

SUNNYVALE SWIM CLUB
SILICON VALLEY LONG COURSE AGE GROUP MEET
PACIFIC SWIMMING LONG COURSE CBA+ MEET
JUNE 24-25, 2023



Z1N Priority Clubs: BAC, BCP, BGC, DACA, DCD, FOG, HDAC, MAV, MLKB, OSC, PPSC, PSL, SUNN, SSF, YEMB

Enter Online: <https://www.fastswims.com/>

SANCTION: Held under USA/Pacific Swimming Sanction No. **23-074**

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 will be posted in real time 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:	Paul Reidl
Meet Marshal:	Yannick Gullierm	Admin Official:	Carol Waln
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 Highway 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 in the front of Fremont High School is for meet officials and swim coaches ONLY. **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: Saturday and Sunday are split into "AM" and "PM" sessions

AM Session: All 13 & Over Athletes and 11-12 Girls. Warm-ups from 7:00-8:15 AM. Meet begins at 8:30 AM

PM Session: All 10 & Under Athletes and 11-12 Boys. The afternoon session will begin one hour after the AM Session finishes but not before 12:00 PM. Warm-up begins immediately after the AM Session 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 meters and longer events will not be accepted.** A coach verified time will be accepted.
 - **All athletes ages 12 and under shall complete competition in accordance with the four-hour rule.** According to the four-hour rule, the duration, measured from the first session event until the completion of the last session event having athletes 12 or under, must not exceed four hours. In any session where the last event is an age group event having 12 or younger athletes, the total session duration shall not exceed four hours.
 - Entries will be accepted until the number of splashes reaches 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.**
 - First Aid and an AED are available on-site.

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.
 - NO animals are permitted with the exception of certified service animals, and they must check in with the meet director.
 - **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 for events SHORTER THAN 200 METERS.**
- 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.
- **Athletes from Zone 1N priority clubs (listed at the top of the meet sheet) are eligible to register. Athletes from Zone 1N clubs NOT from the priority club list are NOT eligible and should enter ALTO's meet scheduled for June 24-25, 2023.**
- Athletes from clubs outside of Pacific Swimming Zone 1N are eligible to register after the priority deadline of June 8, and if the estimated timeline still permits.

ENTRY PRIORITY: Priority entry will be given to the following Zone 1N clubs: **BAC, BCP, BGC, DACA, DCD, FOG, HDAC, MAV, MLKB, OSC, PPSC, PSL, SUNN, SSF, YEMB.** Those entering online must do so by **11:59 PM, Wednesday, June 7, 2023** to receive priority acceptance to the meet. Athletes from the Zone 1N priority clubs submitting surface mail entries must be postmarked by Monday, June 5, 2023 to receive priority acceptance into the meet. **Zone 1N Athletes from clubs other than the priority club list will NOT be allowed to enter this meet.** After June 7, and if the estimated timeline still permits, the meet will be open to Athletes outside of the Zone 1N priority clubs.

ENTRY FEES: Individual: \$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: You may enter this meet online at [FastSwims](http://ome.fastswims.com) or by U.S. mail. To enter online go to <http://ome.fastswims.com> to receive an immediate entry confirmation. This method requires creation of a free account and payment by credit card. [FastSwims](http://ome.fastswims.com) 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, June 14, 2023 at 11:59 PM or until the session reaches the four-hour-rule limit. LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.**

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely, accurately, and printed clearly with the athlete's best recorded, verifiable times. Entries must be postmarked by midnight, Monday, June 12, 2023, or hand delivered by 6:30 PM Wednesday, June 14, 2023. **NO ENTRIES WITH REGISTRATION ERRORS WILL BE ACCEPTED. NO LATE ENTRIES WILL BE ACCEPTED.** Requests for confirmation of receipt of entries should include a self-addressed envelope or should be made via an email to meet.director@sunn.org.

Make check payable to: Sunnyvale Swim Club

Mail/Hand Delivered entries to: Silicon Valley LCM
c/o Sachin Kajarekar
861 Helena Drive
Sunnyvale, CA 94086.

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

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: Ribbons for 1st – 8th place will be given to the age groups: 8/un, and 9-10. No awards will be given for 11 & over Athletes. A-time medals will be given to Athletes achieving a new A-time standard per the 2021-24 USA Swimming Motivational Time Standards (<http://www.pacswim.org/swim-meet-times/standards>), regardless of the place achieved in the event. All awards must be picked up at the end of the meet by a coach or club representative. Awards will not be mailed.

