

SANCTION: Held under USA/Pacific Swimming Sanction No. **21-154**

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: Brenda Zawatski
	Meet Marshal: David Kirby	Admin Referee: Curtiss Kikuta
	Meet Director: Maria Gregorio (mgregori@stanford.edu)	

LOCATION: Menlo-Atherton High School – 555 Middlefield Road, Atherton, CA 94027.

DIRECTIONS: From Highway 101 exit at Willow Road toward Menlo Park. Travel west to Middlefield Road. Turn right on Middlefield Road to Ringwood Avenue. Turn right on Ringwood and turn left on the third school driveway and park in front of gym in the student lots. The pool is located behind the gym. Parking is prohibited on Ringwood. Additional parking is available in the front of the school. There is NO R.V. parking available in the neighborhood.

COURSE: Outdoor, heated, 25 yard pool. Up to 9 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: Saturday and Sunday are split into sessions PRELIMS and FINALS

PRELIMS: Meet begins at 8:30AM each day, warm-up from 7:00 to 8:15AM.

FINALS: Will begin one hour after Prelims finishes, but not before 12:00PM each day. Warm-up will begin immediately upon completion of Prelims.

- 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 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 will swim as Trials and Finals, except for the 400 IM and the 500 Free, which will swim as timed finals events.
 - All events are pre-seeded.
 - All preliminary events will swim fast to slow, with the fastest three heats circle seeded.
 - The 400 IM and 500 Free will be swum alternating women and men, fast to slow.
 - All events will have a Championship Final and a Consolation Final.
 - For the Senior Final Events, the Championship heat will swim first, followed by the Consolation heat.
 - Athletes may compete in **3 individual** 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 time line, 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 Officials must wear their USA Swimming membership cards in a visible manner.**
 - All Coaches, Officials, and Volunteers on deck **MUST wear a mask** at all times **EXCEPT** to briefly consume food and beverages.
 - All Athletes **MUST wear a mask** at all times **EXCEPT** to consume food and beverages and compete briefly.
 - No spectators on deck.

UNACCOMPANIED ATHLETES: Any USA Swimming 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 Swimming 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 Swimming 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 Swimming Club Member-Coach.

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.

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: \$65.00 flat fee per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

ONLINE ENTRIES: To enter online go to <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. Please note that the processing fee is a separate fee from the Entry Fees. Deadline for entries will be Monday, July 12th at 12:00 PM.

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 athlete not reporting for or competing in an individual timed final event shall not be penalized. Any athletes not reporting for or competing in a preliminary heat when finals are scheduled shall not be penalized.
- Any athlete qualifying for any level of finals in an individual event who does not wish to compete shall scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that they may not intend to compete in consolation or championship finals. In this case, they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event.
- Any athlete qualifying for a consolation or championship final race in an individual event who fails to show up in said consolation or championship final race prior to calling the alternate shall be barred from the remainder of any final events for that day. Should the athlete have no additional final events for that day, they will be barred from their next preliminary event.

AWARDS: None.

ADMISSION: Free.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. Spectators will need to remain outside of the pool facility and will not be allowed to set up chairs or personal shade.

EVENTS

Athletes may compete in 3 individual events per day

PRELIMS

Saturday, July 17, 2021			
1	200 Free	13&O	2
3	200 Free	12&U	4
5	100 Back	13&O	6
7	100 Back	12&U	8
9	200 Breast	13&O	10
11	200 Breast	11-12	12
13	200 Fly	13&O	14
15	100 Fly	12&U	16
17	100 Free	13&O	18
19	50 Free	12&U	20
21	400 IM*	13&O	22

Sunday, July 18, 2021			
23	100 Breast	13&O	24
25	100 Breast	12&U	26
27	100 Fly	13&O	28
29	200 Fly	11-12	30
31	200 IM	13&O	32
33	200 IM	12&U	34
35	50 Free	13&O	36
37	100 Free	12&U	38
39	200 Back	13&O	40
41	200 Back	11-12	42
43	100 IM	12&U	44
45	500 Free**	13&O	46

*Timed Finals

**Timed Finals. Must provide their own lane lap counters.

FINALS

Saturday, July 17, 2021			
1	200 Free	15&O	2
	200 Free	13-14	
3	200 Free	11-12	4
	200 Free	10&U	
5	100 Back	15&O	6
	100 Back	13-14	
7	100 Back	11-12	8
	100 Back	10&U	
9	200 Breast	15&O	10
	200 Breast	13-14	
11	200 Breast	11-12	12
13	200 Fly	15&O	14
	200 Fly	13-14	
15	100 Fly	11-12	16
	100 Fly	10&U	
17	100 Free	15&O	18
	100 Free	13-14	
19	50 Free	11-12	20
	50 Free	10&U	

Sunday, July 18, 2021			
23	100 Breast	15&O	24
	100 Breast	13-14	
25	100 Breast	11-12	26
	100 Breast	10&U	
27	100 Fly	15&O	28
	100 Fly	13-14	
29	200 Fly	11-12	30
31	200 IM	15&O	32
	200 IM	13-14	
33	200 IM	11-12	34
	200 IM	10&U	
35	50 Free	15&O	36
	50 Free	13-14	
37	100 Free	11-12	38
	100 Free	10&U	
39	200 Back	15&O	40
	200 Back	13-14	
41	200 Back	11-12	42
43	100 IM	10&U	44
	100 IM	11-12	