PACIFIC SWIMMING SHORT COURSE SENIOR 2 PRELIMINARIES & FINALS MEET
HOSTED BY PLEASANTON SEAHAWKS
November 1-3, 2024
Enter Online: **http://ome.fastswims.com**

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-130**
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 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. The results of this meet shall be posted in real time on the Internet at meet mobile.

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.

OFFICIALS:
Meet Referee: Mary Ruddell ***Head Starter: Katherine Ng-Suen***
Meet Marshal: Harry Wong ***Admin Official: Debbi Tucker***
Meet Director: Nan Wang (meetdirector@pleasantonseahawks.org)

LOCATION: Dolores Bengtson Aquatic Center, 4455 Black Avenue, Pleasanton, CA 94588. **Carpooling is suggested.** Limited general parking is available in the lot in front of the pool. Limited parking is available on adjacent streets. PARKING AT THE CHURCH, PAC BELL AND POST OFFICE PARKING LOTS ACROSS THE STREET, OR IN ANY LOT OR AREA POSTED AS "NO UNAUTHORIZED PARKING" WILL RESULT IN CITATIONS AND POSSIBLE TOWING. Parking for working Officials and coaches will be available in the parking lot behind the pool. Officials and Coaches using the lot must be prepared to show valid USA Swimming credentials to gain access. Overflow parking will be available at the Alisal Elementary School on Santa Rita Road. No overnight parking or R.V. parking is allowed.

DIRECTIONS: From Northbound or Southbound Highway 680: Exit Stoneridge Drive and go East (away from hills). Go 1⁄2 mile and turn right on Hopyard Road. Go a few miles and turn left on Black Avenue. Pool about 1 1⁄2 miles down on left.
From Eastbound or Westbound Highway 580: Exit Santa Rita and go South. Drive about 2 miles and turn right onto Black Avenue. The pool is on the right.

COURSE: Outdoor 25 yard pool with up to 16 lanes available for competition. An additional 5 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 4 feet at the start end and 4 feet at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Meet will begin at 4:30 PM on Friday and 9:00 AM both Saturday and Sunday. Warm-ups will be from 3:30 to 4:20 PM on

Friday, and 7:15 to 8:45 AM on Saturday and Sunday. Finals start time for Saturday and Sunday will be announced at the meet, with an approximate start time of 4:30 PM.

RULES: • Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall 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 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 shall swim fast to slow, with the fastest three heats circle seeded. The fastest two heats of the 500 Free will be circle seeded.
• Athletes may compete in a maximum of three (3) events per day.
• All events shall be Preliminaries/Finals except the distance events (400 I.M., 1000 and 1650 Freestyles).
• There will be a Championship Final, Consolation Final, and Bonus Final, swum in that order, with 8 Athletes qualifying for each final heat.
• If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds shall be made for any mandatory scratches.
• All Coaches and Officials shall wear their USA Swimming membership cards in a visible manner.
• Medical Supervision provided by lifeguards. Further medical support available via 911. AED is available at the venue.

DISTANCE EVENT RULES: • On Friday the 1000 Free and 400 I.M. will be swum fastest to slowest, alternating heats of women and men. Athletes will need to positively check in to the 1000 Free and 400 IM. Events 1 & 2 will close at 4PM.
• All heats of the 1650 Free, on their respective days, will be swum fastest to slowest at the conclusion of preliminaries.
• Athletes must provide timers for the 400 I.M. and timers and counters for the 1000 Free and 1650 Free.
• The 1000 and 1650 will be limited to the first 40 entrants per gender in each event.
• The 1000 & 1650 Free may not be swum as a bonus event.

UNACCOMPANIED ATHLETES: Any USA Swimming 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 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 shall be certified by a USA Swimming 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.
• Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
• No glass containers are allowed in the meet venue.
• Only Athletes, Coaches, Officials, and Volunteers shall be allowed on the pool deck.
• 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 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.
• Athletes under the age of 12 years are not eligible to compete.
•.Athletes shall meet the Senior 2 time standards as outlined by Pacific Swimming time verification procedures. No refunds shall be given if a time cannot be proven.
• Athletes 13 & Over may enter up to two (2) bonus events. Athletes shall meet the minimum Senior Open time standard for bonus events. The 1000 & 1650 Free may not be swum as a bonus event.
• 12 year old Athletes may not enter bonus events.
• Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- No time conversions shall be accepted.
- Entries with "NO TIME" shall be rejected.
- The Athlete's age shall be the age of the Athlete on the first day of the meet.

SEEDING: Event seeding will be in the following order: conforming short course yards, non-conforming long course meters, non-conforming short course meters, bonus short course yards, bonus long course meters and bonus short course meters - USA Swimming rules 207.11.7B. **See Rules for distance events seeding**.