****IMPORTANT****

Awards MUST be picked up on the day of the meet by a club representative.
Awards will NOT be mailed unless a pre-paid envelope is provided.

ADMISSION: Free.

PROGRAM: PDF copies of the program will be made available to the coaches and on www.SUNN.org.

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

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

SATURDAY, JUNE 24, 2023				SUNDAY, JUNE 25, 2023			
8 & UN	9-10	11-12	13 & O	8 & UN	9-10	11-12	13 & O
100 FR	100 FR	100 FR	200 FR	50 FR	50 FR	200 IM	100 FR
100 BR	100 BR	200 BR	200 BR	100 BK	100 BK	50 BK	200 BK
50 BK	50 BK	200 BK	100 BK	100 FL	100 FL	200 FL	200 FL
50 FL	50 FL	100 FL	100 FL	50 BR	50 BR	100 BR	100 BR
	400 FR	50 BR	50 FR		200 FR	50 FR	200 IM
		200 FR	400 IM		200 IM	100 BK	400 FR
		50 FL				400 FR	
		400 IM					

EVENTS

SATURDAY, JUNE 24, 2023		
GIRLS #	EVENT	BOYS #
AM SESSION - 11/12 Girls & 13 Over		
1	13 & O 200 Free**	2
3	11-12 100 Free	
5	13 & O 200 Breast**	6
7	11-12 200 Breast**	
9	13 & O 100 Back	10
11	11-12 200 Back**	
13	11-12 100 Fly	
15	13 & O 100 Fly	16
17	11-12 50 Breast	
19	11-12 200 Free**	
21	13 & O 50 Free	22
23	11-12 50 Fly	
25	13 & O 400 IM*	26
27	11-12 400 IM*	

SUNDAY, JUNE 25, 2023		
GIRLS #	EVENT	BOYS #
AM SESSION - 11/12 Girls & 13 Over		
63	11-12 200 IM**	
65	13 & O 100 Free	66
67	11-12 50 Back	
69	13 & O 200 Back**	70
71	11-12 200 Fly**	
73	13 & O 200 Fly**	74
75	11-12 100 Breast	
77	13 & O 100 Breast	78
79	11-12 50 Free	
81	13 & O 200 IM**	82
83	11-12 100 Back	
85	13 & O 400 Free*	86
87	11-12 400 Free*	

PM SESSION - 11/12 Boys & 10 Under		
	11-12 100 Free	30
31	9-10 100 Free	32
33	8 & UN 100 Free	34
	11-12 200 Breast**	36
37	9-10 100 Breast	38
39	8 & UN 100 Breast	40
	11-12 200 Back**	42
43	9-10 50 Back	44
45	8 & UN 50 Back	46
	11-12 100 Fly	48
49	9-10 50 Fly	50
51	8 & UN 50 Fly	52
	11-12 200 Free**	54
	11-12 50 Breast	56
57	9-10 400 Free*	58
	11-12 50 Fly	60
	11-12 400 IM*	62

PM SESSION - 11/12 Boys & 10 Under		
	11-12 200 IM**	90
91	9-10 50 Free	92
93	8 & UN 50 Free	94
95	9-10 200 Free**	96
	11-12 50 Back	98
99	9-10 100 Back	100
101	8 & UN 100 Back	102
	11-12 200 Fly**	104
105	9-10 100 Fly	106
107	8 & UN 100 Fly	108
	11-12 100 Breast	110
	11-12 50 Free	112
113	9-10 50 Breast	114
115	8 & UN 50 Breast	116
	11- 12 100 Back	118
119	9-10 200 IM**	120
	11-12 400 Free*	122

* All 400 Free and 400 IM Athletes must enter a seed time (coach verified time is okay) for proper seeding purposes.

** The 200 Free, 200 IM, 200 Back, 200 Fly, and 200 Breast require a submitted entry time (coach verified time is okay) for proper seeding purposes.

Silicon Valley LCM Hosted by SUNN June 24-25, 2023 Consolidated Entry Form														
Name: Last					First					Middle				
Club Abbr.			UNATT TEAM ABBR				Club Name							
Age			Date of Birth				Sex M F		LSC – (PC)					
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			
							: .				SCY / LCM			
<div style="text-align: right;"> # of entries _____ x \$4.50 = \$ _____ Participation Fee \$ 14.00 TOTAL \$ _____ </div>														
Coach's Name:														
Coach's Email/Phone:														
Swimmer's Address:														
Home Phone								Cell Phone						
Email														