WALNUT CREEK AQUABEARS
PACIFIC SWIMMING SHORT COURSE INTRASQUAD MEET SERIES

FEBRUARY 19 & 21, 2021
MARCH 5, 2021
MARCH 19 & 21, 2021
APRIL 2, 2021

Enter Online via www.aquabears.org

SANCTION: Held under USA/Pacific Swimming Sanction No. (See Table Below)

DATE	USA-S/PC SANCTION #
FEBRUARY 19 & 21, 2021	**21-002**
MARCH 5, 2021	**21-003**
MARCH 19 & 21, 2021	**21-004**
APRIL 2, 2021	**21-005**

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.

The local facilities guidelines restrictions and interpretation of the local public health guidelines shall be followed at this meet.

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 MeetMobile.**

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: **Leo Lin** — ***Head Starter:*** **Mark Ryan**
Meet Marshal: **Rick Millington** — ***Admin Official:*** **Marie Lin**
Meet Director: **Todd Krohn, coachtoddkrohn@gmail.com**

LOCATION: Clarke Memorial Swim Center, 1750 Heather Drive, Walnut Creek, CA 94598

DIRECTIONS: From Northbound Interstate 680 or Eastbound State Highway 24, take the Ygnacio Valley Road exit and turn right at the end of the exit onto Ygnacio Valley Road. Turn left onto N. San Carlos Drive. Turn left on Heather Drive. The Swim Center is on

your right**. From Southbound Interstate 680,** take the Geary Road/Treat Blvd exit and turn left at the end of the exit onto North Main Street. Turn left onto Treat Blvd. Turn right onto Bancroft Road. Turn right onto Ygnacio Valley Road. Turn right onto N. San Carlos Drive. Turn left on Heather Drive. The Swim Center is on your right.

COURSE: OUTDOOR 25 YARD pool with up to 6 lanes available for competition with Colorado Timing System. An additional 12 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 4'-0" at the start end and 4'-0" 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: **Friday:** Meet will begin at **4:00 PM** with warm-up time and competition time windows assigned to each practice camp cohort. **Sunday:** Meet will begin at **9:00 AM** with warm-up time and competition time windows assigned to each practice camp cohort.

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.
- 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 be pre-seeded with each practice camp cohort warming up and competing together.
- Athletes may compete in **1** event on Friday, and **2** events on Sunday.
- All Athletes ages 12 and under should complete competition within four (4) hours.
- An accurate event list will be posted with the online entries no later than
- 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. Meet Referee may combine genders and events if the estimated timeline allows.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- **Normal Practice Rules apply (athletes and coaches must wear facemasks when not in the water. Arrive in your swimsuit – no locker room use allowed. One person at a time in the bathroom).**

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.

• Normal Practice Rules apply (athletes and coaches must wear facemasks when not in the water. Arrive in your swimsuit – no locker room use allowed. One person at a time in the bathroom).

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 **Walnut Creek Aquabears.** Athletes who are unattached but participating with **Walnut Creek Aquabears** 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: $20.00 per athlete (this will be added to each family's monthly dues). Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

HTTP://WWW.AQUABEARS.ORG (TEAMUNIFY) ENTRIES: Any entries submitted via TeamUnify must first be both committed and approved by **midnight on the Monday before the meet.** 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 shall not be penalized.

AWARDS: None.

ADMISSION: No spectator will be allowed in the swim venue due to facility requirements.

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

EVENT SUMMARY:

FRIDAY NIGHT EVENTS Athletes compete in **1** event on Friday.		
GIRLS EVENT #	**EVENT DESCRIPTION**	**BOYS EVENT #**
1	OPEN 50 FREE	2
3	OPEN 100 FREE	4
5	OPEN 200 FREE	6
7	OPEN 500 FREE	8
9	OPEN 1,000 FREE	10
11	OPEN 1,650 FREE	12
13	OPEN 50 BACK	14
15	OPEN 100 BACK	16
17	OPEN 200 BACK	18
19	OPEN 50 BREAST	20
21	OPEN 100 BREAST	22
23	OPEN 200 BREAST	24
25	OPEN 50 FLY	26
27	OPEN 100 FLY	28
29	OPEN 200 FLY	30
31	OPEN 100 I.M.	32
33	OPEN 200 I.M.	34
35	OPEN 400 I.M.	36

SUNDAY MORNING EVENTS Athletes compete in **2** events on Sunday		
GIRLS EVENT #	**SENIOR GROUP EVENTS**	**BOYS EVENT #**
101	OPEN 50 FREE	102
103	OPEN 100 FREE	104
105	OPEN 200 FREE	106
107	OPEN 500 FREE	108
109	OPEN 1,000 FREE	110
111	OPEN 1,650 FREE	112
113	OPEN 50 BACK	114
115	OPEN 100 BACK	116
117	OPEN 200 BACK	118
119	OPEN 50 BREAST	120
121	OPEN 100 BREAST	122
123	OPEN 200 BREAST	124
125	OPEN 50 FLY	126
127	OPEN 100 FLY	128
129	OPEN 200 FLY	130
131	OPEN 100 I.M.	132
133	OPEN 200 I.M.	134
135	OPEN 400 I.M.	136

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