SCRATCH RULE PRELIMINARIES: Closing for the Saturday preliminary session will be Friday, November 1, 2024 at 5:30 pm. Coaches must e-mail their scratches to the Meet Referee (mary.ruddell1@gmail.com) and the Admin Referee (QD21981@gmail.com) **Note this email starts with the letter Q.** Closing for the Sunday preliminary session will be on Saturday, November 2, 2024, 30 minutes after the start of Saturday's FINALS. The scratch box will be located at the Scratch Desk at the start of the meet on Saturday until the scratch deadline. The penalty for failure to compete in an individual preliminary heat in which such Athlete is entered and has not been scratched will be:

- Barred from the rest of his/her events that day.
- If the Athlete qualifies for a final before missing an event, they may swim that final.
- The Athlete shall not be seeded in any further individual events on succeeding days unless that Athlete declares an intent to swim prior to the close of the scratch box for that day's events.

NOTE: Heat sheets for the next day will be posted on the Pleasanton Seahawks website at www.pleasantonseahawks.org.

SCRATCH RULE FINALS: 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 Bonus, Consolation or Championship Finals. In this case they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual Preliminary Event. In a Preliminaries & Finals meet any Athlete qualifying for a Bonus Final, Consolation Final or Championship Final race in an individual event who fails to show up in said Bonus Final, Consolation Final or Championship Final race prior to calling the alternate shall be barred from further competition for the remainder of the Meet. If the No-Show occurs on the last day that the Athlete is entered in an individual final event in the meet, and no other individual event penalty is applicable, the Athlete shall then be fined $100.00. The fine shall be increased to $150.00 if after 30 days of receiving the letter of notification the party has not made the payment.

ENTRY FEES: $8.50 per individual event plus a $10 per Athlete participation fee plus $20 facility surcharge per athlete. Entries shall be rejected if payment is not sent at time of request. No refunds shall be made, except mandatory scratch downs.

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 number of Athletes. Please note that the service fee is a separate fee from the Entry Fees. If you do not wish to pay the service fee, enter the meet using a mail entry. Entering online is a convenience, is completely voluntary, and is in no way required or expected of an Athlete by Pacific Swimming. Online entries will be accepted through Wednesday, October 23, 2024.

MAILED OR HAND DELIVERED ENTRIES: Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with the Athlete's best time. Entries shall be entered using the current Pacific Swimming procedure: and postmarked by midnight, Monday, October 21, 2024, or hand delivered by 6:30 p.m. Wednesday, October 23, 2024. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: PLEASANTON SEAHAWKS
Mail entries to: Lan Wang
5253 Pembroke Way
San Ramon, CA 94582

AWARDS: None.

ADMISSION: Free. No program will be sold.

HOSPITALITY: Hospitality available for Coaches and Officials. Lunches will be provided for Coaches and working Officials. There will be a snack bar.

MISCELLANEOUS:

ORDER OF EVENTS

Friday, November 1, 2024		
EVENT #	**EVENT**	**EVENT #**
1	1000 FREE*	2
3	400 IM*	4

Saturday, November2, 2024		
EVENT #	**EVENT**	**EVENT #**
5	200 BACK	6
7	50 FREE	8
9	200 I.M.	10
11	100 FLY	12
13	200 FREE	14
15	200 BREAST	16
101	1650 FREE **	

Sunday, November 3, 2024		
EVENT #	**EVENT**	**EVENT #**
17	500 FREE	18
19	200 FLY	20
21	100 FREE	22
23	100 BREAST	24
25	100 BACK	26
	1650 FREE**	102

Athletes entered in the 1000 and/or 1650 Freestyle shall provide their own timers and lap counters.

*Events 1 & 2 and events 3 & 4 will alternate Girls/Boys by heat, fastest to slowest
**1650 will be swum at the end of prelims fast to slow

Time standards may be found at: https://www.pacswim.org/userfiles/cms/documents/1283/2024-25-sr.-time-overview-scy-9.1.24.pdf

Pacific Swimming – Hosted by Plesanton Seahawks
SENIOR 2 PRELIMINARIES & FINALS
November 1-3, 2024
Consolidated Entry Form

Name: Last, First Middle			
Club Abbr.	UNATT TEAM ABBR	Club Name	
Age	Date of Birth	Sex M F	LSC – (PC, SN)
USA-#			

Event #	Distance / Stroke	Entry Time	Circle One
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM

# of entries _____ x $8.50 = $_____
Participation Fee $10.00
Facility Surcharge $ $20.00
Total $_____

Coach

Athlete's
Address

Home Phone	Cell Phone

Email