

PACIFICA SEA LIONS SHAMROCK SPLASH  
ZONE 1 NORTH SHORT COURSE C/B/A+ MEET  
MARCH 18-19, 2023



Enter Online: <http://www.fastswims.com>

**Z1N PRIORITY CLUBS: BAC, BSC, BCP, BGC, DACA, DCD, FOG, HDAC, MAV, MLKB, OSC, PPSC, PSL, SOLO, SSF, YEMB**

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-037**

*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.*

**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 may be posted in real time on the Internet on 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.

**MEET PERSONNEL:**  
**Meet Referee:** Kit Yan                      **Head Starter:** Stephanie Kuang  
**Head Marshal:** Dana Wilson              **Admin Official:** Darryl Woo  
**Meet Director:** Jenson Wong, [meetdirector@pacificasealions.com](mailto:meetdirector@pacificasealions.com)

**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:** **Session A (All Athletes 11 Years Old & Over):** Meet will begin at **8:30 AM** each day with warm-ups from **7:15 to 8:20 AM** each day. Assigned Group 1 & 2 warm-up times may be assigned by the Meet Host if participant count warrants  
**Session B (All Athletes 12 Years Old & Under):** Meet will begin at **least one hour after the completion of Session A and not before 12:00 PM** each day with warm-ups from **at least 45 minutes before the scheduled start of the session**. Assigned Group 1 & 2 warm-up times may be assigned by the Meet Host if participant count warrants  
**NOTE REGARDING ATHLETES AGES 11-12:** Athletes ages 11-12 may compete in **either** Session A (AM) or Session B (PM), but **not both**. Athletes and families should consult their clubs before entering this meet

**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 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 are timed finals.
- All events will swim fast to slow.
- Athletes may compete in **3 individual** events and **1 relay** event per day, or 4 total 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.
- 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.**
- Athletes ages 11-12 may compete in either Session A (AM) or Session B (PM), but not both. Awards only for PM session, see also "AWARDS" section below.
- Coach-verified times will be accepted for the 500 Free, 1000 Free, 1650 Free and 400 IM for seeding purposes
- Athletes must have achieved a USA Swimming "B" time or better for their age group in any of the 500 Free, 1000 Free or 1650 Free in order to enter the 1000 Free (Saturday) or 1650 Free (Sunday). Coach-verified times will be accepted.
- Entries for the 1000 Free and 1650 Free will be limited to the first 14 entrants, regardless of gender. If the event fills, athletes with qualifying times may contact [meetdirector@pacificsealions.com](mailto:meetdirector@pacificsealions.com) by March 8, 2023 to be placed on an alternate list. All athletes entered in either the 1000 Free (Saturday) or 1650 Free (Sunday) must positively check-in by 7 PM on Friday, March 17 to be seeded. After 7 PM on Friday March 17, athletes on the alternate list will be given the option to substitute an event from the same session in favor of swimming the 1000 Free or 1650 Free at no additional cost
- All athletes entered in the 1000 Free (Saturday AM), 500 Free (Saturday PM) & 1650 Free (Sunday AM) must provide their own timers and lap counters
- No other deck entries or event substitutions will be permitted after the entry deadline has passed
- Mixed Gender Relays (Saturday) shall consist of 2 female and 2 male athletes only

**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.
  - 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.
  - Athletes in the "A" Division must have met at least USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division must have met at least the listed "B" minimum time standard. All entry times slower than the listed "B" time standard will be in the "C" Division.
  - Entries with **"NO TIME"** will be **ACCEPTED, except for 1000 Freestyle, and 1650 Freestyle events (See RULES)**
  - Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
  - Athletes with a disability 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 for 1000 Free and 1650 Free events. (See RULES)
  - The Athlete's age will be the age of the Athlete on the first day of the meet.

**ENTRY PRIORITY:** Zone 1 North Athletes from **BAC, BSC, BCP, BGC, DACA, DCD, FOG, HDAC, MAV, MLKB, OSC, PPSC, PSL, SOLO, SSF, YEMB** entering online must do by 11:59pm Thursday, February 23 in order to receive priority acceptance to the meet. Surface entries must be postmarked by Tuesday, February 21 in order to receive priority acceptance to the meet. No athletes other than those from BAC, BSC, BCP, BGC, DACA, DCD, FOG, HDAC, MAV, MLKB, OSC, PPSC, PSL, SOLO, SSF, YEMB may enter the meet until the priority period has closed.

**ENTRY FEES:** \$4.50 per event plus an \$8.00 SCY participation fee per Athlete. \$9.00 per relay entry. 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 [www.fastswims.com](http://www.fastswims.com) to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a processing 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 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, March 8

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with Athlete's best time. Entries must be postmarked by midnight, Monday March 6 or hand delivered by 7:30 p.m. Wednesday, March 8. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

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

**Mail entries to:** PSL c/o Jenson Wong, PO Box 405, Pacifica, CA 94044

**Hand deliver entries to:** PSL Coaches or Board Member 401 Paloma Ave., Pacifica CA 94044 before 7:30pm

**CHECK-IN:** The meet shall be pre-seeded, except for 1000 Free and 1650 Free (see above).

**SCRATCHES:** Any Athletes not reporting for or competing in an individual timed final event that they have checked in for/entered shall not be penalized. All scratches shall be sent to [meetdirector@pacificalions.com](mailto:meetdirector@pacificalions.com)

**AWARDS:** Individual awards will be awarded in the A, B, and C division. Ribbons for First through Eighth place will be given to the following age groups: 8-UNDER, 9-10, 11-12 (PM session only). Athletes 13 years of age and older will not receive ribbons. "A" time medals will be given to athletes achieving a new "A" time, regardless of place achieved in the event. Awards for athletes 12 & younger must be picked up at the meet by coaches at the end of each session. Awards will not be mailed. There will be no awards for relays.

