

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **24-073**

*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.

<b>MEET PERSONNEL:</b>	<b>Meet Referee:</b>	Jeanette Soe	<b>Head Starter:</b>	Trevor Gillis
	<b>Meet Marshal:</b>	Anne Vargas	<b>Admin Official:</b>	Andrew Lam
	<b>Meet Director:</b>	Megan Waters, <a href="mailto:megan@swimqss.org">megan@swimqss.org</a>		
		Liv Weaver, <a href="mailto:liv@swimqss.org">liv@swimqss.org</a>		

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

**DIRECTIONS:** From 85, exit onto Santa Teresa southbound. Turn right onto Thornwood Drive, right on Winfield Blvd, right onto Chynoweth Ave. Drive past the school to the stop sign and turn right on Gaundabert Lane. Enter the parking lot on your right. The pool is located at the back of the campus.

**PARKING:** Parking is first come, first serve. There is a small solar panel-covered lot next to the pool, and a large main parking lot in front of the school with a sidewalk connecting to the pool.

**COURSE:** Outdoor 50-meter pool with up to 9 lanes available for competition. An additional 6 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 4'6" at the start end and 7'0" at the turn end. The Meet Host shall ensure the required course dimensions.

**TIME:** Friday warmups 3:50-4:50pm, start time of 5:00pm. Saturday & Sunday warm-ups 7:30-8:45am, start time of 9:00am. During the last 20 minutes of warmups, one lane will be designated for 8 and under athletes only.

- 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.
  - All events will be seeded with LCM times first, then SCY, then SCM.
  - All events will be swum as combined age groups and mixed gender.
  - Athletes may compete in a **MAXIMUM of 3 events per day**.
  - 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,” or the number of athletes reaches 400, whichever comes first.
  - 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.
  - First aid will be available to participants.

**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 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 parking in fire lanes (where the curb is marked red).
  - Do not leave any personal items on-site overnight, including tents. The facility is not secure.
  - Locker rooms will be used by athletes only. Adult restrooms are in the ‘round house’ at the entrance to the pool.

**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 meters. USA Swimming Motivational "B" Time standard required, or coach-verified, for 200 Fly, 200 Back, 200 Breast, 400 Free, and 400 IM. Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>.
- 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, and must have time 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 1S athletes have priority registration through Monday, May 6, 2024.

**ENTRY FEES:** \$4.50 per event plus a \$14.00 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 service 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, May 8, 2024 or until the timeline has been exceeded.

**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 Monday May 6, 2024. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope or email address.

**Make check payable to:** Quicksilver Swimming  
**Mail entries to:** Megan Waters, 1410 Walnut Drive, Campbell, CA 95008

**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:** Awards for all events will be given according to age group and gender. Ribbons will be awarded 1<sup>st</sup> through 9<sup>th</sup> place, for 8 & under, 9-10 and 11-12 age groups only. No awards for 13 & over. Awards will be available for pickup by coaches or club representative on the last day of the meet. No awards will be mailed.

**ADMISSION:** Free.

**SNACK BAR & HOSPITALITY:** No snack bar will be available. Athletes and spectators are encouraged to bring their own snacks, beverages, and meals as needed. Coaches and working Officials will be provided snacks and meals.

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

### ORDER OF EVENTS

Friday, May 17, 2024	
EVENT #	EVENT
1	Open 400 FR*
2	11 & Over 400 IM*

Saturday, May 18, 2024	
EVENT #	EVENT
3	11 & Over 200 Back*
4	12 & Under 50 Fly
5	Open 100 Breast
6	11 & Over 200 Fly*
7	12 & Under 50 Back
8	Open 100 Free
9	Open 200 IM

Sunday, May 19, 2024	
EVENT #	EVENT
10	Open 200 Free
11	Open 100 Back
12	12 & Under 50 Breast
13	Open 100 Fly
14	Open 50 Free
15	11 & Over 200 Breast*

\* USA Swimming Motivational "B" Time standard required, or coach-verified. Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by Quicksilver Swimming LONG COURSE CBA+ May 17-19, 2024 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				
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# of entries _____ x \$4.50 = \$ _____ Participation Fee                      \$ 14.00 Total    \$ _____															
Coach															
Athlete's Address															
Home Phone								Cell Phone							
Email															