

QUICKSILVER SWIMMING LAST CHANCE JO'S
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
NOVEMBER 19th-21st, 2021
Enter Online: <http://www.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **21-201**

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.

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: Michael Davis/Attila Lengyel | Head Starter: Jeanette Soe |
| Meet Marshal: Carrie Mox & Anne Vargas | Admin Official: Curtiss Kikuta/Desmond Tai |
| Meet Director: Michael Greymont mgreymont@mhgcg.com (408) 891-2948 | |

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 25 yard x 50 meter pool with up to 16 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 6'0" at the start end and 4'0" 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: Saturday and Sunday will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. A special warm-up time for 8 and under Athletes only will be held from 8:00 AM in assigned lanes per the Meet Referee. Friday the 19th, warmups will be from 3:30 to 4:45, and competition shall start at 5pm.

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 4 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.
- Friday distance events shall not exceed three (3) hours of time.

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 Member-Coach 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.
- Animals other than certified Service Animals are NOT permitted on the pool deck or school grounds. If you have a Certified Service Animal, please check in with the Meet Director.

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 – 10 & U 200 IM, 11 & O 400 IM, 1000 Free, 1650 Free, Open 500 Free. A “B” time must be achieved for those events and will be verified**). Times not found in database must be proven.
- 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 South shall have a one week (7 days) priority upon opening of the meet.

ENTRY FEES: \$4.50 per event plus an \$8.00 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 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 Friday November 12th, 2021, 11:59PM.

MAILED 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 8th, 2021. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope. Hand entries shall not be accepted.

Make check payable to: Quicksilver Swimming

Mail entries to: Michael Greymont – Meet Director

409 Tenant Ave STE 423

Morgan Hill, CA 95037

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each 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: Eight places will be awarded in each division for 8 & U, 9-10, 11-12, 13-14, 15-18 age groups. No awards given for athletes 19 years of age and older. Note: Awards will be separated and handed to teams AFTER the completion of the meet.

ADMISSION: Free. A program will be available for download

SNACK BAR & HOSPITALITY: A snack bar/Food trucks 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

ORDER OF EVENTS

| | Friday November 19th, 2021 | |
|----------------------|--|----------------------|
| Women's Event | Event | Men's Event # |
| 101 | 10-Under 200 IM * | 102 |
| 103 | 11-Over 400 IM * | 104 |
| 105 | 11-Over 1650 Free * | 106 |

*All Friday Events Must have their own Timers and/or Lap Counters for the events
* Athletes must have a USA Swimming 'B' Time to enter these events. Times will be verified.*

| Women's Event # | Saturday November 20 | Men's Event # |
|------------------------|-----------------------------|----------------------|
| 1 | 13-Over 200 I.M. | 2 |
| 3 | 11-12 200 I.M. | 4 |
| 5 | 10-U 100 I.M. | 6 |
| 7 | 11-12 200 Breast | 8 |
| 9 | 13-Over 200 Fly | 10 |
| 11 | 11-12 200 Fly | 12 |
| 13 | 10-U 100 Fly | 14 |
| 15 | 13-Over 100 Free | 16 |
| 17 | 11-12 100 Free | 18 |
| 19 | 10-U 100 Free | 20 |
| 21 | 11-12 50 Back | 22 |
| 23 | 13-Over 100 Breast | 24 |
| 25 | 11-12 50 Breast | 26 |
| 27 | 10-U 50 Breast | 28 |
| 29 | 13-Over 100 Back | 30 |
| 31 | 11-12 100 Back | 32 |
| 33 | 10-50 Back | 34 |
| 35 | 11-Over 1000 Free** | 36 |

| Women's Event # | Sunday November 21 | Men's Event # |
|------------------------|---------------------------|----------------------|
| 37 | 13- Over 200 Free | 38 |
| 39 | 11-12 200 Free | 40 |
| 41 | 10-U 200 Free | 42 |
| 43 | 11-12 100 Fly | 44 |
| 45 | 13-Over 200 Back | 46 |
| 47 | 11-12 200 Back | 48 |
| 49 | 10-U 100 Back | 50 |
| 51 | 13-Over 100 Fly | 52 |
| 53 | 11-12 50 Fly | 54 |
| 55 | 10-U 50 Fly | 56 |
| 57 | 13-Over 200 Breast | 58 |
| 59 | 11-12 100 Breast | 60 |
| 61 | 10-U 100 Breast | 62 |
| 63 | 11-12 100 I.M. | 64 |
| 65 | 13-Over 50 Free | 66 |
| 67 | 11-12 50 Free | 68 |
| 69 | 10-U 50 Free | 70 |
| 71 | Open 500 Free** | 72 |

**500 and 1000 Events, athletes must have B time. Athletes must provide their own counters/timers.
Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

| Pacific Swimming – Hosted by Quicksilver Swimming Short Course – Race to JO's November 19th – 21st, 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 | | | | |
| | | | | | | : . | | | SCY / LCM | | | | |
| | | | | | | : . | | | SCY / LCM | | | | |
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| | | | | | | : . | | | SCY / LCM | | | | |
| # of entries _____ x \$4.50 = \$ _____ Participation Fee \$ 8.00 Total \$ _____ | | | | | | | | | | | | | |
| Coach | | | | | | | | | | | | | |
| Athlete's Address | | | | | | | | | | | | | |
| Home Phone | | | | | | | Cell Phone | | | | | | |
| Email | | | | | | | | | | | | | |