VALLEY SPLASH
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET
JUNE 28-30, 2024
Enter Online: http://ome.fastswims.com

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-091**
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 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: ***Meet Referee:*** **Trevor Gillis** ***Head Starter:*** ***Ray Tanaka***
Meet Marshal: ***Mark DeGuzman*** ***Admin Official:*** **Debbie Fujii**
Meet Director: **Kevin Parizi ,** swimvalleysplash@gmail.com

LOCATION: Valley Christian High School, 100 Skyway Drive, San Jose, CA 95111

DIRECTIONS: From 101 South: Take 101 South to the Capitol Expressway/Yerba Buena Road exit. Turn right onto East Capitol Expressway heading west. Take the Monterey Road ramp. Turn left onto Monterey Road. Turn left onto Skyway Drive. Valley Christian High School is located at 100 Skyway Drive. From 280 South: Take 280 South to 87 South. Take 87 South to the Capitol Expressway Auto Mall exit. Turn left onto West Capitol Expressway. Take the Monterey Road ramp. Turn left onto Monterey Road. Turn left onto Skyway Drive. Valley Christian High School is located at 100 Skyway Drive.

COURSE: OUTDOOR 50 METER pool with up to 9 lanes available for competition. An additional 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 9’0” at the start end and 6’'6" at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Meet will begin at 5:00pm on Friday with warm-ups from 3:30 to 4:45pm. The meet will begin at 9:00am on Saturday and Sunday with warm-ups from 7:30 to 8:45am. During the last 15 minutes of warm-ups on Saturday and Sunday, one lane may be designated for 8 and under athletes only.

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 a maximum of 1 event on Friday, and 3 events per day on Saturday and Sunday, for a maximum of 7 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.
• 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.
• Athletes in the 400 Free & 400 IM – must provide their own timers / All athletes in the 1500 freestyle must provide their own timers and lap counters.
• All 1500's will swim fastest to slowest, alternating girls and boys.
• The 400 Free, 1500 Free, and 400 IM events will run as combined age groups but will be awarded by age group.
• The Meet Referee may decide to swim two athletes per lane in the 1500 freestyle events with approval at the coaches' meeting.
• All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.
• First aid will be 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 Member-Coach 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.
• Only Coaches EZ-Ups will be allowed on the pool deck.

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 accepted for all events under 400 meters. A USA Swimming Motivational "B" time, or coach-verified time, is required for the 400m Freestyle, 1500m Freestyle, and 400m Individual Medley.
- 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.
- 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 PRIORITY: Zone 1 South (Z1S) athletes have priority registration through Wednesday, June 12, 2024.

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 19, 2024, or until the timeline has been exceeded.

MAILED 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 June 17th, 2024. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Valley Splash
Mail entries to: Kevin Parizi, 100 Skyway Drive, San Jose, CA 95111

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: Awards for all events will be given according to age group and gender. Ribbons will be awarded 1st through 9th place, for 8 & under, 9-10 and 11-12 age groups only. No awards for 13 & over. Awards will be available for pickup by coaches or club representative on the last day of the meet. No awards will be mailed.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: No snack bar will be available. Athletes and spectators are encouraged to bring their own snacks, beverages, and meals as needed. Coaches and working Officials will be provided snacks and meals.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. Parking on campus is extremely limited. Please note signs and avoid parking in restricted areas or you may be ticketed. Timing lane assignments will also be required on Saturday and Sunday based on the total entries by club.

EVENT SUMMARY

FRIDAY		SATURDAY			SUNDAY		
Open	**11&Over**	**10&Under**	**11-12**	**13&Over**	**10&Under**	**11-12**	**13&Over**
400 Fr*	400 IM*	50 Bk	200 Bk	200 Bk	200 IM	200 IM	200 IM
	1500 Fr*	100 Fly	50 Bk	100 Fly	50 Br	50 Br	200 Br
		200 Fr	100 Fly	200 Fr	100 Fr	200 Br	100 Fr
		100 Br	200 Fr	100 Br	50 Fly	100 Fr	200 Fly
		50 Fr	100 Br	50 Fr	100 Bk	50 Fly	100 Bk
			50 Fr			200 Fly	
						100 Bk	

* USA Swimming Motivational “B” Time, or coach-verified time, required. Use the following URL to find the time standards: http://www.pacswim.org/swim-meet-times/standards

EVENT SUMMARY

Friday, June 28, 2024		
EVENT #	**EVENT**	**EVENT #**
1	Open 400 Free	2
3	11&Over 400 IM	4
5	11&Over 1500 Free	6

Athletes in the 400 Free must provide their own timers.
Athletes in the 400 IM must provide their own timers.
Athletes in the 1500 Free must provide their own timers and lap counter.

Saturday, June 29, 2024		
EVENT #	**EVENT**	**EVENT #**
7	13&Over 200 Back	8
9	11-12 200 Back	10
11	10&Under 50 Back	12
13	11-12 50 Back	14
15	10&Under 100 Fly	16
17	11-12 100 Fly	18
19	13&Over 100 Fly	20
21	10&Under 200 Free	22
23	11-12 200 Free	24
25	13&Over 200 Free	26
27	10&Under 100 Breast	28
29	11-12 100 Breast	30
31	13&Over 100 Breast	32
33	10&Under 50 Free	34
35	11-12 50 Free	36
37	13&Over 50 Free	38

Sunday, June 30, 2024		
EVENT #	**EVENT**	**EVENT #**
39	13&Over 200 IM	40
41	11-12 200 IM	42
43	10&Under 200 IM	44
45	11-12 50 Breast	46
47	10&Under 50 Breast	48
49	13&Over 200 Breast	50
51	11-12 200 Breast	52
53	10&Under 100 Free	54
55	11-12 100 Free	56
57	13&Over 100 Free	58
59	10&Under 50 Fly	60
61	11-12 50 Fly	62
63	13&Over 200 Fly	64
65	11-12 200 Fly	66
67	10&Under 100 Back	68
69	11-12 100 Back	70
71	13&Over 100 Back	72

All events swim fastest to slowest.

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

Pacific Swimming – Hosted by Valley Splash
LONG COURSE CBA+
June 28-30, 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 $ 14.00
Total $_____

Coach

Athlete's
Address

Home Phone	Cell Phone

Email