

SOUTH SAN FRANCISCO AQUATIC CLUB  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
JANUARY 14-15, 2023  
Enter Online: [www.fastswims.com](http://www.fastswims.com)



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-003**

*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.

**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: Stephanie Kuang*

*Head Starter: Sylvain Flamant*

*Meet Marshal: Dan Jumanan*

*Admin Official: Larry Rice*

*Meet Director: Anna Koswara [ssfac.usa@gmail.com](mailto:ssfac.usa@gmail.com)*

**LOCATION:** Jean E. Brink Swimming Pool, Oceana High School, 401 Paloma Avenue, Pacifica, CA 94044-2436

**DIRECTIONS:** **From San Francisco/I-280:** Take HWY 1 SOUTH into Pacifica. EXIT the POLOMA/FRANCISCO exit. Turn LEFT at the end of the off-ramp stop sign, and cross over the Highway 1 overpass. After the overpass is a stop sign. Continue STRAIGHT/EAST. After the next stop sign, continue EAST half a block. Oceana Pool is the first driveway on your left. Please PARK on the STREET. **From Half Moon Bay:** Take HWY 1 NORTH into Pacifica. EXIT the OCEANA / CLARENDON exit. At the end of the off ramp is a stop sign. Continue STRAIGHT / NORTH for about 1/4 mile along Oceana until you reach the next stop sign. At the stop sign take a RIGHT to the next stop sign. Oceana Pool is the first driveway on your left. Please PARK on the STREET.

**COURSE:** INDOOR 25 YARD pool with up to Seven (7) lanes available for competition. An additional Three (3) 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 5' at the start end and 5' at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

**TIME:** SESSION A (13 & Over and 11-12 GIRLS): Meet Begins at 8:30 AM, Warm Up is from 7:00-8:15 AM.  
SESSION B (10 & Under and 11-12 BOYS): Session B will begin 1 hour after Session A finishes, but not before 11:30 AM.  
Session B Warm-Ups will begin immediately after Session A finishes.

**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.
- All events are timed finals.
- All events will swim fast to slow.
- Athletes may compete in **MAXIMUM of Three (3) individual** 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 athlete's 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 deck officials must wear their USA Swimming membership cards in a visible manner.**
- Pacific swimming states a strict no-refund policy after entering the meet. If no refund is desired, no further action needs to be taken, as there is no penalty for not showing for the meet.
- The local facilities guidelines, restrictions, and interpretation of the local public health guidelines shall be followed at the meet. All applicable San Mateo County, City of Pacific and State of California Public Health requirements for protection against COVID-19 will apply.
- All persons in the facility must be masked (with the exception of athletes during warm up, warm down, and actual competition). The Meet Director and Meet Referee may remove any individual who does not comply.  
No parents are allowed inside the pool.
- Lifeguards will be working on-site for the duration of the competition. First aid and an AED are available.

**UNACCOMPANIED ATHLETES:** Any USA-S 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-S 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-S 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-S Club Member-Coach.

**RACING STARTS:** Athletes must be certified by a USA-S 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.
- Restricted access area the East and South ends of the swimming pool deck. Access only for Competitors, Coaches, Officials, and meet Staff/Volunteers and Timers. No Flash Photography.
- 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.

**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.**
- 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 and 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:** \$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. Relays \$9.00 per relay team, clubs must enter their relays online or by mail/hand delivery by **11:59 pm January 4, 2023**. **Clubs may enter a maximum of two (2) relays per event.**

**ONLINE ENTRIES:** To enter online go to [www.fastswims.com](http://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 Wednesday, **January 4, 2023**.

**TEAM ENTRIES:** Clubs may enter with a Hy-Tek compatible entry file to: [ewtswim@aol.com](mailto:ewtswim@aol.com) with a hard copy and check sent to: SSFAC, P.O. Box 5179, South San Francisco, Calif. 94083 prior to Jan. 4, 2023.

