

SOUTH SAN FRANCISCO AQUATIC CLUB  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
JANUARY 15-16, 2022  
Enter Online: [www.fastswims.com](http://www.fastswims.com)



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **22-009**

*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 at <http://results.teamunify.com/ssf/index.html> or 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.

**MEET PERSONNEL:**

<i>Meet Referee: Stephanie Kuang</i>	<i>Head Starter: Sam Tang</i>
<i>Meet Marshal: Anna Koswara</i>	<i>Admin Official: Darryl Woo</i>
<i>Meet Director: Khai Vu- <a href="mailto:tvurad@gmail.com">tvurad@gmail.com</a></i>	

**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. In accordance with Article 104.2.2C(4) the competition course has not been certified.

**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)** 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.

**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-S 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.**
- 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 5, 2022.** **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 5, 2022.**

**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 3, 2022** or hand delivered by 6:30 p.m. Wednesday, **January 5, 2022.** 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: Khai Vu**

**7228 Shannon Park Court**

**SOUTH SAN FRANCISCO, CA 94080**

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

**AWARDS:** None

**ADMISSION:** Free. Meet programs 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. Clubs that do not provide sufficient officials must provide coaches to act in the place of officials

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.	200 F.R.	100 M.R.	200 M.R.	200 M.R.	200 M.R.	200 M.R.
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**

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

<b>SUNDAY, JAN. 16th</b>		
<b>SESSION A</b>		
<b>Girls</b>		<b>Boys</b>
<b>EVT #</b>	<b>Event</b>	<b>EVT #</b>
<b>61</b>	11-12 200 Med-R	
<b>63</b>	13-14 200 Med-R	<b>64</b>
<b>65</b>	15-UP 200 Med-R	<b>66</b>
<b>67</b>	11-12 50 Back	
<b>69</b>	13-14 100 Back	<b>70</b>
<b>71</b>	15-O 100 Back	<b>72</b>
<b>73</b>	11-12 50 Breast	
<b>75</b>	13-14 100 Breast	<b>76</b>
<b>77</b>	15-O 100 Breast	<b>78</b>
<b>79</b>	11-12 100 Back	
<b>81</b>	13-14 200 Back	<b>82</b>
<b>83</b>	15-O 200 Back	<b>84</b>
<b>85</b>	11-12 100 Free	
<b>87</b>	13-14 100 Free	<b>88</b>
<b>89</b>	15-O 100 Free	<b>90</b>
<b>SESSION B</b>		
<b>Girls</b>		<b>Boys</b>
<b>EVT #</b>	<b>Event</b>	<b>EVT #</b>
<b>91</b>	9-10 200 Med-R	<b>92</b>
	11-12 200 Med-R	<b>94</b>
<b>95</b>	8-U 100 Med-R	<b>96</b>
<b>97</b>	9-10 50 Back	<b>98</b>
	11-12 50 Back	<b>100</b>
<b>101</b>	8-UN 25 Back	<b>102</b>
<b>103</b>	9-10 50 Breast	<b>104</b>
	11-12 50 Breast	<b>106</b>
<b>107</b>	8-UN 25 Breast	<b>108</b>
<b>109</b>	9-10 100 Back	<b>110</b>
	11-12 100 Back	<b>112</b>
<b>113</b>	8-UN 100 Free	<b>114</b>
<b>115</b>	9-10 100 Free	<b>116</b>
	11-12 100 Free	<b>118</b>
<b>119</b>	8-UN 50 Free	<b>120</b>

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 Short Course C/B/A+ January 15 - 16, 2022 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       \$ 8.00 Total                       \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													