**ADMISSION:** Free. A Meet Program with Heats & Lanes will be emailed through FastSwims

**SNACK BAR & HOSPITALITY:** A snack bar featuring healthy options and tasty classics will be available throughout the competition. Coaches and working Officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. All participating clubs are expected to provide lane timers based upon the number of athletes registered to swim each session. Club timing lanes will be assigned and coaches will be notified of assignments during the week prior to the meet.

**MINIMUM OFFICIALS:** Clubs must follow Zone 1 North rules for providing officials. Each club must provide officials for each session according to the number of athletes entered in that session, following the table below.

Club Athletes entered in session	Trained and carded Officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5 (+1 for every additional 25 athletes)

**EVENT SUMMARY**

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13 & OV	8 & UN	9-10	11-12	13 & OV
100 FR RELAY	100 M RELAY	200 M RELAY	200 M RELAY	100 FR RELAY	200 M RELAY	200 FR RELAY	200 FR RELAY
25 FR	200 M RELAY	200 FR	200 FR	50 FR	100 M RELAY	50 FR	50 FR
25 BR	25 FR	500 FR	500 FR	100 FR	200 FR	100 FR	100 FR
50 BR	200 FR	1000 FR	1000 FR	25 BK	50 FR	1650 FR	1650 FR
50 FL	500 FR	100 BK	100 BK	50 BK	50 BR	50 BK	50 BK
100 IM	100 BK	200 BK	200 BK	25 FL	100 BK	100 BR	100 BR
	25 BR	50 BR	50 BR		25 BK	200 BR	200 BR
	50 BR	50 FL	50 FL		100 FL	100 FL	100 FL
	50 FL	200 FL	200 FL		25 FL	200 IM	200 IM
	100 IM	100 IM	100 IM		200 IM	400 IM	400 IM

**EVENTS**

SATURDAY MARCH 18		
Session 1 (AM)		
EVENT #	EVENT	EVENT #
1	11-Ov 500 Free*	2
3	11-Ov MIXED 200 Medley Relay	-
5	11-Ov 200 Fly	6
7	11-Ov 100 Back	8
9	11-Ov 50 Breast	10
11	11-Ov 200 Free	12
13	11-Ov 100 IM	14
15	11-Ov 50 Fly	16
17	11-Ov 200 Back	18
19	Mixed 11-Ov 1000 Free*	-

SUNDAY MARCH 19		
Session 1 (AM)		
EVENT #	EVENT	EVENT #
21	11-Ov 100 Free	22
23	11-Ov 200 Free Relay	24
25	11-Ov 200 Breast	26
27	11-Ov 50 Back	28
29	11-Ov 100 Fly	30
31	11-Ov 200 IM	32
33	11-Ov 50 Free	34
35	11-Ov 100 Breast	36
37	11-Ov 400 IM	38
39	Mixed 11-Ov 1650 Free**	-

*Mixed relays shall consist of 2 female & 2 male athletes*

*1650 Free Maximum 14 Combined entrants*

*1000 Free Maximum 14 Combined entrants*

Session 2 (PM)		
EVENT #	EVENT	EVENT #
101	9-10 500 Free	102
103	12-Un MIXED 200 Medley Relay	-
105	10-Un MIXED 100 Free Relay	-
107	10-Un 25 Free	108
109	12-Un 50 Breast	110
111	9-12 100 Back	112
113	12-Un 50 Fly	114
115	12-Un 100 IM	116
117	9-12 200 Free	118
119	10-Un 25 Breast	120
121	11-12 200 Back	122
123	11-12 200 Fly	124

Session 2 (PM)		
EVENT #	EVENT	EVENT #
125	9-12 200 Free Relay	126
127	10-Un 100 Free Relay	128
129	12-Un 50 Free	130
131	9-12 100 Breast	132
133	10-Un 25 Back	134
135	10-Un 25 Fly	136
137	9-12 200 IM	138
139	12-Un 100 Free	140
141	11-12 200 Breast	142
143	12-Un 50 Back	144
145	9-12 100 Fly	146

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

Pacific Swimming – Hosted by PSL  
 ZONE 1 NORTH SHORT COURSE CBA+  
 MARCH 18-19, 2023  
 Consolidated Entry Form

Name: Last	First	Middle
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Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M   F	LSC – (PC, SN)
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USA-#															
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Event #	Distance / Stroke	Entry Time	Circle one
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

# of entries _____ x \$4.50 = \$ _____
Participation Fee      \$ 8.00
Total                              \$ _____

Coach
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Athlete's Address
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Home Phone	Cell Phone
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Email
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