

SUNNYVALE SWIM CLUB
SUNN SPRING FORWARD
PACIFIC SWIMMING LONG COURSE CBA+ MEET
APRIL 23, 2023
Enter Online: <http://ome.fastswims.com>
Priority Entry to all Z1N Clubs



SANCTION: Held under USA/Pacific Swimming Sanction No. **23-052**

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 www.FastLaneTek.com and on the Meet Mobile App.**

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:	Brian Floyd	Head Starter:	Kit Yan
Meet Marshal:	Yannick Gullierm	Admin Official:	Danielle Mina
Meet Director:	Sachin Kajarekar (meet.director@sunn.org)		

LOCATION: Sunnyvale Swim Complex @ Fremont High School, 1283 Sunnyvale-Saratoga Ave., Sunnyvale, CA 94087 [[LINK](#)]

DIRECTIONS: From Interstate 280, exit N. De Anza Blvd (Sunnyvale-Saratoga Ave), travel north on Sunnyvale-Saratoga Ave until it reaches Fremont Ave. The pool is between the school's main entrance and the football field. There are two parking lots. Parking lot off of Sunnyvale-Saratoga in front of the high school will be held for meet officials and swim coaches. Participants should park in the student lot (with solar panels) on the west side of the school campus off Fremont Ave.

COURSE: 50-meter, 9 lane, outdoor, heated pool with up to 8 lanes available for competition. At least 1 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 13'0" at the start end and 4'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME:

Session A: All 13 & Over Athletes Warm-ups from 7:00-8:15 AM. Meet begins at 8:30 AM

Session B: All 12 & Under Athletes. Session B will begin one hour after Session A finishes but not before 12:30 PM. Warm-up begins 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.

- 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 events are timed finals.
- All events will swim fast to slow.
- Athletes may compete in **MAXIMUM 3** events per day.
- Entries with **"NO TIME" for the 200 IM and 200 Back will not be accepted.** A coach verified time is acceptable.
- 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 Officials must wear their USA Swimming membership cards in a visible manner.**
- Lifeguards will be available to assist with medical issues.

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.
- Coach tents **ONLY** on the pool deck, no personal tents allowed. Space outside of the pool is for personal tents.

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**, with the exception of the 200 IM and 200 Back (see rules).
- 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: Priority entry will be given to all Zone 1N Clubs. Those entering online must do so by **11:59 PM, Saturday, April 15, 2023** to receive priority acceptance to the meet. Athletes from the Zone 1N priority clubs submitting surface mail entries must be postmarked by **Saturday, April 15, 2023** to receive priority acceptance into the meet. No athletes, other than those from the Zone 1N priority clubs may enter the meet until the priority period passes. After **April 15**, and if the estimated timeline still permits, the meet will be open to athletes outside of the Zone 1N priority clubs.

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 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 Monday, April 17, 2023** (pending the meet does not fill up sooner per the "Four-Hour Rule, see Rules above).

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 **midnight, Friday, April 14, 2023** or hand delivered by **6:30 p.m. Monday, April 17, 2023**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: *Sunnyvale Swim Club*

Mail entries to: SUNN Fall Classic
c/o Sachin Kajarekar
861 Helena Drive
Sunnyvale, CA 94087

Hand deliver entries to: SUNN Fall Classic
c/o Sachin Kajarekar
861 Helena Drive
Sunnyvale, CA 94087

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. Close of check-in for remaining 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 in the event.

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

AWARDS: Individual events will be awarded in the A, B, and C Divisions. Ribbons for 1st– 8th place are given within each division to the following age groups: 6/un, 7-8, 9-10 and 11-12. Athletes 13 years of age and older will not receive ribbons. "A" medals will be awarded to Athletes achieving NEW Motivational Time Standard "A" times in each event, regardless of place achieved in the event. All awards must be picked up at the meet by club coach or representative. Awards will not be mailed.

ADMISSION: Free. A two-day program file (PDF) will be emailed to all club coaches prior to the meet.

SNACK BAR & HOSPITALITY: A limited snack bar will be available throughout the competition. Coaches and working Officials will be provided a light breakfast and lunch. Hospitality will serve refreshments to timers and volunteers.

MISCELLANEOUS:

- No overnight parking is allowed. Facilities will not be provided after meet hours.
- Disobeying parking signs may result in a citation and a fine.
- All participating clubs are expected to provide lane timers based on the number of athletes registered to swim each day and session. Coaches/clubs will be notified of club timing lane assignments the Monday prior to the meet.

MINIMUM OFFICIALS: Clubs must follow Z1 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 and up (1 for every 25 swimmers)

EVENT SUMMARY

SUNDAY, April 23, 2023				
8 & UN	9-10	11-12	13-14	15 & UP
50 FR	50 FR	50 FR	50 FR	50 FR
50 FLY	50 FLY	100 FL	100 FL	100 FL
50 BACK	50 BACK	100 BK	200 BK	200 BK
50 BREAST	50 BREAST	100 BREAST	100 BREAST	100 BREAST
	200 IM	200 IM	200 IM	200 IM

ORDER OF EVENTS

SUNDAY, April 23, 2023		
GIRLS EVENT #	EVENT	BOYS EVENT #
SESSION A		
1	13-14 200 IM	2
3	15 & UP 200 IM	4
5	13-14 50 FREE	6
7	15 & UP 50 FREE	8
9	13-14 200 BACK	10
11	15 & UP 200 BACK	12
13	13-14 100 FLY	14
15	15 & UP 100 FLY	16
17	13-14 100 BREAST	18
19	15 & UP 100 BREAST	20
SESSION B		
21	9-10 200 IM	22
23	11-12 200 IM	24
25	8 & UN 50 FREE	26
27	9-10 50 FREE	28
29	11-12 50 FREE	30
31	8 & UN 50 FLY	32
33	9-10 50 FLY	34
35	11-12 100 FLY	36
37	8 & UN 50 BREAST	38
39	9-10 50 BREAST	40
41	11-12 100 BREAST	42
43	8 & UN 50 BACK	44
45	9-10 50 BACK	46
47	11-12 100 BACK	48

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

Pacific Swimming – Hosted by SUNN
Spring Forward Long COURSE Invitational
April 23, 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			
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# of entries _____ x \$4.50 = \$ _____ Participation Fee \$ 14.00 Total \$ _____														
Coach														
Athlete's Address														
Home Phone								Cell Phone						
Email														