

SOUTH SAN FRANCISCO AQUATIC CLUB
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
SEPTEMBER 17–18, 2022
Enter Online: <https://www.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction: **22-107**

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>.**

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: Kit Yan **Head Starter:** Ronald Sto. Domingo
Meet Marshal: Chen Jiang **Admin Official:** Larry Rice
Meet Director: Anna Koswara – [ssfacs.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 (8 & Under, 9-10, and 11-12 Boys): Meet 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.
- 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.
- Athletes may compete in **MAXIMUM of Four (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 time line, 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.

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.
- 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. No late entries will be accepted. No refunds will be made, except mandatory scratch downs.

ONLINE ENTRIES: You may enter this meet online or by U.S. mail. To enter online go to <https://fastswims.com/> to receive an immediate entry confirmation. This method requires creation of a free account and 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, **September 7, 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, **September 5, 2022** or hand delivered by 6:30 p.m. Wednesday, **September 7, 2022.** 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: South San Francisco Aquatic Club
P.O. Box 5179
SOUTH SAN FRANCISCO, CA 94083

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. 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 & Up	8 & UN	9-10	11-12	13 & Up
100 IM	100 IM	100 BK	100 BK	50 FR	50 FR	100 FL	100 FL
25 BR	50 BR	50 FR	50 FR	50 BR	100 BR	50 BR	200 BR
25 FL	50 FL	100 BR	100 BR	50 FL	100 FL	100 FR	100 FR
25 FR	100 FR	50 FL	200 FR	25 BK	50 BK	200 IM	200 IM

ORDER OF EVENTS

SATURDAY, SEPT. 17th		
Girls		Boys
Event #	Event	Event #
1	11-12 100 Back	
3	13-14 100 Back	4
5	15-O 100 Back	6
7	11-12 50 Free	
9	13-14 50 Free	10
11	15-O 50 Free	12
13	11-12 100 Breast	
15	13-14 100 Breast	16
17	15-O 100 Breast	18
19	11-12 50 Fly	
21	13-14 200 Free	22
23	15-O 200 Free	24
SESSION B		
25	8-UN 100 IM	26
27	9-10 100 IM	28
	11-12 100 Back	30
31	8-UN 25 Breast	32
33	9-10 100 Breast	34
	11-12 100 Breast	36
37	8-UN 50 Fly	38
39	9-10 50 Fly	40
	11-12 50 Fly	42
43	8-UN 25 Free	44
45	9-10 100 Free	46
	11-12 50 Free	48

SUNDAY, SEPT. 18th		
Girls		Boys
Event #	Event	Event #
49	11-12 100 Fly	
51	13-14 100 Fly	52
53	15-O 100 Fly	54
55	11-12 50 Breast	
57	13-14 200 Breast	58
59	15-O 200 Breast	60
61	11-12 100 Free	
63	13-14 100 Free	64
65	15-O 100 Free	66
67	11-12 200 IM	
69	13-14 200 IM	70
71	15-O 200 IM	72
SESSION B		
73	8-UN 100 Free	74
75	9-10 200 Free	76
	11-12 100 Fly	78
79	8-UN 50 Breast	80
81	9-10 50 Breast	82
	11-12 50 Breast	84
85	8-UN 25 Fly	86
87	9-10 100 Fly	88
	11-12 100 Free	90
91	8-UN 25 Back	92
93	9-10 50 Back	94
	11-12 200 IM	96

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+ September 17 – 18, 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				
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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													