SAN RAMON VALLEY AQUATICS
PACIFIC SWIMMING LONG COURSE C/B/BB+ MEET
MAY 11-12, 2024
Enter Online: http://ome.fastswims.com

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-056**
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 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, webcasting, television, psych sheets and live meet results. **The results of this meet may be posted in real time on the Internet at https://ome.fastswims.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:
Meet Referee: Markus Daene
Head Starter: Angela Cardenas
Meet Marshal: Lisa Tseng
Admin Official: Mike Flegel
Meet Director: Shilpa Nakka, srvameetdirector@gmail.com

LOCATION: Dougherty Valley Aquatic Center, 10550 Albion Rd, San Ramon, CA 94582 (At Dougherty Valley High School)

DIRECTIONS: Located at Dougherty Valley High School. From 580, exit Dougherty Rd/Hopyard. Head north on Dougherty Rd approximately 5 miles (turns into Bollinger Canyon Rd). Turn Right on Albion Rd. Take Second Left turn into the Dougherty Valley High School parking lot. From 680, exit Bollinger Canyon Rd. Head east on Bollinger Canyon Rd approximately 4 miles. Turn Left on Albion Rd. Take Second left turn into the Dougherty Valley High School parking lot. **DO NOT PARK** where no parking signs or permit parking only signs are posted. You will be ticketed or towed.

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

TIME: Meet 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 8:45 to 8:55 AM.

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 athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.
• All events are timed finals.
• All events will swim 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.
• 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.**
• Medical supervision, including lifeguards, EMT, AED, will be provided by the City of San Ramon staff who are going to be working onsite during the meet.
• All athletes entered in the 400-meter Freestyle shall provide their own timers.
• Entries for the open 400 Freestyle will be limited to the first 70 Girls and first 70 Boys.

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.
• Entry and set up (pop-ups) are not allowed before 7 AM on Saturday and Sunday.
• All pathways must be clear, and no pop-ups are allowed on pathways and in front of entry and exit gates as well as yellow tape marked areas. Pathways and entry and exit gates must be clear for emergency personnel and vehicles to pass through.
• No pop-ups are allowed inside the pool fence.
• No umbrellas are allowed beyond the cordoned off areas at the starting blocks and race start areas on the deck for safety reasons.
• No overnight parking is allowed. Facilities will not be provided after meet hours.
• Neither SRVA, nor Dougherty Valley High School is responsible for items that are lost or stolen.

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 "BB" Division must have met at least USA Swimming Motivational "BB" 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. For 8 & Under, athletes in the "A" division must have met at least the listed "A" time standard.

• Entries with **"NO TIME" will be Accepted.**

• 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: Meet entries will not be accepted any earlier than **April 8, 2024**. Entries from members of "year-round" Zone 2 clubs in good standing postmarked or entered online by 11:59 PM on **April 12, 2024** will be given 1st priority acceptance. Entries from members of all Zone 2 clubs (year-round and seasonal) postmarked or entered online between 12:00 AM **April 13, 2024** and 11:59 PM **April 19, 2024** will be given 2nd priority acceptance. All entries from Zone 2, all other Pacific LSC Zones and other LSC's, either postmarked, entered online, or hand delivered by the entry deadline will be considered in the order they are received.

**** NOTE: Athletes who falsify their entry form by listing a club to which they are not legitimately associated will be rejected from the meet. Further, entry fees will not be refunded, and they may be referred to the Pacific Swimming Review Committee for disciplinary action.**

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 1, 2024** or until the meet has reached capacity, whichever comes first.

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 **April 30, 2024** or hand delivered by 6:30 PM **May 1, 2024, or until capacity is reached, whichever comes first**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: **SRVA**

Mail entries to: **SRVA Meet Entries, PO Box 973, San Ramon, CA 94583**
Hand deliver entries to: SRVA Coaches, 9900 Broadmoor Drive, San Ramon, CA 94583

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. Prior to 10:30 AM, close of check-in for each event shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. **Close of check-in for all remaining events for that day shall be at 10:30 AM.** Athletes who do not check in will not be seeded and will not be allowed to compete in that event. Athletes who wish to scratch from an event after the close of check-in are requested to inform the Referee on the starting end of the competition course.

