

SANTA CRUZ SWIMMING  
RETURN TO NORMAL C/B/A+  
PACIFIC SWIMMING SHORT COURSE CBA+ MEET  
October 23-24, 2021  
Enter Online: <https://fastswims.com/>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **21-191**

*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:** Brett Shaug      **Head Starter:** Ray Tanaka  
**Meet Marshal:** Bill Norris      **Admin Official:** Liz Tanaka  
**Meet Director:** Bill Norris [cruz.meetdirector@gmail.com](mailto:cruz.meetdirector@gmail.com) 650-303-2921

**LOCATION:** Harbor High School, 300 La Fonda Ave, Santa Cruz, CA 95062. GPS location is: 36.987313, -121.993421.

**DIRECTIONS:** Map for parking and pool location can be found at <http://cruzswimming.org>. From the **SF Bay area** take US 280 or CA 101 to US 880 to CA Hwy 17 south. Take Hwy 17 south to Santa Cruz, take the Highway 1 south exit towards Monterey. Take exit 439 and turn right onto Soquel Avenue. In about 100 feet turn left onto Soquel Drive. Turn right onto La Fonda Avenue. Harbor High will be on the right. From the **Monterey Bay area** take Highway 1 north, exit at Soquel Drive and turn left on to Soquel. Turn right on La Fonda Avenue, Harbor high will be on your right.

**COURSE:** Outdoor pool with up to 9 lanes available for competition. An additional 3 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 competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** Meet will begin at **9 AM** each day with warm-ups from **7:30 to 8:45 AM** each day. Warmup lanes for 8 and under swimmers will be offered and allocated by deck officials.

**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 a maximum **3 individual events and 1 relay event each 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.
- All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.
- Athletes must provide their own lap counters for the 500 Freestyle events, timers for the 400 IM events and both timers and lap counters for the 1000 Freestyle events.
- 49er relay events are not formally recognized by USA Swimming. Times will not be submitted to the USA Swimming database and awards will not be provided for those events.

**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.
- **PLEASE DO NOT BRING YOUR DOGS TO THIS MEET.** No animals are allowed in any area of the meet venue (which includes the parking lots) except service animals wearing a service animal vest and working to assist a disabled person. Service animals who are not behaving properly (barking, jumping and the like) will be asked to leave the meet venue.
- For safety and accessibility reasons the entire pool deck must be cleared of non-coach tents, chairs, blankets, etc. All setup is intended to be located on the basketball courts or on paved surfaces outside the pool deck area. We will keep the turf area just outside the pool deck clear of chairs and tents so there is ample room for the morning cartwheel and tag events.

**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.

- 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 except for the 500 Free, 400 IM and 1000 Free events where time standards will apply. Time standards will be set as the 'B' time (2021-24 USA-S Motivational Time Standards) for the youngest age group in each event. **Coach verified times will be accepted, however the athlete must enter coach verified time in fastswims.com at the time of entry and coach must email [cruz.meetdirector@gmail.com](mailto:cruz.meetdirector@gmail.com) with time prior to meet close. If email from coach is not received and the athlete does not meet time standard, they will be scratched.**
- 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.
- 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) entries postmarked by **Monday, October 4, 2021** or entered online by 11:59 p.m. **Monday, October 4, 2021** will be given priority acceptance. All entries from Zone 1 South, all other Pacific LSC zones, and other LSC's either postmarked by **Monday, October 11, 2021** entered online by 11:59 p.m. **Wednesday, October 13, 2021** or hand delivered by 5:00 p.m. **Wednesday, October 13, 2021** will be considered in the order that they were received or until meet cap is reached.

**ENTRY FEES:** \$4.50 per event plus an \$8.00 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. Relay entry fees are \$9.00 per relay entry. **Coaches note that online entry for relay events through FastSwims are strongly encouraged however deck entries for relay teams will be accepted up to 9AM each day by the Meet Director. Each club is limited to one (1) deck entry per event, there are no limits to online relay entries.**

**ONLINE ENTRIES:** To enter online go to [www.fastswims.com](http://www.fastswims.com) to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a processing 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 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 **Wednesday, October 13, 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 midnight, Monday, February 17, 2020 hand delivered by 5:00 p.m. Wednesday, February 19, 2020. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Santa Cruz Swimming**

**Mail entries to: Bill Norris**  
**Swim Meet Entries**  
**P.O. Box 1616**  
**Soquel, CA 95073**

**Hand deliver entries to:**

**Bill Norris**  
*Leave at Front Desk of Business*  
**345 Encinal Street**  
**Santa Cruz, CA 95073**

**CHECK-IN:** The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event. Any Athletes not reporting for or competing in an individual timed final event that they have entered shall not be penalized.

