

SUNNYVALE SWIM CLUB
PACIFIC SWIMMING SILICON VALLEY LONG COURSE AGE GROUP MEET
June 25-26, 2022



Z1N Priority Clubs: ALTO, BAC, BCP, BGC, 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. **22-081**

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: Brett Shaug	Head Starter: Brian Floyd
Meet Marshal: Sachin Kajarekar	Admin Official: Danielle Mina
Meet Director: Doug Farnham (meet.director@sunn.org); Sachin Kajarekar (meet director in training)	

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 1:00 PM. Warm-up begins immediately after 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 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.
- All events are timed finals.
- All events will swim fast to slow.
- Athletes may register for as many individual events as they want but will be required to scratch down to a **maximum of THREE (3) events per day of the meet.**
- 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.**

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 period.
- 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.
- Swim meet patrons must observe and adhere to all posted signs and comply with facility staff requests.
- 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, 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.
- **Entries with "NO TIME" will be ACCEPTED, with the exception of the 400 free and 400 IM where times are needed for proper seeding.**
- 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.
- 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 DACA's meet scheduled for June 18-19, 2022.**
- 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 FEES: Individual: \$4.50 per event plus an \$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.

ENTRY PRIORITY: Priority entry will be given to the following Zone 1N clubs: **ALTO, BAC, BCP, BGC, DCD, FOG, HDAC, MAV, MLKB, OSC, PPSC, PSL, SUNN, SSF, YEMB.** Those entering online must do so by **11:59 PM, Wednesday, June 8, 2022** to receive priority acceptance to the meet. Swimmers from the Zone 1N priority clubs submitting surface mail entries must be postmarked by Monday, June 6, 2022 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 8, and if the estimated timeline still permits, the meet will be open to swimmers outside of the Zone 1N priority clubs.

ONLINE ENTRIES: You may enter this meet online at [FastSwims](https://fastswims.com/) 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](https://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 15, 2022 at 11:59 PM. 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 and printed clearly with the athlete's best times. Entries must be postmarked by midnight, Monday, June 13, 2022, or hand delivered by 6:30 PM Wednesday, June 15, 2022. **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/Hand Delivered entries to:	Silicon Valley LCM c/o Doug Farnham 779 Mahogany Ln Sunnyvale, CA 94086-8638

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/entered shall not be penalized.

AWARDS: Ribbons for 1st – 8th place will be given to the age groups: 8/un, 9-10, 11-12. No awards will be given for 13 & 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 team representative.
Awards will NOT be mailed unless a pre-paid envelope is provided.**

ADMISSION: Free.

PROGRAM: PDF 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 25, 2022				SUNDAY, JUNE 26, 2022			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
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 25, 2022		
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*	

PM SESSION - 11/12 Boys & 10 Under		
	11-12 100 Free	30
31	10 & U 100 Free	32
	11-12 200 Breast	34
35	10 & U 100 Breast	36
	11-12 200 Back	38
39	10 & U 50 Back	40
	11-12 100 Fly	42
43	10 & U 50 Fly	44
	11-12 200 Free	46
	11-12 50 Breast	48
49	9-10 400 Free*	50
	11-12 50 Fly	52
	11-12 400 IM*	54

SUNDAY, JUNE 26, 2022		
GIRLS #	EVENT	BOYS #
AM SESSION - 11/12 Girls & 13 Over		
55	11-12 200 IM	
57	13 & O 100 Free	58
59	11-12 50 Back	
61	13 & O 200 Back	62
63	11-12 200 Fly	
65	13 & O 200 Fly	66
67	11-12 100 Breast	
69	13 & O 100 Breast	70
71	11-12 50 Free	
73	13 & O 200 IM	74
75	11-12 100 Back	
77	13 & O 400 Free*	78
79	11-12 400 Free*	

PM SESSION - 11/12 Boys & 10 Under		
	11-12 200 IM	82
83	10 & U 50 Free	84
85	9-10 200 Free	86
	11-12 50 Back	88
89	10 & U 100 Back	90
	11-12 200 Fly	92
93	10 & U 100 Fly	94
	11-12 100 Breast	96
	11-12 50 Free	98
99	10 & U 50 Breast	100
	11- 12 100 Back	102
103	9-10 200 IM	104
	11-12 400 Free*	106

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

Silicon Valley LCM Hosted by SUNN June 25-26, 2022 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			
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						: .				SCY / LCM			
<div style="text-align: right; padding-right: 50px;"> # 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													