

**PACIFIC SWIMMING LONG COURSE SENIOR 2 PRELIMINARIES & FINALS MEET**  
**HOSTED BY Thunder Coast Aquatics (TCA)**  
**July 15-17, 2022**  
Enter Online @ <http://www.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **22-083B**

*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 shall be posted in real time on the Internet.

**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.

**OFFICIALS:**  
**Meet Referee:** Leo Lin  
**Meet Marshal:** Jim Larson  
**Meet Director:** Tom Evers – [tevers4@me.com](mailto:tevers4@me.com)  
**Head Starter:** Mark Ryan  
**Admin Official:** Marie Lin - [Marieklin@gmail.com](mailto:Marieklin@gmail.com) 925-699-9338

**LOCATION:** Miwok Aquatic Complex College of Marin Indian Valley Campus 1800 Ignacio Blvd Novato 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. Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed. No overnight/RV parking allowed.

**COURSE:** OUTDOOR 50 METER pool with up to 8 lanes available for competition. An additional 6 lanes shall 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' 0" at the turn end. In accordance with Article 104.2.2C(4) the competition course has [been, has not] certified. A copy of the certification is on file with USA Swimming.

**TIME:** Meet shall begin at **9:00 AM** Saturday and Sunday with warm-ups from **7:30 to 8:45 AM** each day. Friday the meet will begin at 4:30 p.m. with warm-ups from 3-4:15 p.m. Finals will begin no sooner than 4:00 p.m. on Saturday and Sunday

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall 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 shall swim fast to slow, with the fastest three heats in preliminaries circle seeded.
- Athletes may compete in a maximum of three (3) events per day.
- All events shall be Preliminaries/Finals except for 800 Free, 400 IM and 1500 Free
- If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds shall be made for any mandatory scratches.
- All Coaches and Officials shall wear their USA Swimming membership cards in a visible manner.
- There will be 3 heats of Final, swum in the order of Bonus, Consolation, and Championship Finals.
- Bonus events shall meet the minimum Senior Open Time Standard

**UNACCOMPANIED ATHLETES:** Any USA Swimming Athlete-Member competing at the meet shall 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 shall be certified by a USA Swimming Member-Coach as being proficient in performing a racing start or shall 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.
- Only Athletes, Coaches, Officials, and Volunteers shall be allowed on the pool deck.
- 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 use of the diving pool, springboards or platforms.

**ELIGIBILITY:**

- Athletes shall be current members of USA Swimming and shall enter their name and registration number on their entries exactly as they are shown in their USA Swimming Registration. If this is not done, it may be difficult to match the Athlete with the registration and times database. The meet host shall 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 shall be added to the regular registration fee). Duplicate registrations shall be refunded by mail.
- Athletes under the age of 12 years are not eligible to compete.
- Athletes shall meet the Senior 2 time standards as outlined by Pacific Swimming time verification procedures. No refunds shall be given if a time cannot be proven.
- Athletes may enter up to two (2) bonus events. Athletes shall meet the minimum Senior Open time standard for bonus events.
- 12-year-old Athletes may not enter bonus events.
- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- No time conversions shall be accepted.
- Entries with “NO TIME” shall be rejected.
- The Athlete’s age shall be the age of the Athlete on the first day of the meet.

**SEEDING:** Event seeding shall be in the following order: conforming long course meters, non-conforming short course meters, and non-conforming short course yards - USA Swimming rules 207.11.7B. **See Rules for distance events seeding.**

**SCRATCH RULE PRELIMINARIES:** Positive Check in for Fridays Events: Athlete can e-mail or text to Admin Referee Marie Lin ([Marieklin@gmail.com](mailto:Marieklin@gmail.com), 925-699-9338) for positive check in for 800 Free and 400 IM. Positive check in for Friday's events will close at 3:30 pm July 15, 2022.

