JOYCE LANPHERE INVITATIONAL
HOSTED BY PALO ALTO STANFORD AQUATICS
PACIFIC SWIMMING SHORT COURSE T/F INVITE MEET
NOVEMBER 2-3, 2024
INVITED CLUBS: PASA, DART, BAC, SRN, SUNN, NBA

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-135**

TIME TRIALS SANCTION: Held under USA/Pacific Swimming Sanction No. **24-136**

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, restrooms, 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.

OFFICIALS: ***Meet Referee:*** **Manus J Cheng** ***Head Starter:*** **Evan Bigall**
Meet Marshal: **Paolo Faraboschi** ***Admin Referee:*** **Karyn Kikuta**
Meet Director: **Sam Chuang (pasa.meetdirector@gmail.com), Katie Liu (kdliudvm@gmail.com)**

LOCATION: Rinconada Park Pool, 777 Embarcadero Rd., 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 yards heated pool with up to 10 lanes available for competition. An additional 3 lanes shall 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 4' 5" at the start end and AT LEAST 4' 5" at the turn ends. The Meet Host shall ensure the required course dimensions.

TIME: **SATURDAY**: **SESSION A (13/14 & SENIOR):** Meet begins at 8:30 AM, with warm-ups from 7-8:20AM*. See below:
7-7:40AM – PASA, DART, and NBA 7:40-8:20AM – BAC, SUNN, and SRN
SESSION B (10/Under & 11 – 12): Warm-ups will begin at the conclusion of the AM Session*. See below:
First 30 Minutes- PASA, DART, and NBA, Second 30 Minutes- BAC, SUNN, and SRN
FINALS for both groups will begin no earlier than 4:00 PM*

SUNDAY: **SESSION A (13/14 & SENIOR):** Meet begins at 8:30 AM, and warm-ups from 7-8:20 AM*. See below:
7-7:40AM – BAC, SUNN, and SRN, 7:40-8:20AM – PASA, DART, and NBA
SESSION B (10/Under & 11 – 12): Warm-ups will begin at the conclusion of the AM Session*. See below:
First 30 Minutes – BAC, SUNN, and SRN, Second 30 Minutes – PASA, DART, and NBA
FINALS for both groups will begin no earlier than 4:00 PM*

*Order of Finals events listed under the schedule of Events.
***TEAM Warmup times may be reassigned by meet host depending on the total number of athletes**.

RULES:
- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be available at the Clerk-of-Course.
- The local facility's 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 will swim as Trials and Finals, except for the 400 IM and the 500 Free, which will swim as timed finals events. The top 2 seeded heats of the Senior 400 IM and 500 Free and the top seeded heat of the 13-14 400 IM and 500 Free will swim during the finals session.
- All events are pre-seeded except 400IM and 500 Free. Seeding for 400IM and 500 Free will be completed after Saturday, November 2, and Sunday November 3, 2024, respectively, at 10AM, once preferences are submitted by the coaches (coach must notify the Clerk of Course and Meet Referee by 10AM, on the day of the event, of any athlete entered in the 400IM or the 500FR that would have a preference to swim it during the prelim session).
- 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.
- Senior Events will have a Championship Final and a Consolation Final. 10/Under, 11/12, and 13/14 events will have a Championship Final only.
- For the Senior Final Events, the Championship heat will swim first, followed by the Consolation heat.
- The "A" Prelim sessions will be swum combined, but will be separated as Senior and 13/14 year olds for the finals session.
- Athletes may compete in a maximum of three (3) events per day, **including Time Trials** (see below).
- Athletes entered in Senior events may NOT swim in age group events (see check-in rules below).
- 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.
- Lifeguards, AED available on site to participants
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner**.
- Only coaches, athletes and volunteers will be allowed in designated pool deck areas. There will be a spectator area.

