PASA GRAND TOUR 2024
PACIFIC SWIMMING SHORT COURSE INTRASQUAD MEET
NOVEMBER 23, 2024
INVITED CLUBS: PASA
Enter Online: http://ome.fastswims.com

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-151**
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, webcasting, 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: **Lucille Glassman** ***Head Starter:*** **Phil Harter**
Meet Marshal: **Paul Coleman** ***Admin Official:*** **Evan Bigall**
Meet Director: **Bruce Smith/ brucesmithswim@gmail.com**

LOCATION: Palo Alto High School - 50 Embarcadero Rd, Palo Alto, CA 94301

DIRECTIONS: Palo Alto High School. 50 Embarcadero Rd, Palo Alto, CA 94301. The Athletic Parking Lot is off of Churchill Road on the North end of the street and just West of the Caltrain tracks.

COURSE: OUTDOOR 25 YARD pool with up to 10 lanes available for competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 7' at the start end and 7'at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Meet will begin at 8:30 AM with warm-ups from 7:15 AM to 8:15 AM.

AWARDS: Awards will be given in the following categories:
Yellow Jersey Category - Top Overall Athlete in each Age Group (Lowest combined place amongst all 6 events)
Green Jersey Category - Top Sprint Athlete in each Age Group (Lowest combined time of all four 50 Events)
Polka Dot Jersey Category - Top Distance Athlete in each Age Group (Lowest combined time of 1650 Fr/400 IM or 200 Fr/200 IM)
White Jersey Category – Event Winner – Winner of each Age Group in each Individual Event
Age Groups are defined as 9-10; 11-12, 13-14, 15&Older
Event 8 (200 Back) & Event 9 (100 Breast) are not part of the Awards Categories. These events are non-scoring.

RULES: • Current USA and Pacific Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), and warm-up procedures shall govern the meet. A copy of these procedures shall be at the 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 **6 individual events.**
• 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.
• The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet. All applicable Santa Clara County, City of Palo Alto and State of California Public Health requirements for protection against Covid-19 will apply.
• 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.**
• First-aid kits and AED will be available on the pool deck. Further Medical support available via 911.

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 swimmer or the swimmer'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.
• Changing into or out of swimsuits other than in locker rooms or other designated areas is 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.
• Meet is open to athlete members of PASA only. Unattached athletes participating with PASA are eligible to compete.
• **Entries with "NO TIME" will NOT be ACCEPTED**
• **Athletes entered in the 1650 Free, 200 Free, 400 IM, 200 IM must have met the National BB time standard**
• **Event #10 (Mixed 1650 Free) will be limited to 6 Heats; Event #4 (Mixed 400 IM) will be limited to 8 Heats; Event #8 (Mixed 200 Back) will be limited to 1 Heat; Event #9 (Mixed 100 Breast) will be limited to 1 Heat.**
• 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.
• The Athlete's age will be the age of the Athlete on the first day of the meet.

ENTRY FEES: $50 per Athlete.

ENTRIES: To enter 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. Entries will be accepted through Sunday, November 17, 2024.

CHECK-IN: All sessions will be pre seeded.

SCRATCHES: Deadline for scratching is Thursday, November 21 @ 11:59pm. Any Athletes not reporting for or competing in an individual timed final event that they have entered shall not be penalized.

ADMISSION: Free. A program will not be available. Heat Sheets may be available electronically and should be printed before the meet.

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

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. Each PASA Site is required to provide timers. Meet director will email timer/lane assignments to each PASA Site prior to the meet.

SESSION EVENTS

EVENT #	EVENT
1	Open Mixed 50 Fly
2	Open Mixed 50 Back
3	9-10 Mixed 200 Free
4	11+ Mixed 400 IM
5	Open Mixed 50 Breast
6	Open Mixed 50 Free
7	9-10 Mixed 200 IM
8	Open Mixed 200 Back
9	Open Mixed 100 Breast
10	11+ Mixed 1650 Free

Athletes in the 1650 Freestyle must provide their own lap counter.
Athletes in the 1650 Free must provide their own timers.