

**QUICKSILVER SWIMMING
PACIFIC SWIMMING SHORT COURSE P/F MEET
PEAK, QSS & TIDE
Saturday & Sunday, April 24- 25**



SANCTION: Held under USA/Pacific Swimming Sanction No. **21-074**

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 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: Mike Piccardo

Meet Marshal: Anne Vargas & Esther Guberman

Meet Director: Liv Weaver, liv@swimgss.org
Andrew Johnson, andrew@swimgss.org

Head Starter: John Hannigan

Admin Referee: Curtiss Kikuta

Admin Official (Intersession): Andrew Lam

LOCATION: Gunderson High School Pool, 622 Gaundabert Lane, San Jose, CA 95136

DIRECTIONS: Exit 85 at Santa Teresa, turn left on Santa Teresa, right on Thornwood Drive, right on Chynoweth, and right on Gaundabert Lane. The pool is located at the back of the campus. Parking is available in the solar lot.

COURSE: Outdoor pool with up to 9 lanes available for competition. Up to an additional 18 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 7' 0" at the start end and 7' 0" at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

TIME: Meet warm-up and start times are estimates by session. Warm-ups will have two waves of warm-ups per session and will be determined based on estimated timelines. Athletes entered in the meet will be emailed warm-up time assignments by team and cohort.

- Session 1 & 4 – Warm-up starts at 7:15am and 7:45am. Meet starts at 8:15am- 10:15am.
- Session 2 & 5– Warm-up starts at 10:15am and 10:45am. Meet starts at 11:15- 12:45pm.
- Session 3 & 6 – Warm-ups starts at 1:15pm and 1:45pm. Meet starts at 2:15- 3:45pm.

- 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.
 - Trials and Timed Finals will be swum fast to slow.
 - Athletes may compete in 3 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, or when the number of entered athletes 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.
 - All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.
 - Prelims will be swim as combined age groups in preliminary heats
 - Finals will be separated as top (9) athletes in women's and men's in 11-12s, 13-14s and Senior. The 500 Freestyle, 400 IM, and 1000 Freestyle are timed finals. The 50 Backstroke, 50 Breaststroke, 50 Butterfly and 100 IM will be swum in finals for only the 11-12 age group. The Mixed 200 Medley Relays and 200 Free Relays will be swum in the Trials session only. The women's and men's 200 Medley Relays and 200 Free Relays will be swum in Finals only.
 - Each club will be allotted a specific number of relays per event as determined by the Head Coaches and/or Head Age Group Coaches of each team. The number of relays permitted will depend on the estimated timeline of the session.
 - Each club is permitted to enter a pre-designated number of athletes per group levels. Athletes shall seek guidance from their club/coaches on what session they are eligible to enter.

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.
 - No spectators on campus. No locker room use. Bathrooms are available for athletes, coaches and officials.

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.

- Meet is open only to qualified athletes registered with QSS, TIDE and PEAK. Athletes who are unattached but participating with QSS, TIDE and PEAK are eligible to compete. Athletes may only enter events in a session with their assigned cohort.
- Entries with "NO TIME" will be accepted.
- 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 FEES: \$5.50 per event plus an \$8.00 participation fee per Athlete. Relays are \$16.00 per Relay. Entry fees will be charged to your team's TU account and club's will write a club check payable to QuickSilver Swimming.

TEAMUNIFY ENTRIES: Any entries submitted via TeamUnify must first be both committed and approved by Sunday, April 18. Entries that are not committed and approved in TeamUnify are incomplete and shall not be accepted after a session closes.

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

SCRATCHES:

- There is no penalty if an athlete fails to report to the blocks for a preliminary or timed final event.
- Any athlete qualifying for finals in an individual event who does not wish to compete shall scratch within 30 minutes after the results are posted live or electronically. 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 posted live or electronic results of qualifiers following their individual preliminary event.
- Any athlete qualifying for finals in an individual event who fails to report to the blocks in said final race prior to calling the alternate shall be barred from the remainder of any final individual events for that day. Should the athlete have no additional final events for that day they will be barred from their next preliminary event.

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

AWARDS: None.

ADMISSION: Restricted to only athletes, coaches, officials and meet personnel.

MISCELLANEOUS: Covid Protocols are in place. Information on the flow, including ingress and egress at the facility, will be emailed to all participants and posted on the team website. All athletes must wear a mask while not in the water, getting ready to swim or exiting the pool.

EVENTS

Saturday, April 24	
T & F - Session 1 & 3	
1	Women's 200 Medley Relay^
2	Men's 200 Medley Relay^
3	500 Free*
4	12 & u 50 Breast
5	200 Back
6	100 Fly
7	100 IM
8	50 Free
9	200 Breast
10	400 IM*^
11	Mixed 200 Medley Relay*^
Timed Finals - Session 2	
12	100 Back
13	50 Free
14	100 IM
15	50 Fly
16	100 Breast
17	100 Free
18	50 Back
19	50 Breast
20	100 Fly

Sunday, April 24	
T & F - Session 4 & 6	
21	Women's 200 Free Relay^
22	Men's 200 Free Relay^
23	200 Free
24	12 & u 50 Back
25	200 Fly
26	100 Breast
27	200 IM
28	100 Back
29	100 Free
30	12 & u 50 Fly
31	1000 Free**^
32	Mixed 200 Free Relay*^
Timed Finals - Session 5	
33	200 Back^
34	50 Free
35	200 Breast^
36	100 Fly
37	100 Free
38	100 Breast
39	200 IM^
40	100 Back
41	200 Fly^

*Only swum in trials session.

**Top 9 seeds will swim in Finals session. All other athletes will swim in trials session.

^Event may have limited heats via HC and HAC agreement.