PALO ALTO STANFORD AQUATICS
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET
MAY 18, 2024
Enter Online: http://ome.fastswims.com
Z1N Swim Clubs ONLY

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-076**
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 MeetMobile.**

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:*** **Kit Yan** ***Head Starter:*** ***Evan Bigall***
Meet Marshal: **Dave Zapp** ***Admin Official:*** **Manus J-Cheng**
Meet Co-Director: **Bruce Smith – brucesmithswim@gmail.com Su-I Lu - pasasuilu@gmail.com**

LOCATION: Lynbrook High School - 1280 Johnson Ave., San Jose, CA

DIRECTIONS: From Highway 280: take Lawrence Expressway south exit; turn right on Bollinger Avenue, left turn onto Johnson Avenue, left turn at second arterial stop sign, left turn into parking lot. From North on Highway 85: exit Saratoga Avenue and turn left, left turn on Lawrence Expressway, left turn onto Prospect Avenue, right turn on Johnson Avenue, right turn into Lynbrook High School parking lot. From South on Highway 85: exit Saratoga Avenue and turn right, left turn on Lawrence Expressway, left turn onto Prospect Avenue, right turn onto Johnson Avenue, right turn into Lynbrook High School parking lot. Pool is behind the parking lot.

COURSE: 50-meter, 10 lanes, outdoors, heated pool with up to 9 lanes available for competition. At least 1 lane 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 13' at the start end and 4.0' at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Saturday is split into "AM" and "PM" sessions
Morning Session: 11 & Over Athletes. Warm-ups from 7:15-8:15 AM. Meet begins at 8:30 AM
Afternoon Session: 12 & Under Athletes. The afternoon session will begin no sooner than 45 minutes after the Morning Session finishes but not before 12:30 PM. Warm-up begins immediately after AM Session finishes.

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.
- Swimmers may compete in **maximum number of THREE (3)** events per day.
- Entries will be accepted until the number of splashes reaches the estimated time line, per the "Four-Hour Rule," based on the Athlete's age and gender.
- 11-12 Year Old Athletes may compete in either the morning or afternoon session, but not both.
- Entries with No Time (NT) will not be accepted for events longer than 100m. A coach provided time is acceptable.
- 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. Coaches need to sign in with the meet referee or his/her designee.**
- Lifeguards will be available to assist with medical issues.

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.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged. 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 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.
- The Meet is open to qualified Athletes from Zone 1 North Clubs only. Unattached athletes participating with a Zone 1 North Club are eligible to compete.

- 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**, with the exception of 200m events.
- 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: Meet is ONLY open to Zone 1 North athletes.

ENTRY FEES: $4.50 per event plus a $14.00 participation fee per Athlete. Entries will be rejected if payment is not sent at time of request.

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-in entry form. 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**, May 12th**, or until the meet has reached capacity, whichever comes first.

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmer's best time. Entries must be postmarked by midnight, Wednesday, May 8th or hand delivered by 6:30 p.m. Friday, May 10th. 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 stamped envelope.

Make check payable to: **DZ Swim, Inc**

Mail entries to: **Bruce Smith**
PO Box 17832
Stanford, CA 94309

Hand-deliver (M-F hours of 4-7:30pm) to:
Su-I Lu c/o Foothills Tennis & Swim Club
3351 Miranda Ave
Palo Alto, CA 94304

CHECK-IN: The meet will be pre-seeded – Please submit all scratches by Thursday, May 16th at 11:59pm.

SCRATCHES: Any athletes not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

AWARDS: It will be a surprise, but rest assured, we have our best minds working on something other than the traditional unexciting ribbons.

ADMISSION: Free. A program file (PDF) will be emailed to all club coaches prior to the meet.

SNACK BAR & HOSPITALITY: A snack bar may 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. Disobeying parking signs may result in a citation and a fine. All participating clubs are expected to provide lane timers based on the number of athletes registered to swim each day and session. Coaches/clubs will be notified of club timing lane assignments the Monday prior to the meet.

MINIMUM OFFICIALS:

Club Athletes 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 + 1 for every additional 25 Athletes

EVENTS

Morning Session, May 18th		
AM Session – 11 & Older		
GIRLS #	**EVENT**	**BOYS #**
1	11&Ovr 200 Free*	2
3	11&Ovr 100 Fly	4
5	11&Ovr 200 Breast*	6
7	11&Ovr 100 Back	8
9	11&Ovr 200 IM*	10
11	11&Ovr 50 Free	12
13	11&Ovr 200 Back*	14
15	11&Ovr 100 Breast	16
17	11&Ovr 200 Fly*	18
19	11&Ovr 100 Free	20

Afternoon Session, May 18th		
PM Session - 12 & Younger		
GIRLS #	**EVENT**	**BOYS #**
21	9-12 200 Free*	22
23	9-12 100 Fly	24
25	12&Un 50 Free	26
27	9-12 100 Back	28
29	12&Un 50 Breast	30
31	9-12 200 IM*	32
33	12&Un 50 Back	34
35	9-12 100 Breast	36
37	12&Un 50 Fly	39
39	12&Un 100 Free	40

*Entries with no time (NT) will not be accepted in events of 200m. A coach provided time is acceptable

Pacific Swimming – Hosted by Palo Alto Stanford Aquatics
Long Course Zone 1 North C/B/A+
May 18th 2024
Consolidated Entry Form

Name: Last,	First	Middle

Club Abbr.	UNATT TEAM ABBR	Club Name	
Age	**Date of Birth**	**Sex** M F	**LSC – (PC)**

USA-#														

Event #	Distance / Stroke	Entry Time	Circle one
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
	# Of Entries ___ x $4.50 ea = $_____		
	+ Participation Fee = $14.00 TOTAL Due = $_____		
	Email:	Cell Phone:	