

PALO ALTO STANFORD AQUATICS  
DUAL VENUE LAST CHANCE FOR JO'S  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
FEBURARY 24-25, 2024  
Enter online: <http://ome.fastswims.com>



**Z1N CLUBS ASSIGNED: SOLO, LAMV, LO, UCPA, PASA, SUNN**

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **24-035**

*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 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.

**MEET PERSONNEL:** **Meet Referee:** Sylvain Flamant  
**Meet Marshal:** Andy Ballard, Kathryn Kirby  
**Meet Director:** Sam Chuang([pasa.meetdirector@gmail.com](mailto:pasa.meetdirector@gmail.com)),  
Katie Liu ([kdliudvm@gmail.com](mailto:kdliudvm@gmail.com))  
**Head Starter:** Carol Waln  
**Admin Official:** Curtiss Kikuta

**LOCATION:** Rinconada Park Pool, 777 Embarcadero Road, Palo Alto, CA 94303

**DIRECTIONS:** From US 101, take Embarcadero Road West one mile and turn right onto Newell followed by the first left onto Hopkins. The pool is located across from the tennis courts. Parking is available in the adjacent neighborhood, however, PLEASE DO NOT BLOCK driveways or park in the park grounds. There is NO R.V. parking available in the neighborhood.

**COURSE:** Outdoor 25 yard heated pool with up to 10 lanes available for competition. And additional three (3) 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 at least at the 4'5" at the start end and 4'5" at the turn end. The Meet Host shall ensure the required course dimensions.

**TIME:** Meet will begin at 8:30 AM each day with warm-ups from 7:00 AM to 8:20 AM each day. A special warm-up time for 8 and under athletes only will be provided.

- 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 events are timed finals.
  - All events will swim fast to slow.
  - Athletes may compete in **maximum Three (3)** events 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.
  - 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.**
  - All athletes competing in the 500 yard Freestyle or 400 yard IM events must provide their own lane timers.
  - All athletes competing in the 500 yard Freestyle must provide their own lap counters.
  - Spectators will only be allowed on designated areas on the pool deck.
  - Lifeguards, AED available on site to participants

**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:** 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. (See city park rules: <http://www.cityofpaloalto.org/news/displaynews.asp?NewsID=2366&TargetID=1,36>)
  - 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.
  - All animals (with the exception of working and documented service animals) are prohibited from the competition venue including the pool, deck areas, and locker rooms during swim meets.
  - 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.
  - This will be a closed deck meet. No spectators are allowed in the designated pool deck areas. Only officials, coaches, and designated volunteers are allowed.

**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 in the "A" Division must have met at least USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division must have met at least the listed "B" minimum time standard. All entry times slower than the listed "B" time standard will be in the "C" Division.

- Entries with **"NO TIME"** will be **ACCEPTED. Exception 500 Yard Free and 400 Yard IM**

- **400 IM and 500 free athletes must meet the National Motivational BB time standard for their age group.** If the athlete does not have a time in these events, they may meet the National Motivational BB time standard in the 200 IM or 200 free respectively. Athletes qualifying via a 200 should enter at the minimum BB time standard for the event. 200 times may be checked against the database and exceptions will be sent to their coach for review. **Coach verified times may be accepted.**

- Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.

- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding and 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 PRIORITY:** Zone 1N Athletes from **SOLO, LAMV, LO, UCPA, PASA, and SUNN** entering online must do so by **11:59PM, Wednesday, February 7th** to receive priority acceptance to the meet. **No athletes other than those from SOLO, LAMV, LO, UCPA, PASA, and SUNN may enter the meet until the preference period has concluded.**

**ENTRY FEES:** \$4.50 per event plus a \$10.00 participation fee per Athlete. Entries will be rejected if payment is not sent at time of request. **LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS**

**ONLINE ENTRIES:** 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 **Sunday, February 18th, 2024.** **LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS**

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with Athlete's best time. Entries must be postmarked by midnight, **Monday, February 16th, 2024 or hand delivered by 6:30 p.m. Wednesday, February 18th, 2024.** No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to:** Palo Alto Swim Club

**Mail entries to:** Ava Thompson

3830 Clover Valley Rd

Rocklin, CA 95677

**CHECK-IN:** The meet shall be deck seeded. Athletes shall report to the bull-pen area at their scheduled time for each event. Athletes must 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 will not be seeded in the event.

**SCRATCHES:** Any athletes not reporting for, or competing in an individual timed final event they have checked in for, shall not be penalized.

**AWARDS:** None

**ADMISSION:** Free.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

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

**MINIMUM OFFICIALS:** Clubs must follow Zone 1 North rules for providing officials. Each club must provide officials for each session according to the number of athletes entered in that session, following the table below.

Club athlete entered in session	Trained and carded officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5 and up (1 for every 25 Athletes)

#### EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13&O	8 & UN	9-10	11-12	13&O
25 FR	50 BR	200 FL	200 FL	25 FL	200 FR	200 FR	200FR
50 BR	100 BK	50 BR	100 BK	50 BK	100 FL	100 FL	100 FL
25 BK	200 IM	100 BK	200 BR	25 BR	50 BK	50 BK	100 BR
50 FL	50 FL	200 BR	200 IM	100 IM	100 BR	100 BR	200 BK
100 FR	100 FR	200 IM	100 FR	50 FR	100 IM	200 BK	50 FR
	500 FR	50 FL	500 FR		50 FR	100 IM	400 IM
		100 FR				50 FR	
		500 FR				400 IM	

#### EVENTS

SATURDAY, FEBRUARY 24, 2024		
GIRLS EVENT #	EVENT	BOYS EVENT #
SESSION A		
1	11 & Over 200 FL	2
3	8 & Under 25 FR	4
5	12 & Under 50 BR	6
7	9 & Over 100 BK	8
9	8 & Under 25 BK	10
11	11 & Over 200 BR	12
13	9 & Over 200 IM	14
15	12 & Under 50 FL	16
17	Open 100 FR	18
19	9 & Over 500 FR*	20

SUNDAY, FEBRUARY 25, 2024		
GIRLS EVENT #	EVENT	BOYS EVENT #
SESSION A		
21	9 & Over 200 FR	22
23	8 & Under 25 FL	24
25	9 & Over 100 FL	26
27	12 & Under 50 BK	28
29	9 & Over 100 BR	30
31	8 & Under 25 BR	32
33	11 & Over 200 BK	34
35	12 & Under 100 IM	36
37	Open 50 FR	38
39	11 & Over 400 IM*	40

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

\*Athletes in the 500 FREE and/or 400 IM must have achieved a USA-S "BB" Time Standard in 500 FR or 200 FR and 400 IM or 200 IM, respectively.

\*Athletes in the 500 FREE and/or 400 IM MUST provide their own timers. Lap counters will be offered on the site.

Pacific Swimming – Hosted by PASA SHORT COURSE CBA February 24-25, 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				
							:    .				SCY / LCM				
							:    .				SCY / LCM				
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							:    .				SCY / LCM				
# of entries _____ x \$4.50 = \$ _____ Participation Fee        \$ 10.00 Total                                \$ _____															
Coach															
Swimmer's Address															
Home Phone								Cell Phone							
Email															