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with the athlete's best time. Entries must be postmarked by midnight, Monday, **January 2, 2023** or hand delivered by 6:30 p.m. Wednesday, **January 4, 2023**. No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to:** **South San Francisco Aquatic Club**

**Mail entries to:** SSFAC

**P.O. Box 5179**

**SOUTH SAN FRANCISCO, CA 94083-5179**

**CHECK-IN:** The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. The event shall be closed no more than 30 minutes before the scheduled start of the session. Close of check-in for all individual 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 and will not be allowed to compete in that event.

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

**AWARDS:** Ribbons for 1st thru 8th place for individual events in the A, B, and C divisions: 8 & under, 9/10 and 11/12. No ribbons for athletes 13 and over. Standard "A" medals awarded to athletes achieving NEW "A" times in each event regardless of place achieved in the event. All awards to be picked up by coaches at end of each session. Awards will not be mailed out.

**ADMISSION:** Free. A 2-day program will be available for a reasonable fee.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working deck 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.

**MINIMUM OFFICIALS:** Clubs must follow Zone 1 North rules for providing officials. Each club must provide officials for each session according to the number of athletes entered in that session, following the table below.

| Club athletes entered in session | Trained and carded officials requested  |
|----------------------------------|---|
| 1-10                             | 0                                       |
| 11-25                            | 1                                       |
| 26-50                            | 2                                       |
| 51-75                            | 3                                       |
| 76-100                           | 4                                       |
| 100 or more                      | 5 (+1 for every additional 25 athletes) |

#### EVENT SUMMARY

| SATURDAY |          |          |          |                    | SUNDAY   |          |          |          |                    |
|----------|----------|----------|----------|--------------------|----------|----------|----------|----------|--------------------|
| 8 & UN   | 9-10     | 11-12    | 13 & 14  | 15 & O             | 8 & UN   | 9-10     | 11-12    | 13 & 14  | 15 & O             |
| 100 F.R. | 200 F.R. | 200 F.R. | 200 F.R. | 400 F.R.<br>(Open) | 100 M.R. | 200 M.R. | 200 M.R. | 200 M.R. | 400 M.R.<br>(Open) |
| 25 FL    | 50 FL    | 50 FL    | 100 FL   | 100 FL             | 25 BK    | 50 BK    | 50 BK    | 100 BK   | 100 BK             |
| 25 FR    | 50 FR    | 50 FR    | 50 FR    | 50 FR              | 25 BR    | 50 BR    | 50 BR    | 100 BR   | 100 BR             |
| 50 BR    | 100 BR   | 100 BR   | 200 FR   | 200 FR             | 100 FR   | 100 BK   | 100 BK   | 200 BK   | 200 BK             |
| 100 IM   | 100 IM   | 100 IM   | 200 IM   | 200 IM             | 50 FR    | 100 FR   | 100 FR   | 100 FR   | 100 FR             |

# ORDER OF EVENTS

| SATURDAY, JAN. 14th |                  |       |
|---------------------|------------------|-------|
| SESSION A           |                  |       |
| Girls               |                  | Boys  |
| EVT #               | Event            | EVT # |
| 1                   | 11-12 200 FR-R   |       |
| 3                   | 13-14 200 FR-R   | 4     |
| 5                   | Open 400 FR-R    | 6     |
| 7                   | 11-12 100 IM     |       |
| 9                   | 13-14 200 Fr     | 10    |
| 11                  | 15-O 200 Fr      | 12    |
| 13                  | 11-12 50 Fly     |       |
| 15                  | 13-14 200 IM     | 16    |
| 17                  | 15-O 200IM       | 18    |
| 19                  | 11-12 100 Breast |       |
| 21                  | 13-14 100 Fly    | 22    |
| 23                  | 15-O 100 Fly     | 24    |
| 25                  | 11-12 50 Free    |       |
| 27                  | 13-14 50Free     | 28    |
| 29                  | 15-O 50 Free     | 30    |
| SESSION B           |                  |       |
| Girls               |                  | Boys  |
| EVT #               | Event            | EVT#  |
| 31                  | 10-U 200 FR-R    | 32    |
|                     | 11-12 200 FR-R   | 34    |
| 35                  | 8-U 100 FR-R     | 36    |
| 37                  | 9-10 50 Fly      | 38    |
|                     | 11-12 50 Fly     | 40    |
| 41                  | 8-UN 25 Fly      | 42    |
| 43                  | 9-10 100 IM      | 44    |
|                     | 11-12 100IM      | 46    |
| 47                  | 8-UN 100 IM      | 48    |
| 49                  | 9-10 100 Breast  | 50    |
|                     | 11-12 100 Breast | 52    |
| 53                  | 8-UN 50 Breast   | 54    |
| 55                  | 9-10 50 FR       | 56    |
|                     | 11-12 50 FR      | 58    |
| 59                  | 8-UN 25 FR       | 60    |

