

**PEAK SWIMMING**  
**PACIFIC SWIMMING SHORT COURSE INTRASQUAD MEET**  
**DECEMBER 12<sup>th</sup> and 13<sup>th</sup>, 2020**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **20-094**

*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:** Bob Armbruster      **Head Starter:** Mette Graversen  
                                 **Meet Marshal:** Chris Scott      **Admin Official:** Brett Shaug  
                                 **Meet Director:** Ruben Balbuena ([ruben1221@gmail.com](mailto:ruben1221@gmail.com))

**LOCATION:** Sunnyvale Swim Complex @ Fremont High School, 1279 Sunnyvale Saratoga Rd, Sunnyvale, CA 94087

**DIRECTIONS:** From Highway 280, exit N. De Anza Blvd. (Sunnyvale-Saratoga Ave.), travel north on Sunnyvale-Saratoga Ave until it reaches Fremont Ave. The pool is between the school's main entrance and the football field. Entrance to the pool deck will be restricted to the entrance from the Sunnyvale-Saratoga Rd near the football field. There are two parking lots. Parking lot in the front of Fremont High School will be held for meet officials and swim coaches. Athletes must be dropped off, observing social distancing guidelines and spectators will not be allowed on pool deck. If additional parking is needed, participants should park in the student lot (with solar panels) on the west side of the school campus off Fremont Ave.

**COURSE:** OUTDOOR 25 YARD by 50 METER pool with up to 10 lanes available for competition. An additional 15 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 12'0" at the start end and 12'0" at the turn end.

**TIME:** Meet will begin at **2:00 PM for sessions 1 and 3** with warm-ups from **1:30 PM to 2:00 PM** each day. Meet will begin at **4:00 PM for sessions 2 and 4** with warm-ups from **3:30 PM to 4:00 PM** at the earliest for sessions 2 and 4 following finish of sessions 1 and 3 respectively. A maximum of two (2) athletes shall be permitted per warm-up lane. The athletes shall start from opposite ends of the pool.

- 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.
  - 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 are timed finals.
  - All events will swim fast to slow.
  - Athletes may compete in a **maximum of 3 (three)** 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 timeline, per the "Four-Hour Rule," based on the Athletes age and gender., or the number of entered athletes meets the maximum capacity as determined by local and facility restrictions.
  - 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.**
  - **Events will swim mixed gender and may be combined at the discretion of the Meet Referee.**

**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.
  - **Meet will be conducted with no spectators. Only athletes, coaches and people working the meet will be allowed on the pool deck**

- 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 **PEAK Swimming from the Gold, Junior Elite and Elite groups.** Athletes who are unattached but participating with **PEAK Swimming** 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.
  - The Athlete's age will be the age of the Athlete on the first day of the meet.

**ENTRY FEES:** \$4.00 per event plus an \$8.00 participation fee per Athlete per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

**MEET ENTRIES:** Entries must be communicated to each Group Coach. Entries must be submitted to Group Coaches by 5:30 PM **December 5<sup>th</sup>, 2020** by notifying selection of events to swim in this meet. Payment will be charged to the payment method registered for the athlete in the PEAK system run on Team Unify. No late entries will be accepted.

**Communicate entries to:** **Gold Group:** Coach Bryan Nguyen  
**Junior Elite Group:** Coach Chris Scott  
**Elite Group:** Coach Abi Liu

**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 Athletes not reporting for or competing in an individual timed final event that they have entered shall not be penalized.

**AWARDS:** None.

**ADMISSION:** No spectators on pool deck.

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

**EVENT SUMMARY:**

SATURDAY		SUNDAY	
14 and Under	15 and Over	14 and Under	15 and Over
200 Free	200 Free	200 IM	200 IM
100 Back	100 Back	100 Fly	100 Fly
200 Breast	200 Breast	200 Back	200 Back
50 Free	50 Free	100 Breast	100 Breast
200 Fly	200 Fly	100 Free	100 Free
400 IM	400 IM	500 Free	500 Free

## EVENTS

Saturday, December 12 <sup>th</sup> , 2020	
Session 1: 14 and Under, Start 2:00 PM	
EVENT #	EVENT
1	Mixed 200Y Free
2	Mixed 100Y Back
3	Mixed 200Y Breast
4	Mixed 50Y Free
5	Mixed 200Y Fly
6	Mixed 400Y I.M.
Session 2: 15 and Over, Start 4:00 PM	
7	Mixed 200Y Free
8	Mixed 100Y Back
9	Mixed 200Y Breast
10	Mixed 50Y Free
11	Mixed 200Y Fly
12	Mixed 400Y I.M.

Sunday, December 13 <sup>th</sup> , 2020	
Session 3: 14 and Under, Start 2:00 PM	
EVENT #	EVENT
13	Mixed 200Y I.M.
14	Mixed 100Y Fly
15	Mixed 200Y Back
16	Mixed 100Y Breast
17	Mixed 100Y Free
18	Mixed 500Y Free
Session 4: 15 and Over, Start 4:00 PM	
19	Mixed 200Y I.M.
20	Mixed 100Y Fly
21	Mixed 200Y Back
22	Mixed 100Y Breast
23	Mixed 100Y Free
24	Mixed 500Y Free

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>