

**PACIFICA SEA LIONS' "THE GREAT GOBBLE GAMES"  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
NOVEMBER 13-14, 2021**

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

Zone 1 North Clubs Assigned: BAC, BSC, BCP, BGC, DCD, FOG, HDAC, MAV, MLKB, OSC, PCCA, PPSC, PSL, SOLO, SSF, YEMB



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **21-207**

*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 at [www.pacificasealions.com](http://www.pacificasealions.com)**

**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:**

<b>Meet Referee:</b> Stephanie Kuang	<b>Head Starter:</b> Sam Tang
<b>Meet Marshal:</b> Tim Andonian	<b>Admin Official:</b> Larry Rice
<b>Meet Director:</b> Jenson Wong	<a href="mailto:meetdirector@pacificasealions.com">meetdirector@pacificasealions.com</a>

**LOCATION:** Jean E. Brink Pool, 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. 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 13 Years Old & Over):** Meet will begin at **9:00 AM** each day with warm-ups from **7:30 to 8:50 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 **at least one hour after the completion of Session A and not before 12:00 PM** each day with warm-ups from **at least 1 hour 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.

**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 applicable 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 the MAAPP policy 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 up to **4 individual** events per day, and up to 1 relay event per day, or 5 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.**
- Events listed with multiple age groups will be seeded together. Results will be split by age group.
- All athletes entered in the 400 IM and 500 Free must provide their own timers and lap counters for the 500 Free.
- All athletes entered in the 500 Free must have achieved a USA "B" Time for their age group and gender in the 200 Free or longer. Coach-verified times will be accepted. Entries with "NO TIME" for the 500 Free will NOT be accepted.
- All athletes entered in the 400 IM must have achieved a USA "B" Time for their age group and gender in the 200 IM or longer. Coach-verified times will be accepted. Entries with "NO TIME" for the 400 IM will NOT be accepted.

**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.
- Spectating from inside the facility will NOT be allowed

- Athletes will not be permitted to change in or out of suits inside the facility. Participating clubs must bring their own changing tents

**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, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail.

- 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 (exception 500 Free & 400 IM– 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.
- Disabled Athletes 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, DCD, FOG, HDAC, MAV, MLKB, OSC, PCCA, PPSC, PSL, SOLO, SSF, YEMB entering online must do by 1:59pm Wednesday Oct 27 in order to receive priority acceptance to the meet. Surface entries must be postmarked by Monday October 25 in order to receive priority acceptance to the meet. No athletes other than those from BAC, BSC, BCP, BGC, DCD, FOG, HDAC, MAV, MLKB, OSC, PCCA, PPSC, PSL, SOLO, SSF, YEMB may enter the meet until the priority period has closed.

**ENTRY FEES:** \$4.50 per individual event plus an \$8.00 participation fee per Athlete. \$9.00 per relay event. 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, **November 3, 11:59pm**.

**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 **November 1** or hand delivered by 6:30 p.m. Wednesday, **November 3**. 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: PSL c/o Jenson Wong, PO Box 405, Pacifica, CA 94044**

**Hand deliver entries to: PSL Coaches or Board 401 Paloma Ave., Pacifica CA 94044 before 7:00pm**

**CHECK-IN:** The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event.

**RESULTS:** Results for events seeded with multiple age groups will be split by age group (13-14, 15-Ov, 11-12, 9-10, 8-Un)

**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:** None.

**ADMISSION:** Free. Digital program will be distributed to coaches.

**SNACK BAR & HOSPITALITY:** A snack bar will be available. 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. Parking lot located behind the facility garage door will be reserved for officials and key meet host staff & volunteers.