TIME TRIALS:
- Time Trial sessions may be offered, and entries will only be taken on-site at the Clerk of Course. Time Trials will be conducted each day provided there is sufficient time between the end of the second preliminary session and the start of warm-ups for the finals session.
- Time Trials are open to athletes who meets the eligibility requirements of this meet.
- An athlete is limited to a maximum of two (2) Time Trial events during the meet.
- Time Trials shall be swum in the listed order of events:
  - First Day: that day's events, followed by the remaining events in the meet.
  - Remaining Days: that day's events, followed by the remaining events in the meet.
- Time Trial events may be swum combined by gender, stroke and distance.
- Time Trials availability at the sole discretion of meet director
- Availability of Time Trials and closing time for entries will be announced up to 30 minutes prior to the end of the second preliminary session.
- Entry fee is $10.00 per Time Trial event.

UNACCOMPANIED ATHLETES: Any USA-S athlete-member competing at the meet shall 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 shall be certified by a USA-S member-coach as being proficient in performing a racing start, or shall 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.
• Smoking is NOT allowed in Rinconada Park. (See city park rules: http://www.cityofpaloalto.org/news/displaynews.asp?NewsID=2366&TargetID=1,36)
• Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
• No glass containers are allowed in the meet venue.
• **Spectators are allowed only in designated pool deck areas. Spectators are not allowed behind starting blocks or warm up areas.**
• 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.
• No propane heater is permitted except for snack bar/meet operations.
• All shelters must be properly secured.
• All animals are prohibited from the competition venue including the pool, deck areas, & locker rooms during swim meets.

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 athlete's age will be the age of the athlete on the first day of the meet (Athlete's age 15 and older must compete in Senior division).
• Athletes must be a member of one of the invited clubs (PASA, DART, BAC, SRN, SUNN, NBA). Unattached Athletes who are currently participating with an invited club are eligible to compete.
• This meet will follow time standards adopted and published for this meet. Coach verified times WILL be accepted for this meet.
• Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
• Entries with "NO TIME" shall be rejected.

SEEDING: Event seeding will be in the following order: conforming short course yards, non-conforming long course meters, and non-conforming short course meters - USA Swimming rules 207.11.7B. See Rules section for special 500 free seeding information.

CHECK-IN: This meet will be pre-seeded. Athletes will not be required to check in. Coach must provide email notification no later than the entry deadline (Sunday, October 27th at 11:59PM), by email to the Meet Director (pasa.meetdirector@gmail.com) and Meet Referee of any 13/14 athlete that will compete as a Senior for purposes of Final Seeding. If not notified by the entry deadline, athlete will automatically be seeded for any 13/14 final in any event which they qualify (subject to scratch rules below).

SCRATCH RULES: • Pacific Swimming scratch rules will be enforced. A copy will be posted at the clerk-of-course.
• 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 finals or 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 final or final race in an individual event who fails to show up in said consolation final or 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.

ENTRY FEES: $80 Flat Fee for 2 day entry, $40 Flat Fee for 1 day entry

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 the number of Athletes. Please note that the service fee is a separate fee from the Entry Fees. Deadline for entries will be **Sunday, October 27th** at 11:59pm.

AWARDS: None.

ADMISSION: Free. Programs will be emailed out to participating clubs. Printed programs will be available to coaches and officials ONLY and will not be sold at the meet.

HOSPITALITY: Hospitality available for coaches, officials, timers, and volunteers. Breakfast, lunch and dinner will be provided for coaches and working deck officials. There will be a snack bar available throughout the competition.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. All participating clubs are expected to provide lane timers based upon the number of athletes registered to swim each day. Club timing lanes for Saturday and Sunday will be assigned and coaches will be notified of assignments during the week prior to the meet.

