

PACIFICA SEA LIONS AQUATIC CLUB (PSL)
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET

March 22-23, 2025

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

Zone 1 North Clubs Assigned: BAC, BSC, BCP, BGC, DACA, DCD, FOG, HDAC, MAV, OSC, PSL, PPSC, SSF



SANCTION: Held under USA/Pacific Swimming Sanction No. **25-042**

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, webcasting, television, psych sheets, and live meet results. **The results of this meet may be posted in real-time on the Internet on MeetMobile.**

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:

<i>Meet Referee:</i> Kit Yan	<i>Head Starter:</i> Evan Bigall
<i>Meet Marshal:</i> Jenny Chan	<i>Admin Official:</i> Carol Waln
<i>Meet Director:</i> Dana Wilson, meetdirector@pacificasealions.org	

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

DIRECTIONS: HWY 1, Exit Paloma Dr. and head east.

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 Meet Host shall ensure the required course dimensions.

TIME: Session A (Athletes 11 and Over): Meet will begin at 8:30 AM each day with warm-ups from 7:00 AM to 8:15 AM each day.

Session B (Athletes 12 and Under): Meet will begin 1 hour after the end of Session A, but not before 12:00 pm. Warm ups for Session B will begin as soon as Session A ends.

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** events per day.
- 11-12 year old athletes may compete in the AM **OR** PM Session each day. They may **NOT** compete in both.
- Athletes in the 500 Free shall provide their own timers and counter. Athletes in the 400 IM shall provide their own timers.
- 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 and please check in with the Meet Referee or designee upon arrival.
- The Assistance of lifeguards will be available to participants, and an AED is available

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, in standing areas, and in all areas used by Athletes, during the meet and during warm-up periods.
- The sale and use of alcoholic beverages are 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, 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 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.
- No Personal Chairs allowed in the Facility
- ONLY Athletes, Coaches, Officials, and Volunteers allowed on the pool deck
- Athletes ONLY in the locker rooms

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 for all events under 200 yards.** All 200-yard events require an entry time, and coach-certified time will be accepted.
- Athletes entering the 500 Free and/or 400 IM must have achieved a USA-S "B" time standard for their age group/gender. Coach-verified times shall be accepted. **Entries for the 500 Free (events 1 and 9) shall be limited to 49 entrants each.**
- 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.
- 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, OSC, PSL, PPSC, SSF** entering online must do so by Wednesday, March 5th, 2025 at 11:59 PM in order to receive priority acceptance into the meet. No Athletes other than those from BAC, BSC, BCP, BGC, DACA, DCD, FOG, HDAC, MAV, OSC, PSL, PPSC, or SSF may enter the meet until the preference period has concluded.

ENTRY FEES: \$4.50 per event plus a \$10.00 participation fee per Athlete. 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.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 processing fee, enter the meet using a paper 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 shall be accepted through **Wednesday, March 12th** at 11:59 PM, or when the meet reaches full capacity; whichever occurs first.

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 10th** or hand delivered by 6:30 p.m. Wednesday, **March 12th**. 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

Mail entries to: Pacifica Sea Lions

P.O Box 1096

Pacifica, CA 94044

Hand deliver entries to: PSL Coaches

Jean Brink Pool – 401 Paloma Ave.

Pacifica, CA 94044

CHECK-IN: The meet will be deck-seeded. Athletes must check in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for remaining events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check-in will not be seeded in the event.

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.

AWARDS: Individual awards will be awarded in the A, B, and C divisions. Ribbons for First through Eighth place will be given to the following age groups: 8-under, 9-10 Only. Athletes 11 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 10 & younger must be picked up at the meet by coaches at the end of each session. Awards will not be mailed.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar 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.

MINIMUM OFFICIALS:

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	4 + 1 for Every 25 Swimmers

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12 AM	13-18	8 & UN	9-10	11-12 AM	13-18
25 FR	500 FR	500 FR	500 FR	25 BK	100 FL	400 IM	400 IM
50 FL	50 FL	200 FL	200 FL	100 FL	100 BK	50 FR	50 FR
100 BR	100 BR	50 BK	50 BK	100 BK	50 FR	100 FL	100 FL
50 BK	50 BK	200 IM	200 IM	50 FR	200 FR	50 BR	50 BR
100 FR	200 IM	100 FR	100 FR	25 BR	100 IM	200 FR	200 FR
25 FL	50 BR	200 BR	200 BR	100 IM		100 BR	100 BR
50 BR		100 IM	100 IM			200 BK	200 BK
		100 BK	100 BK			50 FL	50 FL
		11-12 PM				11-12 PM	
		500 FR				400 IM	
		50 FL				100 FL	
		100 BR				200 BR	
		200 BK				100 BK	
		50 BK				50 FR	
		200 IM				200 FL	
		100 FR				200 FR	
		50 BR				100 IM	

ORDER OF EVENTS

Saturday, March 22 nd	
EVENT #	EVENT
Saturday Session A	
1	Mixed 11 & Over 500 Free*
2	Mixed 11 & Over 200 Fly**
3	Mixed 11 & Over 50 Back
4	Mixed 11 & Over 200 IM**
5	Mixed 11 & Over 100 Free
6	Mixed 11 & Over 200 Breast**
7	Mixed 11 & Over 100 IM
8	Mixed 11 & Over 100 Back
Saturday Session B	
9	Mixed 9 - 12 500 Free*
10	Mixed 8 & UN 25 Free
11	Mixed 12 & UN 50 Fly
12	Mixed 12 & UN 100 Breast
13	Mixed 11 - 12 200 Back**
14	Mixed 12 & UN 50 Back
15	Mixed 9 - 12 200 IM**
16	Mixed 12 & UN 100 Free
17	Mixed 8 & UN 25 Fly
18	Mixed 12 & UN 50 Breast

Sunday, March 23 rd	
EVENT #	EVENT
Sunday Session A	
19	Mixed 11 & Over 400 IM*
20	Mixed 11 & Over 50 Free
21	Mixed 11 & Over 100 Fly
22	Mixed 11 & Over 50 Breast
23	Mixed 11 & Over 200 Free**
24	Mixed 11 & Over 100 Breast
25	Mixed 11 & Over 200 Back**
26	Mixed 11 & Over 50 Fly
Sunday Session B	
27	Mixed 11 - 12 400 IM*
28	Mixed 8 & UN 25 Back
29	Mixed 12 & UN 100 Fly
30	Mixed 11 - 12 200 Breast**
31	Mixed 12 & UN 100 Back
32	Mixed 12 & UN 50 Free
33	Mixed 11 - 12 200 Fly**
34	Mixed 8 & UN 25 Breast
35	Mixed 9 - 12 200 Free**
36	Mixed 12 & UN 100 IM

*Athletes in the marked events (500 Free and 400 IM) must have achieved a USA-S Motivational "B" Time Standard for their gender in that event: Coach Verified Times will be accepted.

** Entries with **"NO TIME"** for all 200-yard events will not be accepted. A coach-certified time will be accepted.

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

Pacific Swimming – Hosted by The Pacifica Sea Lions Aquatic Club SHORT COURSE CBA+ March 22-23, 2025 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			
						: .				SCY / LCM			
						: .				SCY / LCM			
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						: .				SCY / LCM			
						: .				SCY / LCM			
						: .				SCY / LCM			
# of entries _____ x \$4.50 = \$ _____ Participation Fee \$ 10.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													