

THE OLYMPIC CLUB DISTANCE MEET
PACIFIC SWIMMING SCM DISTANCE MEET
JANUARY 28, 2024
Enter Online: <http://ome.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **24-004**

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: DEBBI TUCKER
Meet Marshal: EVA BOSETTI
Meet Director: TYLER LONG (tlong@olyclub.com)
Head Starter: ANDY DOWNS
Admin Official: RON STO. DOMINGO

LOCATION: SUTTER POOL, THE OLYMPIC CLUB, 524 POST ST. SAN FRANCISCO, CA 94102

DIRECTIONS: From I-80 West: Travel West on I-80 across the Bay Bridge. Use the left 2 lanes to take exit 2A for Fifth St. Use the right 2 lanes to turn right onto Fifth St. Continue onto Cyril Magnin St. Turn left onto Ellis St. Turn right at the 2nd cross street onto Taylor St. Turn right onto Post St. From 101 North: Travel South on 101 across the Golden Gate Bridge. Continue onto Lombard St. Turn right onto Scott St. Then turn left onto Bush St. Turn right onto Jones. Turn left onto Post St. From the South: Use the 2nd from the left lane to keep left at the fork, continue on US-101 N/Central Fwy and follow signs for N Golden Gate Bridge/Ninth St/Civic Center. Take exit 433C toward Ninth St/Civic Center. Continue onto Ninth St then keep right to continue on Larkin St. Then turn right onto Post St.

COURSE: INDOOR 25 METER pool with up to 8 lanes available for competition. An additional 5 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 **9:30 AM** each day with warm-ups from **8:00 AM to 9:15 AM** each day. Please plan on arriving no more than 2.5 hours before your estimated swim.

- 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 1 event per day.
 - 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.
 - 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.
 - Events may be combined at the discretion of the Meet Referee.
 - Athletes shall provide their own lap counters.
 - **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
 - Lifeguards will be working on-site for the duration of the competition. First aid and an AED are available.

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.

- 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 REJECTED.**

- 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.
- Disabled Athletes 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.

ENTRY FEES: \$4.50 per event plus a \$10.00 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.

FASTSWIMS: 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 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, **JANUARY 17, 2024**.

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 midnight, Monday **JANUARY 15, 2024** or hand delivered by 6:30 p.m. Wednesday, **JANUARY 17, 2024**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: THE OLYMPIC CLUB

Mail and Hand Delivered entries to: TYLER LONG, 524 POST STREET, SAN FRANCISCO, CA 94102

PRE-SEEDED: 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 checked in for/entered shall not be penalized.

AWARDS: None.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working Officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

MISCELLANEOUS: Please arrive no more than 2 hours before the time of your scheduled heat. No overnight parking is allowed. Facilities will not be provided after meet hours. There is a parking garage (valet only) on property with limited spaces for a fee of \$12-First Hour, \$6-Each additional ½ hour. There is additional street parking around the facility paid hourly. Please plan for additional time to find parking.

MINIMUM OFFICIALS: At least seven days prior to the start of the meet, meet management (Meet Director and/or Meet Referee) 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 Trainees in the count of officials for up to two sessions. Clubs may use officials “borrowed” from other clubs, or unattached officials at the meet who agree, to fulfill their obligation under the rule.

EVENT SUMMARY

SUNDAY		
10 & U	11-12	13-18
400 FR	800 FR	1500 FR
200 IM	400 IM	400 IM

EVENTS

SUNDAY, JANUARY 28				
EVENT #	Minimum Time STD	EVENT	Minimum Time STD	EVENT #
1	10:00.00	10 & Under 400 M Free	10:00.00	2
3	15:00.00	11-12 800 M Free	15:00.00	4
5	25:00.00	13-18 1500 M Free	25:00.00	6
7	5:00.00	10 & Under 200 M IM	5:00.00	8
9	8:00.00	11-12 400 M IM	7:45.00	10
11	7:00.00	13-18 400 M IM	6:30.00	12

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

Pacific Swimming – Hosted by TOC SCM Distance Meet JANUARY 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				
# of entries _____ x \$4.50 = \$ _____ Participation Fee \$ 10.00 Total \$ _____															
Coach															
Athlete's Address															
Home Phone								Cell Phone							
Email															