PASA – Summer Palooza Championship – Intersquad
PACIFIC SWIMMING SHORT COURSE INTRASQUAD MEET
Sunday, July 21, 2024

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-102**
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.

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: **Manus J-Cheng** ***Head Starter:*** **Evan Bigall**
Meet Marshal: **Paul Coleman** ***Admin Official:*** **Larry Rice**
Meet Director: **Bruce Smith (brucesmithswim@gmail.com]**

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

DIRECTIONS: Menlo-Atherton High School 555 Middlefield Road, Atherton, CA 94027. 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 25 YARD pool with up to 9 lanes available for competition. An additional 6 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 7'0" at the start end and 7'0" at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Prelims will begin at **9:00** AM with warm-ups from **7:30** to **8:45** AM (depending on entry numbers, warm up might be split into two warm up periods). Finals will begin no sooner than 1 hour after the conclusion 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.
- 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 Athletes ages 12 and under should complete competition within four (4) hours.
- If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Cash refunds will be made for any mandatory scratches.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- USA Swimming Tech Suit policies will be enforced for 12 and under athletes.
- AED available in Training Room by pool. First Aid/CPR certified personnel will be available throughout the meet. Further Medical support available via 911.
- Athletes may compete in **3 events per day**.
- All events are prelims and finals EXCEPT the 400 IM and the 500 Free.
- **Timed finals** (400 IM and 500 Free) will swim fast to slow
- **Prelims heats** will be circle seeded and swum as combined age groups.
- **Finals for all 50s and 100s events** shall have 4 heats. A Super Final heat will include the top 8 Athletes regardless of age. Following the Super Final will be a top 8 heat of the remaining 13 year olds and older, a top 8 heat of the remaining 11-12 year olds, a top 8 of the remaining 10 year olds and under.
- **Finals for all 200s events** shall have one top 8 heat for these age groups – 12 year olds and under, 13 year olds and older.
- **Finals heats** may be combined or altered if warranted by the number of entries.

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.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- A closed pool deck, open for athletes, coaches, officials and volunteers. Parents will be able to watch the meet from the bleachers.
- 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.
- Meet is open only to qualified athletes registered with **PASA**. Athletes who are unattached but participating with **PASA** are eligible to compete.
- Entries with **"NO TIME" will NOT be ACCEPTED**.
- Entries must be in SCY times.

• Athletes with a disability 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 and no finals
• The Athlete's age will be the age of the Athlete on the first day of the meet.

ENTRY FEES: $60.00 per athlete. No refunds will be made.

ENTRIES:

- **Individuals may enter ONLINE**: **Accepted until Monday, July 15th, 2024 at 11:59pm** to enter online go to https://ome.fastswims.com/meets to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service fee, 6.5% of the total Entry Fees plus $0.75 per transaction, regardless of number of athletes. Please note that the processing fee is a separate fee from the Entry Fees.
- **Mailed or Hand-Delivered Entries will not be accepted**

CHECK-IN: The meet shall be pre-seeded.

SCRATCHES: • Athletes not reporting for or competing in a preliminary event that they have entered shall not be penalized.
• Athlete qualifying for 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 finals. In this case, they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event.
• There is NO penalty for missing finals.

AWARDS: There will be awards

ADMISSION: Free. A program will not be available. Heat Sheets will be available electronically only.

SNACK BAR & HOSPITALITY: A snack bar may be available throughout the competition. Hospitality will serve refreshments to deck officials, marshals, and coaches, which may include lunch.

ADMISSION: Free.

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

ORDER OF EVENTS
PRELIMS SESSION EVENTS

Girls Event #	Age Group	Event	Boys Event #
1	Open	Mixed 500 Freestyle (Timed Final)*	1
3	Open	100 Individual Medley	4
5	Open	100 Butterfly	6
7	Open	50 Backstroke	8
9	11 & Older	200 Backstroke	10
11	Open	100 Breaststroke	12
13	Open	50 Freestyle	14
15	Open	200 Freestyle	16
17	Open	200 Individual Medley	18
19	Open	50 Butterfly	20
21	11 & Older	200 Butterfly	22
23	Open	100 Backstroke	24
25	Open	50 Breaststroke	26
27	11 & Older	200 Breaststroke	28
29	Open	100 Freestyle	30
31	11 & Older	Mixed 400 IM (Timed Final)*	31

- Athletes in the 500 Freestyle must provide their own lap counter and timer. Athletes in the 400 IM must provide their own timer.

*Championship Finals – Open events will have three finals (10&Under; 11-12; 13&Older). 11&Older events will have two finals (11-12; 13&Older). Final Heats maybe be combined or expanded based upon the number of entries and qualifiers.

- The 500 Freestyle and 400 IM are Timed Finals, which may have a maximum of 3 heats based upon meet timeline.