

SAN RAMON VALLEY AQUATICS
PACIFIC SWIMMING SHORT COURSE C/B/BB+ MEET
October 28–29, 2023
Enter Online: <http://ome.fastswims.com>



Zone 2 Priority Clubs for SRVA Site: SRVA, BSW, CROW, ELIT, LAC, OAPB, PLS, RA, RHAC, TERA, TFA, TIGR, TRIV, WCAB.

SANCTION: Held under USA/Pacific Swimming Sanction No. **23-130**

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 <http://results.teamunify.com/srvla/>.**

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 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:** Markus Daene
Meet Marshal: Raj Nimbalkar **Admin Official:** Angela Cardenas
Meet Director: Min Tsao (+1-925-361-2511, svameetdirector@gmail.com)

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

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.

PARKING: Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed.

COURSE: Outdoor 25-yard pool with up to 16 lanes available for competition. At least one 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 ft at the start end and 4 ft at the turn end. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

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 only 8 and under athletes 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 available at the Clerk-of-Course.
 - The local facility's 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.
 - Athletes may compete in **up to four (4) events per day**.
 - All Athletes aged 12 years and younger 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.
 - **Distance Freestyle:** Entries for events 27 and 60 shall be limited to the **first 84 entrants** (12 heats) for each event. Athletes entering these events must have achieved the corresponding USA Swimming 10 & Under motivational "B" time standard **for the 500 FR**.
 - All athletes entered in the 500-yard freestyle shall provide their own timers and lap counters.
 - 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.
 - No refunds shall be given other than mandatory scratch downs.
 - **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
 - **Medical supervision:** Lifeguards, EMT, and AED will be provided by the City of San Ramon staff who are going to be working onsite during the meet.
 - Pacific Swimming has a No-Tech Suit Policy for ALL 12 & Under athletes.

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: Any athlete entered in the meet must be certified by a USA Swimming Member-Coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a Member-Coach, 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.
 - Entry and set up (pop-ups) are not allowed before 7 AM on Saturday and Sunday.
 - All pathways should be clear, and no pop-ups are allowed on pathways and in front of entry and exit gates. Pathways and entry and exit gates must be clear for emergency personal and vehicles to pass through.
 - No pop-ups are allowed outside of 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.

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. (For 8 & Under, athletes in the “A” division must have met at least the listed “A” 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 REJECTED.**
- Athletes entering Event 27 (girls open 500 Free) and Event 60 (boys open 500 Free) must have achieved the USA Swimming 10 & Under “B” time standard for the event.
- 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.
- 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 Monday, **September 25, 2023**. Entries from members of **assigned** “year-round” Zone 2 clubs in good standing postmarked or entered online by 11:59 PM on **September 30, 2023**, 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 **October 1, 2023** and 11:59 PM **October 7, 2023** 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 Administrative Review Board for disciplinary action.**

ENTRY FEES: \$4.50 per event plus a \$10.00 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 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 Wednesday, **October 18, 2023**, 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 Monday **October 16, 2023**, or hand delivered by 6:30 PM Wednesday, **October 18, 2023**. In case of online entry closes before **October 18, 2023**, the only entries postmarked by that date or hand delivered by the date of online entry closure will be accepted. 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
603 Fallen Leaf Cir
San Ramon, CA 94583

Hand deliver entries to: SRVA Meet Director
603 Fallen Leaf Cir
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/entered shall not be penalized.

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. Note: 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 the Open 500 Free.

ADMISSION: Free.

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. Neither SRVA, nor Dougherty Valley High School is responsible for items that are lost or stolen.

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 session of the meet. Those clubs who have not provided sufficient Officials in a session of the meet, in accordance with the table below, will be fined \$100 per missing Official per session.

Number of athletes entered in meet per club per session	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&O	8 & Under	9-10	11-12	13&O
25 Fly	100 Fly	200 Back	200 Free	25 Breast	100 Back	200 Breast	200 Breast
50 Breast*	50 Breast*	50 Breast	100 Breast	25 Back	50 Back	100 Back	100 Back
100 IM*	100 IM*	100 IM	200 IM	25 Free	50 Fly	100 Fly	100 Fly
50 Free*	50 Free*	50 Free	50 Free	100 Free*	100 Free*	200 Free	100 Free
OPEN 500 FREE (GIRLS)**				OPEN 500 FREE (BOYS)**			

SCHEDULE OF EVENTS

SATURDAY, October 28 th , 2023		
EVENT #	EVENT	EVENT #
1	13 & Over 200 Free	2
3	11-12 200 Back	4
5	9-10 100 Fly	6
7	8 & Under 25 Fly	8
9	13 & Over 100 Breast	10
11	11-12 50 Breast	12
13	10 & Under 50 Breast*	14
15	13 & Over 200 IM	16
17	11-12 100 IM	18
19	10 & Under 100 IM*	20
21	13 & Over 50 Free	22
23	11-12 50 Free	24
25	10 & Under 50 Free*	26
27	Open 500 Free (Girls)	

SUNDAY, October 29 th , 2023		
EVENT #	EVENT	EVENT #
29	13 & Over 200 Breast	30
31	11-12 200 Breast	32
33	9-10 100 Back	34
35	8 & Under 25 Breast	36
37	13 & Over 100 Back	38
39	11-12 100 Back	40
41	9-10 50 Back	42
43	8 & Under 25 Back	44
45	13 & Over 100 Fly	46
47	11-12 100 Fly	48
49	9-10 50 Fly	50
51	8 & Under 25 Free	52
53	13 & Over 100 Free	54
55	11-12 200 Free	56
57	10 & Under 100 Free*	58
	Open 500 Free (Boys)	60

*These events will compete in the 10 & Under category but awarded separately as 9-10 and 8 & Under age groups.

**All athletes entering the 500 Free events must provide their own timers and lap counters.

Athletes entering these events must have met the USA Swimming 10 & Under "B" time standard for that event.

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by SRVA SHORT COURSE C/B/BB+ OCTOBER 28-29, 2023 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				
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						: .			SCY / LCM				
# of entries _____ x \$4.50 = \$ _____ Participation Fee \$ 10.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													