

**PACIFICA SEA LIONS SUPER FUN INVITATIONAL!**  
**SHORT COURSE PRELIMINARIES & FINALS MEET**  
**FEBRUARY 11-12, 2023**  
**INVITED CLUBS: PSL, DCD, MAV, SSF, SRVA**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-033**

*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 on Meet Mobile. More information will be available at <https://www.teamunify.com/team/psl/page/system/res/197896>

**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>	<b>Paul Reidl</b>	<b>Head Starter:</b>	<b>Ronald Sto. Domingo</b>
<b>Meet Marshal:</b>	<b>Tim Andonian</b>	<b>Admin Referee:</b>	<b>Stephanie Kuang</b>
<b>Meet Director:</b>	<b>Gaku Ito, <a href="mailto:meetdirector@pacificasealions.com">meetdirector@pacificasealions.com</a></b>		

**LOCATION:** Jean E. Brink Pool at Oceana High School, 401 Paloma Ave., Pacifica CA 94044

**DIRECTIONS:** From San Francisco/I-280: Take HWY 1 SOUTH into Pacifica. Take exit 506 toward Paloma Ave/Francisco Blvd. Turn LEFT at the end of the off-ramp stop sign, and cross over the Highway 1 overpass. After the overpass is a stop sign. Continue STRAIGHT/EAST. After the next stop sign, continue EAST half a block. Jean E. Brink Pool is the first driveway on your left. From Half Moon Bay: Take HWY 1 NORTH into Pacifica. Take exit 505B for Clarendon Rd/Oceana Blvd. At the end of the off-ramp is a stop sign. Continue STRAIGHT / NORTH for about 1/4 mile along Oceana until you reach the next stop sign. At the stop sign take a RIGHT to the next stop sign. Jean E. Brink Pool is the first driveway on your left.

**PARKING:** There is a traffic circle for drop-off but very little parking near the entrance to the pool. Please observe posted placards and no-parking (red) zones. The nearest parking is on the street, and there are also TWO PARKING LOTS above the pool (entrances on Oceana, north of Paloma on the right; and on Paloma, past the pool on the left). Please be respectful of the neighbors when parking.

**COURSE:** INDOOR 25 YARD pool with up to 7 lanes available for competition. An additional 2-3 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 5'0" at the start end and 5'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** **PRELIMS SESSIONS** will be held on **SATURDAY ONLY**. **FINALS SESSION** will be held on **SUNDAY ONLY**.  
**SATURDAY PRELIMS Session A** (Athletes 13 Years Old & Over): Meet will begin at 9:00 AM with warm-ups from 7:30 to 8:45 AM  
**SATURDAY PRELIMS Session B** (Athletes 12 Years Old & Under): Meet will begin at least one hour after the completion of Session A and not before 1:00 PM each day with warm-ups from at least 60 minutes before the scheduled start of the session.  
**SUNDAY FINALS Single Session** (Athletes All Ages): Meet will begin at 10:00 AM with warm-ups from 8:00 to 9:45 AM

**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 prelims events shall swim fast to slow, with the fastest three heats circle seeded, except for Timed Finals events
- Athletes may compete in a maximum of four (4) total events: up to three (3) individual events and one (1) relay event per day OR up to two (2) individual events and two (2) relays per day.
- All events shall be Preliminaries/Finals **except 500 Free, 1650 Free & 400 IM**.
- **500 Free, 1650 Free & 400 IM shall be swum Timed Finals, will not be circle seeded. Time permitting, the fastest seeded heat of 500 Free, 1650 Free and/or 400 IM will be swum during Sunday's FINALS Session**
- The following 13-OVER events will be swum as single age group for Saturday's Prelims Session, but will be split into 13-14 (A) and 15-OVER (B) Finals for Sunday's Finals Session: 50 Free, 100 Free, 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM (Top 7 13-14s AND Top 7 15-Overs from Saturday's Prelims will advance to Sunday's Finals)
- The following 13-OVER events will be swum as single age group for Saturday's Prelims Session and Sunday's Finals: 200 Back, 200 Breast, 200 Fly (Top 7 13-Overs from Saturday's Prelims will advance to Sunday's Finals)
- 13-OVER 1650 Free will be swum Timed Finals, mixed gender, during Saturday's Prelims
- All 8-UNDER events will be swum as Timed Finals on Saturday only
- Athletes Age 8 & UNDER may compete in 10-UNDER EVENTS and are eligible for Finals (Top 7 from Saturday's Prelims in listed events)
- Athletes Ages 9 or 10 may compete in any combination of 10-UNDER, 9-10 and 9-12 Events and are eligible for Finals (Top 7 from Saturday's Prelims) in said events
- Athletes Ages 11 or 12 may compete in any combination of 9-12 and 11-12 Events and are eligible for Finals (Top 7 from Saturday's Prelims) in said events
- Mixed Gender Relays (Events 209-212) must be composed of two (2) female athletes and two (2) male athletes
- 5-10 Minute breaks may be issued time permitting
- 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.
- American Red Cross-certified lifeguards will be always on duty. AED and other life-saving equipment is available in the event of an emergency

**ATTENTION HIGH SCHOOL ATHLETES:** High School Athletes in season need to be Unattached for this meet. It is the Athlete's responsibility to be Unattached from this meet. Athletes 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 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.
- Pets, excluding working service animals, are strictly prohibited in all areas of the meet venue.
- No camping and no outside chairs inside the facility

**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 only to qualified athletes registered with Pacifica Sea Lions (PSL), Daly City Dolphins (DCD), Mavericks Swimming Association (MAV), South San Francisco Aquatic Club (SSF) and San Ramon Valley Aquatics (SRVA). Athletes who are unattached but participating with PSL, DCD, MAV, SSF or SRVA are eligible to compete in their designated session
- 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" will be accepted. Coach-verified times are recommended in place of "NO TIME" entries when applicable
- The Athlete's age shall be the age of the Athlete on the first day of the meet.

