

**PASA DISTANCE MEET  
PACIFIC SWIMMING SHORT COURSE INTRASQUAD  
FEBRUARY 2, 2020  
INVITED CLUBS: PASA**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **20-024**

*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.*

**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:**

<b>Meet Referee:</b> Jimmy Hong	<b>Head Starter:</b> Larry Hyde
<b>Meet Marshal:</b> Paul Coleman	<b>Admin Official:</b> Robin Stewart
<b>Meet Director:</b> Bruce Smith/ <a href="mailto:brucesmithswim@gmail.com">brucesmithswim@gmail.com</a>	

**LOCATION:** Gunn High School, 780 Arastradero Rd, Palo Alto, CA, 94306

**DIRECTIONS:** From 101: Take the San Antonio Rd exit, head South towards the El Camino Real. Turn right onto Charleston Rd. Charleston Rd will turn into Arastradero Rd when you cross El Camino Real. Continue & turn right into Gunn High School.  
From 280: Take the Page Mill Road exit and go East towards the bay. Take Page Mill Rd to Foothill Expressway. Exit onto Foothill Expressway going South (make a right). Take Foothill Expressway to Arastradero Road. Make a left onto Arastradero Road. Continue on Arastradero Road one block and Gunn High School is on the left.

**COURSE:** Outdoor, heated, 25 yard pool. Up to 10 lanes will be used for competition. A warm-up and cool-down area will be available during the meet. The minimum water depth, measured in accordance with Article 103.2.3 is 7' at the start end and 7' at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

**TIME:** Meet will begin at 8:30 AM with warm-ups from 7:30 to 8:15 AM.

- RULES:**
- Current USA and Pacific Swimming rules , including the Minor Athlete Abuse Prevention Policy (“MAAPP”), and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
  - All events are timed finals.
  - All events will swim fast to slow.
  - Athletes may compete in **2 individual events per day**
  - **Athletes in the 500 & 1650 Freestyle must provide their own lap counter and timers (2).**
  - **Athletes in the 400 IM must bring their own timers (2).**
  - Entries will be accepted until the number of splashes exceeds the estimated time line, per the “Four-Hour Rule,” based on the swimmers age and 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 will be made for any mandatory scratches.
  - **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**

**UNACCOMPANIED ATHLETES:** Any USA-S 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-S 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-S 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-S Club Member-Coach.

**RACING STARTS:** Athletes must be certified by a USA-S 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 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.

**ELIGIBILITY:**

- Athletes must be current members of USA-S 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.

- Entries with "**NO TIME**" **will NOT 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.
- The athlete's age will be the age of the athlete on the first day of the meet.
- Athletes must be a member of PASA. Unattached athletes participating with PASA are eligible to enter.

**ENTRY FEES:** \$20 for First event; \$15 for Second event. Checks must be hand delivered to the meet director on the day of the meet.

**ENTRY:**

- **Individuals may enter ONLINE: Accepted until Sunday, January 26<sup>th</sup>, 2020 at 11:59pm** to enter online go to [www.fastswims.com](http://www.fastswims.com) to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a processing fee for this service, 6.5% of the total entry fees plus \$0.75 per transaction, regardless of the number of athletes. Entering online is a convenience, is completely voluntary, and is in no way required or expected of an athlete by Pacific Swimming.
- **PASA Sites may enter by submitting a SD3 File: Accepted until Friday, January 24<sup>th</sup>, 2020 at 11:59pm.** A sd3 entry file may be submitted by coaches for their site's athletes. Request a confirmation of receipt to ensure delivery of the email and file. Send meet entry file to the meet director. One check must be made by each PASA site and must be hand delivered to the meet director on the day of the meet. **Make check payable to: DBA-DKS**
- **Mailed or Hand-Delivered Entries will not be accepted**

**CHECK-IN:** All sessions will be pre seeded.

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

**AWARDS:** None

**ADMISSION:** Free. A program will not be available. Heat Sheets may be available electronically and should be printed beforehand.

**SNACK BAR & HOSPITALITY:** A limited snack bar may be available throughout the competition. Coaches and working deck officials will be provided limited breakfast and lunch. Hospitality will serve refreshments to deck officials, marshals, and coaches.

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

**SESSION EVENTS**

<b>Mixed Gender Event #</b>	<b>Age Group</b>	<b>Event</b>
1	11&Up	400 IM
2	12&Under	500 Free
3	11&Up	1650 Free

**Athletes in the 500 & 1650 Freestyle must provide their own lap counter and timers (2).**

**Athletes in the 400 IM must bring their own timers (2).**