| SUNDAY, JAN. 15th |                  |       |
|-------------------|------------------|-------|
| SESSION A         |                  |       |
| Girls             |                  | Boys  |
| EVT #             | Event            | EVT # |
| 61                | 11-12 200 Med-R  |       |
| 63                | 13-14 200 Med-R  | 64    |
| 65                | Open 400 Med-R   | 66    |
| 67                | 11-12 50 Back    |       |
| 69                | 13-14 100 Back   | 70    |
| 71                | 15-O 100 Back    | 72    |
| 73                | 11-12 50 Breast  |       |
| 75                | 13-14 100 Breast | 76    |
| 77                | 15-O 100 Breast  | 78    |
| 79                | 11-12 100 Back   |       |
| 81                | 13-14 200 Back   | 82    |
| 83                | 15-O 200 Back    | 84    |
| 85                | 11-12 100 Free   |       |
| 87                | 13-14 100 Free   | 88    |
| 89                | 15-O 100 Free    | 90    |
| SESSION B         |                  |       |
| Girls             |                  | Boys  |
| EVT #             | Event            | EVT # |
| 91                | 10-U 200 Med-R   | 92    |
|                   | 11-12 200 Med-R  | 94    |
| 95                | 8-U 100 Med-R    | 96    |
| 97                | 9-10 50 Back     | 98    |
|                   | 11-12 50 Back    | 100   |
| 101               | 8-UN 25 Back     | 102   |
| 103               | 9-10 50 Breast   | 104   |
|                   | 11-12 50 Breast  | 106   |
| 107               | 8-UN 25 Breast   | 108   |
| 109               | 9-10 100 Back    | 110   |
|                   | 11-12 100 Back   | 112   |
| 113               | 8-UN 100 Free    | 114   |
| 115               | 9-10 100 Free    | 116   |
|                   | 11-12 100 Free   | 118   |
| 119               | 8-UN 50 Free     | 120   |

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

|  |                   |  |  |                 |  |  |  |               |  |  |  |                |  |  |  |
|--|-------------------|--|--|-----------------|--|--|--|---------------|--|--|--|----------------|--|--|--|
| Pacific Swimming – Hosted by South San Francisco Aquatic Club<br>Short Course C/B/A+<br>January 14-15, 2023<br>Consolidated Entry Form |                   |  |  |                 |  |  |  |               |  |  |  |                |  |  |  |
| Name: Last,                      First                      Middle   |                   |  |  |                 |  |  |  |               |  |  |  |                |  |  |  |
| Club Abbr.   |                   |  |  | UNATT TEAM ABBR |  |  |  | Club Name     |  |  |  |                |  |  |  |
| Age  |                   |  |  | Date of Birth   |  |  |  | Sex<br>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 = \$ _____<br>Participation Fee        \$ 8.00<br>Total                        \$ _____                    |                   |  |  |                 |  |  |  |               |  |  |  |                |  |  |  |
| Coach  |                   |  |  |                 |  |  |  |               |  |  |  |                |  |  |  |
| Athlete's<br>Address   |                   |  |  |                 |  |  |  |               |  |  |  |                |  |  |  |
| Home Phone   |                   |  |  |                 |  |  |  | Cell Phone    |  |  |  |                |  |  |  |
| Email  |                   |  |  |                 |  |  |  |               |  |  |  |                |  |  |  |