Closing for the Saturday preliminary session will be Friday, **July 15th** at 5:30 pm. Coaches must e-mail their scratches to the Admin Referee, Marie Lin ([Marieklin@gmail.com](mailto:Marieklin@gmail.com), 925-699-9338). Closing for the Sunday preliminary session will be on Saturday, **July 16th** 30 minutes after the start of Saturday's FINALS. The scratch box will be located at the Scratch Desk at the start of the meet on Saturday until the scratch deadline. The penalty for failure to compete in an individual preliminary heat in which such Athlete is entered and has not been scratched will be:

- Barred from the rest of his/her events that day.
- If the Athlete qualifies for a final before missing an event, they may swim that final.
- The Athlete shall not be seeded in any further individual events on succeeding days unless that Athlete declares an intent to swim prior to the close of the scratch box for that day's events.

NOTE: Heat sheets for the next day will be posted at <http://thundercoastaquatics.com>

**SCRATCH RULE FINALS:** Any Athlete qualifying for any level of finals in an individual event who does not wish to compete shall scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the Referee that they may not intend to compete in Bonus, Consolation or Championship Finals. In this case they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual Preliminary Event. In a Preliminaries & Finals meet any Athlete qualifying for a Bonus Final, Consolation Final or Championship Final race in an individual event who fails to show up in said Bonus Final, Consolation Final or Championship Final race prior to calling the alternate shall be barred from further competition for the remainder of the Meet. If the No-Show occurs on the last day that the Athlete is entered in an individual final event in the meet, and no other individual event penalty is applicable, the Athlete shall then be fined \$100.00. The fine shall be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.

**ENTRY FEES:** \$8.50 per individual event plus a \$14.00 per Athlete participation fee. Entries shall be rejected if payment is not sent at time of request. No refunds shall be made, except mandatory scratch downs.

**ONLINE ENTRIES:** To enter online go to [www.fastswims.com](http://www.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 Wednesday at 11:59 p.m., **July 6th**.

**MAILED OR HAND DELIVERED ENTRIES:** Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with Athlete's best time. Entries shall be entered using the current Pacific Swimming procedure: and postmarked by midnight, Tuesday, **July 5th** or hand delivered by 6:30 p.m. Wednesday, **July 6th**. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Thunder Coast Aquatics**

**Mail entries to: Tom Evers**  
4 Harris Hill Drive  
Novato, CA, 94947

**Hand deliver entries to: Tom Evers**  
4 Harris Hill Drive  
Novato, CA, 94947

**AWARDS:** None.

**ADMISSION:** Free.

**HOSPITALITY:** Hospitality available for Coaches, Officials, Timers, and Volunteers. Lunches will be provided for Coaches and working Officials. There **WILL** be a snack bar.

## ORDER OF EVENTS

Friday, July 15 <sup>th</sup>		
EVENT #	EVENT	EVENT #
1	800 FREE	2
3	400 IM	4

Saturday, July 16 <sup>th</sup>		
EVENT #	EVENT	EVENT #
5	200 FREE	6
7	100 BACK	8
9	100 BREAST	10
11	200 FLY	12
13	100 FREE	14
15	200 I.M.	16
17	1500 FREE	

Sunday, July 17 <sup>th</sup>		
EVENT #	EVENT	EVENT #
19	400 FREE	20
21	100 FLY	22
23	50 FREE	24
25	200 BREAST	26
27	200 BACK	28
	1500 FREE	30

Athletes entered in the **800** Free, **400** IM and **1500** Free shall provide their own timers and lap counters.

There shall be a 10 minute break before the start of these events # 17 & # 30

Time standards may be found at: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by Thunder Coast Aquatics SENIOR 2 PRELIMINARIES & FINALS July 15-17 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 / SCM				
							: .				SCY / LCM / SCM				
							: .				SCY / LCM / SCM				
							: .				SCY / LCM / SCM				
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							: .				SCY / LCM / SCM				
# of entries _____ x \$8.50 = \$ _____ Participation Fee                      \$14.00 Total                                        \$ _____															
Coach															
Athlete's Address															
Home Phone								Cell Phone							
Email															