**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. Clubs that do not provide sufficient officials must provide coaches to act in the place of 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	5+ (1 per 25 athletes)

#### EVENT SUMMARY

SATURDAY NOVEMBER 13				SUNDAY NOVEMBER 14			
8-UN	9-10	11-12	13-OV	8-UN	9-10	11-12	13-OV
4x50 Free Relay			4x50 Fr-R	4x50 Medley Relay			4x50 M-R
25 Back	100 Back	100 Back	200 Fly	25 Free	200 Free	200 Free	100 Back
25 Breast	100 Breast	100 Breast	200 IM	50 Breast	50 Breast	50 Breast	200 Free
50 Fly	50 Fly	50 Fly	50 Free	25 Fly	100 Fly	100 Fly	200 Breast
50 Free	50 Free	50 Free	200 Back	50 Back	50 Back	50 Back	100 Fly
100 IM	100 IM	100 IM	100 Breast	100 Free	100 Free	100 Free	100 Free
	500 Free	500 Free	500 Free		200 IM	200 IM	400 IM
						200 Breast	

# EVENTS

SATURDAY NOVEMBER 13		
FEMALE	SESSION A	MALE
EVENT #	EVENT	EVENT #
1	OPEN 4x50 Free Relay	2
3	13-14 200 Fly	4
	15-Ov 200 Fly	
5	13-14 200 IM	6
	15-Ov 200 IM	
7	13-14 50 Free	8
	15-Ov 50 Free	
9	13-14 200 Back	10
	15-Ov 200 Back	
11	13-14 100 Breast	12
	15-Ov 100 Breast	
13	13-14 500 Free	14
	15-Ov 500 Free	
EVENT #	SESSION B	EVENT #
15	12-Un 4x50 Free Relay	16
17	11-12 100 Back	18
	9-10 100 Back	
19	8-Un 25 Back	20
21	11-12 100 Breast	22
	9-10 100 Breast	
23	8-Un 25 Breast	24
25	11-12 50 Fly	26
	9-10 50 Fly	
	8-Un 50 Fly	
27	11-12 50 Free	28
	9-10 50 Free	
	8-Un 50 Free	
29	11-12 100 IM	30
	9-10 100 IM	
	8-Un 100 IM	
31	11-12 500 Free	32
	9-10 500 Free	

SUNDAY NOVEMBER 14		
FEMALE	SESSION A	MALE
EVENT #	EVENT	EVENT #
33	OPEN 4x50 Medley Relay	34
35	13-14 100 Back	36
	15-Ov 100 Back	
37	13-14 200 Free	38
	15-Ov 200 Free	
39	13-14 200 Breast	40
	15-Ov 200 Breast	
41	13-14 100 Fly	42
	15-Ov 100 Fly	
43	13-14 100 Free	44
	15-Ov 100 Free	
45	13-14 400 IM	46
	15-Ov 400 IM	
EVENT #	SESSION B	EVENT #
47	12-Un 4x50 Medley Relay	48
49	11-12 200 Free	50
	9-10 200 Free	
51	8-Un 25 Free	52
53	11-12 50 Breast	54
	9-10 50 Breast	
	8-Un 50 Breast	
55	11-12 100 Fly	56
	9-10 100 Fly	
57	8-Un 25 Fly	58
59	11-12 50 Back	60
	9-10 50 Back	
	8-Un 50 Back	
61	11-12 100 Free	62
	9-10 100 Free	
	8-Un 100 Free	
63	11-12 200 IM	64
	9-10 200 IM	
65	11-12 200 Breast	66

All athletes entered in the 400 IM and 500 Free must provide their own timers and lap counters for the 500 Free.

All athletes entered in the 500 Free or 400 IM must have achieved a USA "B" Time for their age group and gender in the 200 Free or 200 IM, respectively. Coach-verified times will be accepted.

Entries with "NO TIME" for the 500 Free or 400 IM will NOT be accepted.

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

Pacific Swimming – Hosted by PSL-PC SHORT COURSE CBA+ November 13-14, 2021 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						
							:    .				SCY / LCM						
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							:    .				SCY / LCM						
# of entries _____ x \$4.50 = \$ _____ Participation Fee        \$ <b>8.00</b> Total                                \$ _____																	
Coach																	
Athlete's Address																	
Home Phone									Cell Phone								
Email																	