

**WESTSIDE AQUADUCKS
PACIFIC SWIMMING LONG COURSE DUAL MEET**

April 17-18, 2021

Enter Online: <http://ome.swimconnection.com/pc/WA20210417-18>



SANCTION: Held under USA/Pacific Swimming Sanction No. **21-053**

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: IRENE ALAMEIDA	Head Starter: PHIL GRANT
Meet Marshal: MARIE REYNOLDS	Admin Official: MIKE ABEGG
Meet Director: DEA ANN JOSLIN, SENIORCOACH@WESTSIDEAQUADUCKS.COM , (707) 236-2461	

LOCATION: PETALUMA SWIM CENTER, 900 E WASHINGTON ST, PETALUMA CA 94952

DIRECTIONS: From Vallejo: Hwy 37 West, turn right onto Lakeville Hwy 116, at Washington St, turn right. At Ellis St. turn right, then immediately left into the facility parking lot. Extra parking is available across the street at the Sonoma-Marin Fairgrounds parking lot.

COURSE: OUTDOOR 50 METER POOL with up to 6 lanes available for competition. An additional 2 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 9'9" at the start end and 3'6" at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

TIME: Session 1, Saturday and Session 3, Sunday will begin at 9:30am each day, with warm-ups beginning at 8:30am. Session 2, Saturday and Session 4, Sunday will begin no earlier than 12:30pm, with warm-ups beginning no earlier than 11:30am. A maximum of two (2) athletes shall be permitted per warm-up lane. The athletes shall start from opposite ends of the pool.

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 applicable Sonoma County, City of Petaluma and State of California Public Health requirements for protection

against Covid-19 will apply. All persons in the facility must be masked, with the exceptions of athletes during warm up, warm down, and actual competition. The meet director and meet referee may remove any individual who does not comply.

- 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 are timed finals.
- All events will swim fast to slow.
- Athletes may compete in a **maximum of 3** events 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 time line, 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.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**

ATTENTION HIGH SCHOOL ATHLETES: If you are a high school athlete in season, you need to be Unattached from this meet. It is the athlete’s responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

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.
- All participants and spectators must enter and exit using the labeled gates and must obey all of the posted signage in the facility.

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, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail.
- Meet is open only to qualified athletes registered with either **WESTSIDE AQUADUCKS** or **VALLEJO AQUATICS**. Athletes who are unattached but participating with either team are eligible to compete.
- Entries with **"NO TIME" will be accepted.**
- 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.

- 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 flat 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.swimconnection.com/pc/WA20210417-18> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per Athlete plus 5% of the total Entry Fees. 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 April 11, 2021.

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 **April 9, 2021** or hand delivered by 6:30 PM **April 11, 2021**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: AQUADUCKS INC.

**Mail entries to: Dea Ann Joslin
157 Webster Street
Petaluma, CA 94952**

**Hand deliver entries to: Dea Ann Joslin
157 Webster Street
Petaluma, CA 94952**

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 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		SUNDAY	
13 & Over	12 & Under	13 & Over	12 & Under
200 IM	200 IM	50 Fly	50 Fly
100 Fly	100 Fly	50 Breast	50 Breast
200 Free	200 Free	200 Free Relay	200 Free Relay
100 Breast	100 Breast	50 Free	50 Free
200 Back	200 Back	50 Back	50 Back
100 Free	100 Free	200 Med. Relay	200 Med. Relay
200 Fly	200 Fly		
100 Back	100 Back		
200 Breast	200 Breast		
400 Free	400 Free		

EVENTS

SATURDAY, APRIL 17		
	Session #1	
EVENT #	EVENT	EVENT #
1	13 & Over 200 IM	2
3	13 & Over 100 Fly	4
5	13 & Over 200 Free	6
7	13 & Over 100 Breast	8
9	13 & Over 200 Back	10
11	13 & Over 100 Free	12
13	13 & Over 200 Fly	14
15	13 & Over 100 Back	16
17	13 & Over 200 Breast	18
19	13 & Over 400 Free	20
	Session #2	
101	12 & Under 200 IM	102
103	12 & Under 100 Fly	104
105	12 & Under 200 Free	106
107	12 & Under 100 Breast	108
109	12 & Under 200 Back	110
111	12 & Under 100 Free	112
113	12 & Under 200 Fly	114
115	12 & Under 100 Back	116
117	12 & Under 200 Breast	118
119	12 & Under 400 Free	120

SUNDAY, APRIL 18		
	Session #3	
EVENT #	EVENT	EVENT #
21	13 & Over 50 Fly	22
23	13 & Over 50 Breast	24
25	13 & Over 200 Free Relay	26
27	13 & Over 50 Free	28
29	13 & Over 50 Back	30
31	13 & Over 200 Med. Relay	32
	Session #4	
221	12 & Under 50 Fly	222
223	12 & Under 50 Breast	224
225	12 & Under 200 Free Relay	226
227	12 & Under 50 Free	228
229	12 & Under 50 Back	230
231	12 & Under 200 Med. Relay	232

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

Pacific Swimming – Hosted by Westside Aquaducks Short Course Dual Meet APRIL 17-18, 2021 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						
							: .			LCM			
							: .			LCM			
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FLAT FEE \$15 PER ATHLETE Total \$15													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													