

THUNDER COAST AQUATICS  
PACIFIC SWIMMING LONG COURSE INVITATIONAL B+ 11-OVER MEET  
SUNDAY, JUNE 23<sup>rd</sup>, 2024  
Enter Online: <http://ome.fastswims.com>



Invited Clubs – TCA, SRN, WCAB, PASA, AAA, DART, DACA, TRIV

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **24-084**

*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 Meet Mobile.**

**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:**

<b>Meet Referee:</b> Leo Lin	<b>Head Starter:</b> Tom Cross
<b>Meet Marshal:</b> Michael Stompe	<b>Admin Official:</b> Marie Lin
<b>Meet Director:</b> Sarah Paoli - <a href="mailto:tcameetdirector@gmail.com">tcameetdirector@gmail.com</a>	

**LOCATION:** College of Marin, Indian Valley Campus, Miwok Aquatic & Fitness Center. 1800 Ignacio BLVD, Novato, CA 94949

**DIRECTIONS:** Highway 101 North-take Ignacio exit, continue west and enter the College of Marin campus entrance. Highway 101 South-take Ignacio exit, continue west and enter the College of Marin campus entrance.

**COURSE:** 50 METER pool with up to 8 lanes available for competition. An additional 6 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 7'6" at the start end and 7'6" at the turn end. The Meet Host shall ensure the required course dimensions.

**TIME:** Session #1 Meet will begin at 8:30 AM Sunday with warm-ups from 07:00 a.m. to 08:15 AM. Session #2 will start no sooner than 1 p.m.

**RULES:**

- All athletes should have achieved a minimum USA-S "B" standard for their age group/gender to enter this meet.
- 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.
- There is absolutely no photography behind the starting blocks.
- All events are timed finals.
- All events will swim fast to slow.
- Athletes may compete in maximum of **3** events per session and a maximum of 6 events for the entire meet.
- 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 Athletes age and gender, or when the number of entered athlete meets maximum facility capacity as determined by facility and local health restrictions.
- 800 Free events may be combined by gender at the discretion of the Meet Director and Meet Referee.
- 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. Officials Meetings will be 45 minutes prior to the commencement of each session.
- Lifeguards & AED on site and available to participants

**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.
- The locker rooms in the main building are restricted to athletes only. Separate restrooms for adults and spectators are located near the diving well.
- 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.
- **Parking permits are required and will be enforced. Parking lot #5 is free. All parking is free on Sunday**

**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 11 & Over athletes registered with **TCA, SRN, PASA, WCAB, DART, AAA, DACA, TRIV..** Athletes who are unattached but participating with **TCA, SRN, WCAB PASA, DART, AAA, DACA, TRIV** are eligible to compete.
- Entries with **"NO TIME"** will be not be **ACCEPTED. Coach times will be acceptable.**

- 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
  - The Athlete's age will be the age of the Athlete on the first day of the meet.
- Athletes 18 and over must have taken and passed the USA-S Athlete Protection Training (APT) in order to compete.

**ENTRY FEES:** \$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.

**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 **Wednesday, June 12th**

**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 **Monday, June 10<sup>th</sup>** or hand delivered by 6 PM **Monday, June 10<sup>th</sup>**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: TCA**

**Mail entries to: Tom Evers**

**4 Harris Hill Drive,  
Novato, CA 94947**

**Hand deliver entries to: Tom Evers**

**Miwok Aquatic Center 1800 Ignacio BLVD  
Novato, CA 94949**

**TEAM UNIFY ENTRIES:** Any entries submitted via TeamUnify must first be both committed and approved by **Monday, June 10<sup>th</sup>**. Entries that are not committed and approved in TeamUnify are incomplete and shall not be accepted after a session closes.

**CHECK-IN:** The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each 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. There will be no call for missing Athletes.

**AWARDS:** None.

**ADMISSION:** Free.

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

**MINIMUM OFFICIALS:** At least seven days prior to the start of the meet, meet management (Meet Director) shall contact a representative from each club participating in the meet, and provide a preliminary inventory of the officials that club is required to provide for each session. Each club shall, by the start of the meet, provide to the Meet Director or designee a list of Officials who have agreed to represent that club during each session of the meet.

At the meet, meet management shall conduct an inventory of officials, and shall compare the number of athletes entered in each session by each club with the number of officials present representing each club. If meet management certifies that a club has not provided sufficient officials for any session of the meet in accordance with the table below, excluding finals in a prelims and finals meet, the club shall be fined \$100 per missing official per session of the meet.

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

**NOTE:** Zone 3 shall include assigned and working Colorado, Intermediary/ Chief Timing Judge, and Computer operator in the count

of officials for a session although these positions are not carded. Zone 3 shall accept Carded Apprentices in the count of officials.. Clubs may use officials “borrowed” from other clubs, or unattached officials at the meet who agree, to fulfill their obligation under the rule.

## EVENTS

Sunday, June 23 <sup>rd</sup> Morning Session		
EVENT #	EVENT	EVENT #
1	200 Fly	2
3	100 Free	4
5	50 Fly	6
7	200 Back	8
9	100 Breast	10
11	50 Back	12
13	200 IM	14
15	200 Breast	16
17	100 Back	18
19	50 Breast	20
21	200 Free	22
23	100 Fly	24
25	50 Free	26
27	400 IM	28
29	400 Free	30

Sunday, June 23 <sup>rd</sup> Afternoon Session		
EVENT #	EVENT	EVENT #
31	200 Free	32
33	100 Fly	34
35	50 Free	36
37	200 Back	38
39	100 Breast	40
41	50 Back	42
43	200 IM	44
45	200 Fly	46
47	100 Free	48
49	50 Fly	50
51	200 Breast	52
53	100 Back	54
55	50 Breast	56
57	800 Free	58

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

Pacific Swimming – Hosted by TCA Long Course Invitational Sunday, June 23rd 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			
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<div style="display: flex; justify-content: space-between;"> <span># of entries _____ x \$4.50 = \$ _____</span> </div> <div style="display: flex; justify-content: space-between;"> <span>Participation Fee</span> <span>\$ 14.00</span> </div> <div style="display: flex; justify-content: space-between;"> <span>Total</span> <span>\$ _____</span> </div>															
Coach															
Athlete's Address															
Home Phone								Cell Phone							
Email															