**AWARDS:** Awards will be given to top 8 finishers in the following age groups in each division (C, B, A): 8&u, 9-10, 11-12, 13-14, 15-16 and 17-18 age groups. "A" medals will be awarded to athletes achieving a new USA-S "A" time regardless of place achieved in event. No awards will be given to athletes age 19 years or older. All Individual awards must be picked up at the meet. No awards will be mailed or distributed after the meet.

**ADMISSION:** Free.

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

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



### EVENT SUMMARY

Saturday October 23, 2021				Sunday October 24, 2021			
8 & UN	9-10	11-12	13 and Over	8 & UN	9-10	11-12	13 and Over
25 Free	200 Free	200 Free	500 Free	25 Free	500 Free	500 Free	200 Free
50 Fly	50 Fly	200 Fly	200 fly	100 Fly	100 Fly	100 Fly	100 Fly
25 Fly	50 Breast	50 Fly	200 Breast	100 Breast	100 Breast	100 Breast	100 Breast
50 Breast	100 Back	200 Breast	100 Back	25 Breast	50 Back	200 Back	200 Back
100 Back	50 Free	50 Breast	100 Free	50 Back	100 Free	50 Back	50 Free
25 Back	100 IM	100 Back	400 IM	25 Back	200 IM	100 Free	200 IM
50 Free		50 Free		100 Free		200 IM	1000 Free
100 IM		100 IM				1000 Free	
		400 IM					
Mixed 49'er 200 Free Relay				Mixed 49'er 200 Medley Relay			

### ORDER OF EVENTS

Saturday October 23, 2021				
Warm-up 7:30-8:45				
Time Standard	Girls EVENT #	EVENT	Boys EVENT #	Time Standard
6:47.79	1	13 & Up 500 Free	2	6:26.59
	3	9 - 12 200 Free	4	
	5	8 & Under 25 Free	6	
	7	11 & Up 200 Fly	8	
	9	12 & Under 50 Fly	10	
	11	8 & Under 25 Fly	12	
	13	11 & Up 200 Breast	14	
	15	12 & Under 50 Breast	16	
	17	Mixed 49'er 200 Free Relay		
	19	13 & up 100 Back	20	
	21	12 & Under 100 Back	22	
	23	8 & Under 25 Back	24	
	25	12 & Under 50 Free	26	
	27	13 & Up 100 Free	28	
	29	12 & Under 100 I.M.	30	
6:24.19	31	11 & Up 400 IM	32	6:13.09

Sunday October 24, 2021				
Warm-up 7:30-8:45				
Time Standard	Girls EVENT #	EVENT	Boys EVENT #	Time Standard
8:25.39	33	9 - 12 500 Free	34	8:16.69
	35	13 & Up 200 Free	36	
	37	8 & Under 25 Free	38	
	39	13 & Up 100 Fly	40	
	41	12 & Under 100 Fly	42	
	43	13 & Up 100 Breast	44	
	45	12 & Under 100 Breast	46	
	47	8 & Under 25 Breast	48	
	49	Mixed 49'er 200 Medley Relay		
	51	11 & Up 200 Back	52	
	53	12 & Under 50 Back	54	
	55	8 & Under 25 Back	56	
	57	12 & Under 100 Free	58	
	59	13 & Up 50 Free	60	
	61	9 - 12 200 IM	62	
	63	13 & Up 200 IM	64	
14:48.09	65	11 & Up 1000 Free	66	14:32.59

**Athletes must provide their own lap counters for the 500 Freestyle events, timers for the 400 IM events and both timers and lap counters for the 1000 Freestyle events.**

**All 25 yard events will start at the south end of the pool without starting blocks while timers remain in place at the north side of the pool.**

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

Pacific Swimming – Hosted by Santa Cruz Swimming  
 RETURN TO NORMAL CBA+  
 October 23-24, 2021  
 Consolidated Entry Form

Name: Last	First	Middle
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Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M F	LSC – (PC, SN)
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USA-#															
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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

# of entries _____ x \$4.50 = \$ _____
Participation Fee      \$ 8.00
Total                      \$ _____

Coach
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Athlete's Address
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Home Phone	Cell Phone
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Email
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