EVENTS - Saturday, November 2, 2024

Session A						Session B					
Girls	**Min. Entry Time**	**Event**	**Age Group**	**Min. Entry Time**	**Boys**	**Girls**	**Min. Entry Time**	**Event**	**Age Group**	**Min. Entry Time**	**Boys**
1	2:17.99	200 Free	13/14	2:06.39	2	15	3:12.09	200 Breast	11/12	3:04.49	16
	2:07.29	200 Free	Senior	1:56.59		17	1:46.59	100 Breast	10 & Un	1:42.99	18
3	2:56.39	200 Breast	13/14	2:40.49	4	19	2:29.69	200 Free	11/12	2:25.99	20
	2:42.79	200 Breast	Senior	2:28.09		21	2:58.29	200 Free	10 & Un	2:50.19	22
5	1:09.79	100 Back	13/14	1:03.69	6	23	1:19.39	100 Fly	11/12	1:17.59	24
	1:04.39	100 Back	Senior	58.79		25	1:40.39	100 Fly	10 & Un	1:39.39	26
7	2:34.89	200 Fly	13/14	2:22.29	8	27	1:19.49	100 Back	11/12	1:17.49	28
	2:22.99	200 Fly	Senior	2:11.39							
9	1:03.99	100 Free	13/14	57.69	10						
	58.99	100 Free	Senior	53.19							
11*	5:32.89	400 IM*	13/14	5:07.69	12*						
13*	5:07.29	400 IM*	Senior	4:43.99	14*						

*Events 11, 12, 13, and 14 are timed finals events. The 400 IM is a timed finals event and will be swum as separate Senior and 13/14 events. The top 2 seeded heats of senior finals and the top heat of 13-14 year olds will be swum during finals.
Athletes must provide their own timers for the 400 IM. Finals will be swum in the following order:

13/14 200 free
Senior 200 free
11/12 200 breast
10 and under 100 breast
13/14 200 breast
Senior 200 breast
11/12 200 free
10 and under 200 free
13/14 100 Back
Senior 100 Back
11/12 100 fly
10 and under 100 fly
13/14 200 fly
Senior 200 fly
11/12 100 back
13/14 100 free
Senior 100 free
13/14 400 IM*
Senior 400 IM*

Event order for finals will be posted at the pool.

EVENTS - Sunday, November 3, 2024

Session A						Session B					
Girls	**Min. Entry Time**	**Event**	**Age Group**	**Min. Entry Time**	**Boys**	**Girls**	**Min. Entry Time**	**Event**	**Age Group**	**Min. Entry Time**	**Boys**
29	1:10.69	100 Fly	13/14	1:03.89	30	43	1:28.69	100 Breast	11/12	1:26.49	444
	1:05.29	100 Fly	Senior	58.99		45	1:21.09	100 Free	10 & Un	1:19.39	46
31	2:34.79	200 IM	13/14	2:21.29	32	47	2:46.69	200 Back	11/12	2:42.79	48
	2:22.79	200 IM	Senior	2:10.29		49	1:33.49	100 Back	10 & Un	1:30.79	50
33	29.49	50 Free	13/14	26.39	34	51	2:49.49	200 IM	11/12	2:47.39	52
	27.19	50 Free	Senior	24.29		53	3:17.29	200 IM	10 & Un	3:16.29	54
35	1:20.89	100 Breast	13/14	1:15.49	36	55	2:50.39	200 Fly	11/12	2:46.39	56
	1:15.69	100 Breast	Senior	1:11.09							
37	2:32.99	200 Back	13/14	2:20.69	38						
	2:21.19	200 Back	Senior	2:09.89							
39* 41*	6:12.69	500 Free*	13/14	5:47.89	40* 42*						
	5:43.99	500 Free*	Senior	5:21.19							

*Events 37, 38, 39, and 40 are timed finals events. The 500 free is a timed finals event and will be swum as separate Senior and 13/14 events. The top 2 seeded heats of senior finals and the top heat of 13-14 year olds will swim during finals. **Athletes must provide their own timers and lap counters for the 500 Free. Finals will be swum in the following order:**

13/14 100 fly
Senior 100 fly
11/12 100 breast
10 and under 100 free
13/14 200 IM
Senior 200 IM
11/12 200 back
10 and under 100 back
13/14 50 free
Senior 50 free
13/14 100 breast
Senior 100 breast
11/12 200 IM
10 and under 200 IM
13/14 200 back
Senior 200 back
11/12 200 fly
13/14 500 free*
Senior 500 free*

Event order for finals will be posted at the pool.