SCRATCHES: Any athletes not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

AWARDS: First through eighth places in each division (C, B & BB) will be awarded for the 9-10, 11-12, and 13-14 age groups. First through eighth place in each division (PC-C, PC-B, PC-A) will be awarded for the 8 & Under age group. All athletes achieving an A time for the first time will be awarded a standard A medal, regardless of place achieved in the event. No awards will be given for athletes 15 years of age and older. Individual awards must be picked up at the meet. We will not mail or distribute awards after the meet. No awards will be given for Open events.

ADMISSION: Free. A **'2 DAY'** program will be available for $5.00.

SNACK BAR & HOSPITALITY: A snack bar 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. Lane timing assignments will be posted on Zone 2 website and sent to Club coaches.

MINIMUM OFFICIALS: The Meet Referee shall conduct an inventory of Officials and shall compare the number of athletes entered against the number of Officials that worked representing each club per day of the meet. Those clubs who have not provided sufficient Officials in a day of the meet, in accordance with the table below, will be fined $100 per missing Official per day.

Number of athletes entered in meet per club per day	Number of trained and carded officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 Athletes over 100	+1

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & under	**9-10**	**11-12**	**13 & up**	**8 & under**	**9-10**	**11-12**	**13 & up**
50 BR	200 IM	200 IM	200 IM	50 FL	100 BK	200 BK	200 BR
50 BK	50 BR	50 BR	100 BR	50 FR	100 BR	100 BR	100 BK
100 FR	50 BK	50 FR	50 FR		50 FL	100 FR	100 FL
	100 FL	100 BK	200 BK		50 FR	50 FL	100 FR
	100 FR	100 FL					
Open 400 Free Boys				Open 400 FR Girls			

EVENTS

SATURDAY MAY 11, 2024		
GIRLS EVENT #	**EVENT**	**BOYS EVENT #**
1	13 & up 200 IM	2
3	11-12 200 IM	4
5	9-10 200 IM	6
7	13 & up 100 BR	8
9	11-12 50 BR	10
11	8 & un 50 BR 9-10 50 BR	12
13	13 & Up 50 FR	14
15	11-12 50 FR	16
17	8 & un 50 BK 9-10 50 BK	18
19	13&up 200 BK	20
21	11-12 100 BK	22
23	9-10 100 FL	24
25	11-12 100 FL	26
27	8 & un 100 FR 9-10 100 FR	28
	OPEN 400 FR Boys	30

SUNDAY MAY 12, 2024		
GIRLS EVENT #	**EVENT**	**BOYS EVENT #**
31	13 & up 200 BR	32
33	11-12 200 BK	34
35	9-10 100 BK	36
37	13 & up 100 BK	38
39	11-12 100 BR	40
41	9-10 100 BR	42
43	13 & up 100 FL	44
45	11-12 100 FR	46
47	8 & un 50 FL 9-10 50 FL	48
49	11-12 50 FL	50
51	8 & un 50 FR 9-10 50 FR	52
53	13 & up 100 FR	54
55	OPEN 400 FR Girls	

Athletes in the Open 400 Free need to provide their own timers.
Entries for the open 400 Free are limited for the first 70 Girls and first 70 Boys.

Use the following URL to find the USA-S Motivational Time Standard: http://www.pacswim.org/swim-meet-times/standards

Pacific Swimming – Hosted by SRVA
LONG COURSE C/B/BB+
MAY 11-12, 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
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

# of entries _____ x $4.50 = $_____
Participation Fee $ 14.00
Total $_____

Coach

Athlete's Address

Home Phone	Cell Phone

Email