

**PIEDMONT SWIM TEAM CLUB CHAMPIONSHIP
PACIFIC SWIMMING SHORT COURSE INTRASQUAD MEET
MAY 30–JUNE 1, 2025**



SANCTION: Held under USA/Pacific Swimming Sanction No. **25-079**

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 their 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 SWIMCLOUD.**

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 their designee.

MEET PERSONNEL:

Meet Referee: Chris Lam	Head Starter: Lubica Hanacek
Meet Marshal: Stefan Bill	Admin Official: Laurie Jacobsen-Jones
Meet Director: Jeanne Sohn	

LOCATION: Trefethen Aquatic Center at Northeastern University Oakland (Mills College), 5000 MacArthur Blvd, Oakland, California 94613.

DIRECTIONS: From **I-580 East**, take exit 25B (MacArthur Blvd). Use the middle lane to turn right onto MacArthur Blvd. At the second traffic signal, turn left onto Richards Rd. From **I-580 West**, take exit 25 (MacArthur Blvd/High St). At the stop sign, turn left onto Buell St. At the light, use the left lane to turn onto MacArthur Blvd. At the second traffic signal, turn left onto Richards Rd. From **I-880**, take exit 35 (High St). Turn northeast onto High St. In 0.5 mi, turn right onto Bancroft Ave and then (0.9 mi) turn left onto 55th Ave. At the end of 55th Ave (0.7 mi), turn left onto MacArthur Blvd. In 0.4 mi, turn right onto Richards Rd. **From Richards Rd**, use the left lane to approach the Security Gate (follow signs for "Visitors"). After the Security Gate, continue straight (600 ft) and pool will be on the left.

COURSE: 25-yard, outdoor heated pool with up to 8 lanes used for competition. Separate lanes for warm-up and warm-down. The minimum water depth, measured in accordance with Article 103.2.3, is 7'3" at the start end and 7'3" feet at the turn end. The meet host will ensure the required course dimensions.

TIME: Meet will begin at 6:00pm on Friday with warm-ups from 4pm-5:45pm. Saturday and Sunday sessions will begin at 10:45am with warm-ups from 8:30am-10:30am each day.

- RULES:**
- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be available 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.
 - Athletes may compete in a **MAXIMUM of 3 individual events per day** and no more than **6 individual events for the meet**.
 - All Athletes aged 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, or when the number of entered athlete meets maximum facility capacity as determined by facility and local health restrictions.
 - 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.
 - Heats will be seeded slow to fast from Heat D to Heat A.
 - All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.
 - Medical Supervision: Lifeguards will be onsite during the meet.

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 their 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.
 - Meet is open only to qualified athletes registered with **Piedmont Swim Team**. Athletes who are unattached but participating with **Piedmont Swim Team** are eligible to compete.
 - Entries with **"NO TIME" will be ACCEPTED**.
 - 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.
 - The Athlete’s age will be the age of the Athlete on the first day of the meet.

ENTRY FEES: Entry fee will be a flat fee flat fee of \$85 which includes \$15 facility fee and \$8 Splash Fee.

ENTRIES: Registration will be made on the Piedmont Swim Team website on Sports Engine and billed through the participant's team account.

CHECK-IN: The meet shall be pre-seeded by the coaches.

SCRATCHES: Any Athletes not reporting for or competing in an individual timed final event that they have entered/checked-in for shall not be penalized.

AWARDS: Heat winners will be given prizes of mini stuffed animals at the end of their heat. The team with the highest amount of points will be awarded a crystal trophy which will be in the possession of the winning team coach until the following year.

SCORING: Individual events, with the exception of 1000 Free and 1650 Free will be scored 18, 16, 14, 12, 11 for Heat A and 9, 7, 5, 3, 2 for Heat B. Only Heats A and B will be scored. The 1000 Free and 1650 Free will have one heat per gender, scoring 18, 16, 14, 12, 11. Each relay, with the exception of mixed relays, will have two heats per gender, scoring 36, 32, 28, 24, 22 for Heat A, and 18, 14, 10, 6, 4 for Heat B. Only Heats A and B will be scored. Mixed relays will be scored 36, 32, 28, 24, 22 for Heat A only.

ADMISSION: Free.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

Schedule of Events

GIRLS	FRIDAY MAY 30, 2025	BOYS
1	12 & Under 200 Free Relay	2
3	12 & Under Mixed 200 Free Relay	
10 min Break		
5	500 Free	6
10 min Break		
7	13 & Over 200 Free Relay	8

GIRLS	SATURDAY MAY 31, 2025	BOYS
9	12 & Under 200 Medley Relay	10
10 min Break		
11	25 Free	12
13	50 Free	14
15	100 Free	16
17	200 Free	18
19	400 IM	20
21	1000 Free	22
23	25 Breast	24
25	50 Breast	26
27	100 Breast	28
29	200 Breast	30
10 min Break		
31	Mixed 800 Free Relay	

GIRLS	SUNDAY JUNE 1, 2025	BOYS
33	13 & Over 200 Medley Relay	34
10 min Break		
35	25 Back	36
37	50 Back	38
39	100 Back	40
41	200 Back	42
43	200 IM	44
45	1650 Free	46
47	25 Fly	48
49	50 Fly	50
51	100 Fly	52
53	200 Fly	54
10 min Break		
55	Mixed 800 Medley Relay	