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 athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

UNACCOMPANIED ATHLETES: All Athletes must be associated with PASA- DKS to participate in this meet.

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.
- **Parents will not be allowed on deck, but may observe the meet via Livestream:**

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 **Palo Alto Stanford Aquatics**. Athletes who are unattached but participating with **Palo Alto Stanford Aquatics** 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: A **\$25** per athlete will be charged to participate in this meet and will be charged to the athlete's account.

TEAMUNIFY ENTRIES: Any entries submitted via TeamUnify must finalized by March 17, 2021. Coaches will confirm entries. Please add times in the comment section, which will be added by the coaches.

NO OTHER FORM OF ENTRIES WILL BE ACCEPTED.

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: None.

ADMISSION: There will be no spectators at this meet. Spectators may observe through a LIVESTREAM:

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

EVENT SUMMARY (Session 1): 12 and Under

- Event 1 Mixed 12 and Under 200 meter Freestyle
- Event 2 Mixed 12 and Under 100 meter Backstroke
- Event 3 Mixed 12 and Under 100 meter Breaststroke
- Event 4 Mixed 12 and Under 50 meter Freestyle
- Event 5 Mixed 12 and Under 50 meter Butterfly
- Event 6 Mixed 12 and Under 100 meter Freestyle

*Meet will end at 4:30pm whether events are completed or not. Coaching Staff will have the final decision on end time.

EVENT SUMMARY (Session 2): OPEN

- Event 1 Mixed Open 400 meter Individual Medley
- Event 2 Mixed Open 100 meter Freestyle
- Event 3 Mixed Open 200 meter Breaststroke
- Event 4 Mixed Open 200 meter Butterfly
- Event 5 Mixed Open 200 meter Backstroke
- Event 6 Mixed Open 50 Freestyle

*Meet will end at 7:00 pm whether events are completed or not. Coaching Staff will have the final decision on end time.

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>