

- 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 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 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 timeline, per the “Four-Hour Rule,” based on the Athletes age and gender, or when the number of entered athletes meets maximum capacity per facility restrictions.
 - 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.
 - Athletes must be able to be on time and follow all protocols while at the facility. Failure to comply may result in being barred from the meet.
 - Covid Ingress & Egress: Athletes will line-up at the main entrance on social distance markers. Athletes will walk to their pre-assigned warm-up lane and area. Each cohort will have a designated water entry side and will be separated from the opposing cohort. Maps and protocols will be sent to participants prior to meet.

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 are 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.
 - No parents or spectators are permitted on campus outside of drop off and pick-up times except for the Age Group levels session. 10 & under athletes in Sessions #2 and #4 may be permitted to have parents or guardians present limited to no more than two spectators per family. Parents and guardians will not be permitted on deck (in yellow bars). No congregating at the gates or use of facilities including restrooms is permitted to those not entered in the session or actively working. All Santa Clara County and State of California directives will be followed throughout the event. Any parents or

spectators who cannot follow the guidelines may cause removal of their athlete from the meet and be asked to leave the facility. For athletes 11 & over, parents must remain in their vehicles and drop-off and pick-up.

- Attendees will have access to the roundhouse bathrooms. Locker rooms and all other facilities will remain closed.

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 QSS. Athletes who are unattached but participating with QSS 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.
- Athletes are only permitted to compete in a session with their assigned cohort. No changes are permitted.

ENTRY FEES: \$4.00 per event plus an \$8.00 participation fee per Athlete.

TEAMUNIFY ENTRIES: Any entries submitted via your TeamUnify website must first be both committed and approved by Sunday, May 16. Entries that are not committed and approved in TeamUnify are incomplete and shall not be accepted after a session closes. Teams must send an SD3 file to liv@swimqss.org by Monday, May 17 by noon.

CHECK-IN: The meet shall be pre-seeded.

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.

EVENTS:

Saturday	
Mixed Gender	Session #1
1	100 Back
2	200 Free
3	11-12 50 Fly
4	200 Fly
5	100 Free
6	100 Breast
7	500 Free*
Mixed Gender	Session #2
8	100 Back
9	50 Breast
10	100 Fly
11	25 Back
12	100 Free
13	100 IM
14	25 Fly
15	200 Free

Sunday	
Mixed Gender	Session #3
23	200 Back
24	100 Fly
25	11-12 50 Breast
26	200 IM
27	50 Free
28	200 Breast
29	11-12 50 Back
Mixed Gender	Session #4
30	50 Back
31	100 Breast
32	50 Fly
33	25 Free
34	200 IM
35	50 Free
36	25 Breast

*The 500 Free may be limited to 3 heats pending timeline.