

BURLINGAME AQUATIC CLUB
PACIFIC SWIMMING LONG COURSE T/F MEET
JULY 24-25, 2021
Enter Online: <http://www.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **21-162**

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 the Internet.**

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: JON SASANO **Head Starter:** ROBERT IACOBACCI
Meet Marshal: BEN CHUNG **Admin Official:** STEPHANIE KUANG
Meet Director: KAYLA TOM (kayla@burlingameaquatics.com)

LOCATION: Burlingame Aquatic Center, 1 Mangini Way Burlingame, CA 94401

DIRECTIONS: From Highway 101, exit Broadway west. Turn left on Carolan Ave. Turn left on Oak Grove Ave., and the pool facility will be on your right. There is a small facility lot that will be reserved for coaches and officials only. Street parking is available for all other vehicles. Parking on the Burlingame High School property is prohibited.

COURSE: OUTDOOR 50 METER pool with up to 7 lanes available for competition. An additional 1-2 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 8'0" at the start end and 4'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME:

Saturday, July 24 Prelims Warm ups from 9:30-10:15 AM. The session begins at 10:30 AM.
Saturday, July 24 Finals Warm ups from 3:30-4:15 PM. The session begins at 4:30 PM.
Sunday, July 25 Prelims Warm ups from 9:30-10:15 AM. The session begins at 10:30 AM.
Sunday, July 25 Finals Warm ups from 3:30-4:15 PM. The session begins at 4:30 PM.

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 and emailed out in advance.

- 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 prelim events will swim fast to slow.
- Athletes may compete in **3** individual 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.
- 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.**
- The 400 IM and 400 free will be swum as timed finals.
- Athletes entering into the 400 IM must have achieved a BB time for their age group in the 200 IM or 400 IM to enter.
- Athletes entering into the 400 free must have achieved a BB time for their age group in the 200 free or 400 free to enter.
- Super finals will be composed of the top 7 times from prelims.
- Age group finals (12 & Under final or 10 & Under final) will be composed of the 7 fastest times from prelims. Athletes who qualify for the super final will not swim in the age group final and their space will be given to the next fastest age group time.
- Each club may enter a maximum of 1 relay for each age group (10 & under, 11-12, 13-14, 15& up). Relay events will be combined and seeded by time.
- The local facilities guidelines, restrictions and interpretations of the local public health guidelines shall be followed at this meet.

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.

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 **Burlingame Aquatic Club, Otters Swim club, Bay Club Redwood Shores, Pacifica Sea Lions, Mavericks Swimming, or The Olympic Club.** Athletes who are unattached but participating with **Burlingame Aquatic Club, Otters Swim club, Bay Club Redwood Shores, Pacifica Sea Lions, Mavericks Swimming, or The Olympic Club** are eligible to compete.

- Entries with "**NO TIME**" will be **ACCEPTED**. (Exception – 400 IM and 400 free)
- 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: Each athlete will be charged a flat fee of **\$85** for the meet. 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 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 July 16, 2021 for invited athletes only.

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 hand delivered by 6:30 PM on **July 16, 2021** to Coach Ben or Coach Kayla. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Burlingame Aquatic Club

Hand deliver entries to: BAC Swim Meet

PO Box 281

Burlingame, CA 94011

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event.

SCRATCHES:

- A scratch desk shall be provided.
- There are NO penalties for a no-show for Prelim events, and no need to scratch a Prelim event if you do not wish to swim.
- Any athlete qualifying for finals in an individual event who does not wish to compete shall scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee they do not intend to compete in Finals. In this case, they shall declare their final intention within 30 minutes after the announcement of qualifiers following their individual Preliminary event.
- Any Athlete qualifying for finals in an individual event who fails to report to the blocks in said final race prior to calling the alternate shall be barred from their next final individual event for that day.

AWARDS: None.

ADMISSION: Free.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. Spectators will need to remain outside of the pool facility and will not be allowed to set up chairs or personal shade.

ORDER OF EVENTS

Saturday Prelims		
Girls	Event	Boys
1	9&O 200 Free	2
3	9&O 100 Fly	4
5	12&U 50 Breast	6
7	9&O 100 Back	8
9	11&O 200 Breast	10
11	Open 50 Free	12
13	11&O 400 IM*	14

Sunday Prelims		
Girls	Event	Boys
15	9&O 200 IM	16
17	11&O 200 Back	18
19	12&U 50 Fly	20
21	9&O 100 Breast	22
23	Open 100 Free	24
25	11&O 200 Fly	26
27	12&U 50 Back	28
29	9&O 400 Free*	30

Saturday Finals		
Girls	Event	Boys
101	400 Medley Relay	102
103	200 Free Super Final	104
105	200 Free 12&U Final	106
107	100 Fly Super Final	108
109	100 Fly 12&U Final	110
111	50 Breast Super Final	112
113	50 Breast 10&U Final	114
115	100 Back Super final	116
117	100 Back 12&U Final	118
119	200 Breast Super Final	120
121	50 Free Super Final	122
123	50 Free 12&U Final	124

Sunday Finals		
Girls	Event	Boys
125	400 Free Relay	126
127	200 IM Super Final	128
129	200 IM 12&U Final	130
131	200 Back Super Final	132
133	50 Fly Super Final	134
135	50 Fly 10&U Final	136
137	100 Breast Super Final	138
139	100 Breast 12&U Final	140
141	100 Free Super Final	142
143	100 Free 12&U Final	144
145	200 Fly Super Final	146
147	50 Back Super Final	148
149	50 Back 10&U Final	150

Pacific Swimming – Hosted by Burlingame Aquatic Club
 BAC LCM Quad Meet
 July 24-25, 2021
 Consolidated Entry Form

Name: Last First Middle

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
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		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

FLAT FEE \$85

Coach

Athlete's
Address

Home Phone	Cell Phone
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Email