**SEEDING:** Event seeding shall be in the following order: conforming short course yards, non-conforming long course meters, and non-conforming 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, **February 10** at 9:00 am. Coaches must e-mail their scratches to the Meet Director [meetdirector@pacificasealions.com](mailto:meetdirector@pacificasealions.com) and Darryl Woo [dwoo94044@comcast.net](mailto:dwoo94044@comcast.net). There is NO penalty for failure to compete in an individual preliminary heat in which such Athlete is entered and has not been scratched

NOTE: Heat sheets will be posted on [PSL's website, https://www.teamunify.com/team/psl/page/system/res/197896](https://www.teamunify.com/team/psl/page/system/res/197896)

**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 Finals. In this case they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual Preliminary Event. There will be NO PENALTY for any Athlete qualifying for a Final race in an individual event who fails to show up in said Final race prior to calling the alternate shall be barred from further competition for the remainder of the Meet.

**ENTRY FEES:** \$40.00 flat fee per Athlete. A single check per club must be submitted.

**TEAM ENTRIES:** HY-TEK MeetManager Software will be used. Please submit entries via Hy-Tek in SCY only and email entry file to [meetdirector@pacificasealions.com](mailto:meetdirector@pacificasealions.com) no later than **Monday, February 6<sup>th</sup> at 11:59 PM**. When emailing entries, please attach zip file and include a Team Meet Entry Report.

**MAILED OR HAND DELIVERED ENTRIES:** Accommodations for mailed or hand delivered entries are to be requested to [meetdirector@pacificasealions.com](mailto:meetdirector@pacificasealions.com)

**Make single Team check payable to:** Pacifica Sea Lions Aquatic Club

**Mail entries to:** PSL Meet c/o Gaku Ito, PO Box 405, Pacifica, CA 94044

**Hand deliver entries to:** A PSL Coach at 401 Paloma Ave., Pacifica CA 94044 weekdays between 3:45 - 7:00 PM

**AWARDS:** Ribbons for Individual Championship Finals (Top 7) for 12 & Under Finals events

**ADMISSION:** Free. A digital Meet Program will be available online

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

#### ORDER OF EVENTS

FEBRUARY 11, 2023		
F #	SATURDAY PRELIMS – SESSION A	M #
1	13-OVER 200 Free	2
3	13-OVER 100 Breast	4
5	13-OVER 100 Back	6
7	13-OVER 200 Fly	8
9	13-OVER 200 IM	10
11	13-OVER 50 Free	12
13	13-OVER 500 Free	14
15	13-OVER 200 Breast	16
17	13-OVER 200 Back	18
19	13-OVER 100 Fly	20
21	13-OVER 100 Free	22
23	13-OVER 400 IM	24
25	Mixed 13-OVER 1650 Free	

FEBRUARY 11, 2023		
F #	SATURDAY PRELIMS – SESSION B	M #
101	9-12 200 Free	102
103	8-UNDER 25 Free	104
105	11-12 100 Breast	106
107	10-UNDER 100 Breast	108
109	8-UNDER 25 Breast	110
111	9-12 100 Back	112
113	8-UNDER 25 Back	114
115	11-12 50 Fly	116
117	10-UNDER 50 Fly	118
119	8-UNDER 25 Fly	120
121	11-12 200 IM	122
123	10-UNDER 100 IM	124
125	11-12 50 Free	126
127	10-UNDER 50 Free	128
129	11-12 50 Breast	130
131	10-UNDER 50 Breast	132
133	11-12 50 Back	134
135	10-UNDER 50 Back	136
137	9-12 100 Fly	138
139	11-12 100 Free	140
141	10-UNDER 100 Free	142

FEBRUARY 12, 2023		
F #	SUNDAY FINALS	M #
101	9-12 200 Free	102
1A	13-14 200 Free	2A
1B	15-OVER 200 Free	2B
105	11-12 100 Breast	106
107	10-UNDER 100 Breast	108
3A	13-14 100 Breast	4A
3B	15-OVER 100 Breast	4B
111	9-12 100 Back	112
5A	13-14 100 Back	6A
5B	15-OVER 100 Back	6B
115	11-12 50 Fly	116
117	10-UNDER 50 Fly	118
7	13-OVER 200 Fly	8
121	11-12 200 IM	122
123	10-UNDER 100 IM	124
9A	13-14 200 IM	10A
9B	15-OVER 200 IM	10B
125	11-12 50 Free	126
127	10-UNDER 50 Free	128
11A	13-14 50 Free	12A
11B	15-OVER 50 Free	12B
13	13-OVER 500 Free	14
201	11-12 4x50 Free Relay	202
203	10-UNDER 4x50 Free Relay	204
205	13-14 4x50 Free Relay	206
207	15-OVER 4x50 Free Relay	208
129	11-12 50 Breast	130
131	10-UNDER 50 Breast	132
15	13-OVER 200 Breast	16
133	11-12 50 Back	134
135	10-UNDER 50 Back	136
17	13-OVER 200 Back	18
137	9-12 100 Fly	138
19A	13-14 100 Fly	20A
19B	15-OVER 100 Fly	20B
139	11-12 100 Free	140
141	10-UNDER 100 Free	142
21A	13-14 100 Free	22A
21B	15-OVER 100 Free	22B
23	13-OVER 400 IM	24
209	Mixed 11-12 4x50 Medley Relay	
210	Mixed 10-UNDER 4x50 Medley Relay	
211	Mixed 13-14 4x50 Medley Relay	
212	Mixed 15-OVER 4x50 Medley Relay	

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