SUNN BLUE & GOLD MEET
PACIFIC SWIMMING SHORT COURSE INTRASQUAD MEET
SEPTEMBER 28, 2024
Enter Online: http://www.ome.fastswims.com

SUNN Swimming Members Only

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-127**
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.

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:*** **Fred Chin**
Meet Marshal: **Yannick Guillerm** — ***Admin Official:*** **Sylvain Flamant**
Meet Director: **Andrey Stepantsov** (meet.director@sunn.org)

LOCATION: Sunnyvale Swim Complex, 1283 Sunnyvale-Saratoga Rd, Sunnyvale, CA 94087

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: Outdoor 25 yard pool with up to 10 lanes available for competition. An additional 10 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 7'0" at the start end and 7'0" at the turn end. The Meet Host shall ensure the required course dimensions.
TIME: Meet will begin at 11:00 AM on Saturday with warm-ups from 10:00 AM – 10:50 PM. Between 9:30 AM and 9:55 AM the teams will be given time for team cheers and relay team organization.

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.
• The 48 & Under Relay will be mixed gender and the combined ages of the 4 athletes must add up to be equal or less than 48 years or younger.
• Athletes may compete in a **MAXIMUM** of **2 events**.
• All Athletes ages 12 and under should complete competition within four (4) hours.
• Timers must meet USA and Pacific Swimming minimum age requirements.
• Online entries will be accepted so as to assure the final estimated timeline does not exceed four hours, and/or until the number of entries reaches the maximum facility capacity as determined by facility and local health restrictions.
• The online estimated timeline will be calculated using the following limits: scratch rate of zero percent (0%); heat interval of thirty-five seconds (35 sec); backstroke extra interval of fifteen seconds (15 sec); ten (10) competition lanes.
• The maximum session time limit is four hours (4 hours).
• Upon closing entries, the host team and/or Meet Director will promptly review the final estimated timeline (e.g., a HyTeK estimated timeline) with the Meet Referee to confirm the session is in accordance with the maximum session time limit and with any entries NT rules. The final estimated timeline will include any session breaks (e.g., "marching of the timers") and will be calculated using the above limits for scratch rate, heat interval, backstroke extra interval, and number of competition lanes.
• The final estimated timeline must be reviewed and approved by the Meet Referee and Meet Director prior to the start of the session.
• If during review of the final estimated timeline, the Meet Referee or Meet Director determines that the session is oversubscribed, then there will be an automatic scratch down to bring the session in compliance with the maximum session time limit (4 hours). Cash refunds will be provided in accordance with zone policy.
• 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.
• To be present on deck, coaches must sign in and provide proof of current good standing USA Swimming membership.
• **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
• **Officials may optionally wear a *Hawaiian* shirt instead of the traditional white polo shirt.**
• **First Aid and AED 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.
• No pets and/or animals are allowed with the exception of certified service animals in accordance with ADA guidelines. The Meet Director or Meet Referee may ask any person handling a service animal to leave the premises if the service animal is barking, mis-behaving, soiling, or otherwise causing a disturbance.
• 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.

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.

• Meet is open only to qualified athletes registered with **SUNN Swimming**. Athletes who are unattached but participating with **SUNN Swimming** are eligible to compete.

• Entries with **"NO TIME" will be accepted.**

• 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 FEES: $15.00 entry 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 service 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 service fee is a separate fee from the Entry Fees. If you do not wish to pay the service 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 **Sunday, September 22, 2024** (pending the meet does not fill up sooner, 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 **Friday, September 20, 2024** or hand delivered by 6:30 PM **on Sunday, September 22, 2024.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: **SUNN Swimming**

Mail or Hand Deliver entries to: **Blue & Gold Meet**
c/o Andrey Stepantsov
125 Connemara Way, Apt 125
Sunnyvale, CA 94087

TEAM ENTRIES: A sd3 entry file must be submitted by **Sunday, September 22, 2024 to Andrey Stepantsov; meet.director@sunn.org.** Request a confirmation of receipt to ensure delivery of the email and file. Send meet entry file to the meet director.

TEAMUNIFY ENTRIES: Any entries submitted via TeamUnify must first be both committed and approved by **Sunday, September 22, 2024** Entries that are not committed and approved in TeamUnify are incomplete and shall not be accepted after a session closes.

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 for an event will not be seeded in that event.

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

AWARDS: None.

ADMISSION: Free.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

EVENT SUMMARY

SATURDAY				
8 & UN	**9-10**	**11-12**	**13-14**	**15-18**
48 & UNDER MIXED 200 FREE RELAY				
100 IM	100 IM	100 IM	200 IM	200 IM
25 FR	50 FR	50 FREE	50 FR	50 FR
25 BR	50 BR	50 BR	100 BR	100 BR
25 BK	50 BK	50 BK	100 BK	100 BA
25 FL	50 FL	50 FL	100 FL	100 FL

ORDER OF EVENTS

SATURDAY, SEPT 28		
GIRLS #	**EVENT**	**BOYS #**
1	48 & UN MIXED 200 FREE RELAY	--
3	15-18 200 IM	4
5	13-14 200 IM	6
7	11-12 100 IM	8
9	9-10 100 IM	10
11	8 & UN 100 IM	12
13	15-18 50 FREE	14
15	13-14 50 FREE	16
17	11-12 50 FREE	18
19	9-10 50 FREE	20
21	8 & UN 25 FREE	22
23	15-18 100 BREAST	24
25	13-14 100 BREAST	26
27	11-12 50 BREAST	28
29	9-10 50 BREAST	30
31	8 & UN 25 BREAST	32
33	15-18 100 BACK	34
35	13-14 100 BACK	36
37	11-12 50 BACK	38
39	9-10 50 BACK	40
41	8 & UN 25 BACK	42
43	15-18 100 FLY	44
45	13-14 100 FLY	46
47	11-12 50 FLY	48
49	9-10 50 FLY	50
51	8 & UN 25 FLY	52

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

Pacific Swimming – Hosted by SUNN
SHORT COURSE INTRASQUAD MEET
SATURDAY, SEPTEMBER 28, 2024
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

FLAT FEE $15.00

Total $_____

Coach

Athlete's
Address

Home Phone	Cell Phone

Email