

**PACIFIC SWIMMING SHORT COURSE SENIOR 2 PRELIMINARIES & FINALS MEET  
HOSTED BY PLEASANTON SEAHAWKS**

**November 3-5, 2023**

Enter Online: <http://ome.swimconnection.com/pc/PLS20231103>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-121**

*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. 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:**

<b>Meet Referee:</b> Mary Ruddell	<b>Head Starter:</b> Jeanette Soe
<b>Meet Marshal:</b> Chris Lillie	<b>Admin Official:</b> Debbi Tucker
<b>Meet Director:</b> Nan Wang ( <a href="mailto:meetdirector@pleasantonseahawks.org">meetdirector@pleasantonseahawks.org</a> )	

**NATIONAL CERTIFICATION MEET:** Officials wishing to be evaluated must apply to the Meet Referee, Mary Ruddell ([mary.ruddell1@gmail.com](mailto:mary.ruddell1@gmail.com)) and Michael Davis ([mekidadad1@yahoo.com](mailto:mekidadad1@yahoo.com)) before the Meet by email or when they first arrive at the Meet and attend pre-session meetings. Please send in your application prior to the Meet by email because we may not be able to accommodate applications submitted at the Meet due to resource limitations. Briefings will occur one hour before the start of both Trials and Finals. Official's dress for Trials is white polo shirt/blouse, blue pants (shorts are OK), or a blue skirt/skort, and closed white athletic shoes. Finals is white polo shirt/blouse, blue long pants or skirts/skorts, and closed white athletic shoes. If it is raining, stay warm and dry. For an N3 evaluation to be valid it must be done over 4 sessions in the position. N2 evaluations must be done over 3 sessions in the position. Recertification evaluations must each be done over two sessions. However, the official must work at least 4 sessions at the meet for advancement or recertification evaluation(s) to be valid. The application form can be found on the Pacific Swimming Website. All Officials should be certified at Level 2 for their positions to officiate at this meet. Level 1 Officials having the recommendations to work their positions by their Zone Official's Chair may be accepted to officiate.

**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 8 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. 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:** 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. No paddles, snorkels or other breathing devices, boards, or fins, or the use of any other practice equipment is prohibited in the competition course or in the warm up pool.

- 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.
- 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.
- Pacific Swimming has a No-Tech Suit Policy for ALL 12 & Under athletes.
- City of Pleasanton Lifeguards will be on duty and available to all participants/spectators.

**DISTANCE EVENT RULES:** • On Friday the 1000 Free and 400 I.M. will be swum fastest to slowest, alternating heats of women and men.

- 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, in 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, including 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 may enter up to two (2) bonus events. Athletes shall meet the minimum Senior Open time standard for bonus events.
- 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 Friday's timed finals will be Friday, November 3, 2023 at 3:30 pm. Coaches may e-mail their scratches to the Meet Referee ([mary.ruddell1@gmail.com](mailto:mary.ruddell1@gmail.com)) and the Admin Referee ([qd21981@gmail.com](mailto:qd21981@gmail.com)). Closing for the Saturday preliminary session will be Friday, November 3, 2023, 30 minutes after the start of Friday's Timed Finals. Closing for the Sunday preliminary session will be on Saturday, November 4, 2023, 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 Friday 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 [www.pleasantonseahawks.org](http://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 \$10.00 per Athlete participation fee. Entries shall be rejected if payment is not sent at the time of request. No refunds shall be made, except mandatory scratch downs.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/20231103> 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. If you do not wish to pay the processing 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 25, 2023.

**MAILED OR HAND DELIVERED ENTRIES:** Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with Athlete's best time. Entries shall be entered using the current Pacific Swimming procedure: and postmarked by midnight, Monday, October 23, 2023 or hand delivered by 6:30PM Wednesday, October 25, 2023. 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: Aashima Goel**  
**3021 Summit View Drive**  
**San Ramon, CA 94582**

**AWARDS:** None.

**ADMISSION:** Free. No program will be sold.

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

#### ORDER OF EVENTS

Friday, November 3, 2023		
EVENT #	EVENT	EVENT #
1	1000 FREE*	2
3	400 IM*	4

Saturday, November 4, 2023		
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 5, 2023		
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: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by Pleasanton Seahawks  
 SENIOR 2 PRELIMINARIES & FINALS  
 November 3-5, 2023  
 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

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SCY / LCM / SCM

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SCY / LCM / SCM

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SCY / LCM / SCM

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SCY / LCM / SCM

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SCY / LCM / SCM

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SCY / LCM / SCM

# of entries \_\_\_\_\_ x \$8.50 = \$\_\_\_\_\_

Participation Fee \$10.00

Total \$\_\_\_\_\_

Coach

Athlete's

Address

Home Phone

Cell Phone

Email