PLEASANTON SEAHAWKS
PACIFIC SWIMMING SHORT COURSE INTRASQUAD MEETS

MARCH 28,2021
Enter Online: http://ome.swimconnection.com/pc/PLS20210328

APRIL 11,2021
Enter Online: http://ome.swimconnection.com/pc/PLS20210411

APRIL 18,2021
Enter Online: http://ome.swimconnection.com/pc/PLS20210418

SANCTION: Held under USA/Pacific Swimming Sanction No.

DATE	USA-S/PC SANCTION #
March 28, 2021	**21-035**
April 11, 2021	**21-036**
April 18, 2021	**21-037**

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.

The local facilities guidelines restrictions and interpretation of the local public health guidelines shall be followed at this meet.

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: Leo Lin
Head Starter: Marie Lin
Meet Marshal: Lucy Jhong
Admin Official: Lisa Kaplan (3/28); Angela Cardenas (4/11, 4/18)
Meet Director: Crystal Lu 650-455-0755

LOCATION: Dougherty Valley High School Swimming Pool, 10550 Albion Road, San Ramon, CA 94582.

COURSE: Outdoor 25 yard pool with up to 5 lanes available for competition. There will be a one lane buffer between each competition lane. An 10 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 6 feet at the start end and 6 feet at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

TIME: The first session will begin at 9:00AM with warm-ups from 8:00-8:50 AM. The second session is estimated to commence at 1:30PM with warmups from 12:30-1:20PM. 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.
- 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 are timed finals.
- All events will swim fast to slow.
- Athletes may compete in a maximum of 4 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 when the number of entered athletes meets the maximum facility capacity as determined by facility and local health 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.**
- **ADDITIONAL COVID-19 REQUIREMENTS ATTACHED IN A SEPARATE DOCUMENT.**
- Boys and Girls events may be combined by the Meet Referee with the concurrence of the PLS Coaching staff.

ATTENTION HIGH SCHOOL ATHLETES: If you are a high school athlete in season, you need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

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 PLS members 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 Pleasanton Seahawks. Athletes who are unattached but participating with Pleasanton Seahawks 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: $50.00 flat fee per athlete per meet. 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://ome.swimconnection.com/pc/PLS20210328, or** **http://ome.swimconnection.com/pc/PLS20210411, or** **http://ome.swimconnection.com/pc/PLS20210418** to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to $1 per Athlete plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. Online entries will be accepted through two weeks before meet.

MAILED OR HAND DELIVERED ENTRIES: All entries will be done through SwimConnection. No mailed or hand delivered entries allowed.

CHECK-IN: The meet will 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.

HOSPITALITY: None

ADMISSION: Free. Admission is limited to listed participants and as listed on the COVID-19 Meet Safety Plan for this meet.

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

EVENT SUMMARY:

EVENTS FOR SUNDAY, MARCH 28, 2021

EVENT #	EVENT	EVENT #
GIRLS	**SESSION #1**	**BOYS**
1	200 FREE	2
3	200 I.M.	4
5	50 FREE	6
7	100 FLY	8
9	100 FREE	10
11	500 FREE	12
13	100 BACK	14
15	100 BREAST	16
	BREAK	
GIRLS	**SESSION #2**	**BOYS**
201	200 FREE	202
203	200 I.M.	204
205	50 FREE	206
207	100 FLY	208
209	100 FREE	210
211	500 FREE	212
213	100 BACK	214
215	100 BREAST	216

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

EVENTS FOR BOTH SUNDAY, APRIL 11 AND APRIL 18, 2021

EVENT #	EVENT	EVENT #
GIRLS	**SESSION #1**	**BOYS**
1	200 FREE	2
3	100 BREAST	4
5	50 FREE	6
7	100 FLY	8
9	200 I.M.	10
11	50 BACK	12
13	100 FREE	14
15	50 FLY	16
17	100 BACK	18
19	50 BREAST	20
21	500 FREE	22
	BREAK	
GIRLS	**SESSION #2**	**BOYS**
201	200 FREE	202
203	100 BREAST	204
205	50 FREE	206
207	100 FLY	208
209	200 I.M.	210
211	50 BACK	212
213	100 FREE	214
215	50 FLY	216
217	100 BACK	218
219	50 BREAST	220
221	500 FREE	222

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