

LAMVAC – Long Course Meet  
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET  
June 10 – 12, 2022  
Enter Online: <http://www.fastswims.com>  
Z1N Priority Clubs: ALTO, LAMV, LO, MCAC, and PASA



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **22-077**

*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:**

<i>Meet Referee:</i> Brian Floyd	<i>Head Starter:</i> Brett Shaug
<i>Meet Marshal:</i> John Scarboro	<i>Admin Official:</i> Darryl Woo
<i>Meet Director:</i> Jose Bonpua – <a href="mailto:MeetDirector@lamvac.org">MeetDirector@lamvac.org</a>	

**LOCATION:** Foothill College – 12345 El Monte Rd., Los Altos Hills, 94022

**COURSE:** Outdoor 50m pool with up to 8 lanes available for competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3 is 4' at the start end and 13' at the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

**TIME:** **Friday:** meet begins at 4:30 PM with warm-up from 3:00 – 4:15 PM.

**Saturday and Sunday:**

- Session A (11-12 BOYS and all 10 year old and younger): Meet begins at 8:30 AM; Warm up is from 7:00 – 8:15 AM.
- Session B (11-12 GIRLS and all 13 year old and older): Session B will begin 1 hour after Session A finishes, but not before 12:00 PM. Session B Warm-Ups will begin immediately after Session A finishes.

**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.
- 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 entered in the 1500 meter Freestyle and/or 400 IM must have achieved a National Motivational “BB” time standard for their age group and gender. All Athletes entered in the 400 meter freestyle or 400 meter IM must have achieved a USA-S Motivational “B” time standard for their age group and gender.
- Athletes in the 1500 meter Freestyle and/or 400 IM must provide their own timers. All Athletes competing in the 1500 meter Freestyle must provide their own lap counters.
- The 1500 meter Freestyle will be swum fastest to slowest alternating girl’s and boy’s heats. Girl’s and Boy’s heats may be combined at the discretion of the Meet Referee.

**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 eating, 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 clubs in Zone 1 North. Athletes who are unattached but participating as part of a Z1N club are eligible to attend.
- Entries with **"NO TIME" will be ACCEPTED, (EXCEPTION - 1500 meter Freestyle, 400 meter Freestyle 400 meter IM. See RULES)**
- 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.
- Athletes with a disability 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 North athletes from ALTO, LAMV, LO, MCAC and PASA entering online must do so by 11:59 PM, Sunday, May 29<sup>th</sup> to receive priority entry to this meet. No athletes other than those from ALTO, LAMV, LO, MCAC and PASA may enter the meet until the priority period has concluded.

**ENTRY FEES:** \$4.50 per event plus a \$14.00 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.

**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. **Online entries will be accepted through Wednesday, June 1, 2022**, or until the meet has reached capacity, whichever comes first.

**CHECK-IN:** The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for remaining events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check in will not be seeded in the event.

**SCRATCHES:** Any athletes not reporting for or competing in an individual timed final event that they have checked in for/entered shall not be penalized.

**AWARDS:** None.

**ADMISSION:** Free.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working 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.

**TIMERS:** All participating clubs are expected to provide lane timers based upon the number of athletes registered to swim each day. Club timing lanes for Saturday and Sunday will be assigned and coaches will be notified of assignments during the week prior to the meet. Timers will move to the opposite ends of the pool to time the 50 meter events.

**MINIMUM OFFICIALS:** Clubs must follow Zone 1 North rules for providing officials. Each club must provide officials for each session according to the number of athletes entered in that session, following the table below. Clubs that do not provide sufficient officials must provide coaches to act in the place of officials.

Club athletes entered in session	Trained and carded officials requested
1-10	0
11-24	1
25-50	2
51-75	3
76-100	4
100 or more	5 and up (1 for every 25 athletes)

\*

### EVENT SUMMARY

FRIDAY	SATURDAY				SUNDAY			
	8 & UN	9-10	11-12	13-O	8 & UN	9-10	11-12	13-O
OPEN								
1500 FR*	50 BK	50 BK	200 BK	200 BK	50 BR	200 FR	200 FR	200 FR
	100 BR	100 BR	200 BR	200 BR	100 FL	100 FL	50 FL	200 FL
	50 FL	50 FL	100 FL	100 FL	50 FR	50 FR	50 BR	100 BR
	100 FR	100 FR	50 FR	50 FR	100 BK	100 BK	200 IM	200 IM
			400 IM**	400 IM**			400 FR**	400 FR**

Athletes entered in the 1500 meter Freestyle must have achieved a USA-S Motivational "BB" time for their age group and gender.

Athletes in the 400 meter Freestyle and/or 400 meter IM must have achieved a USA-S Motivational "B" time for their age group and gender.

Athletes in the 1500 Freestyle, 400 Freestyle and/or 400 IM must provide their own timers.

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

### ORDER OF

### EVENTS

FRIDAY, JUNE 10 <sup>th</sup>		
GIRLS #	PM SESSION – 11 & Over	BOYS #
	EVENT	
1	OPEN 1500 FREE	2
Athletes shall have met the Minimum Time Standard.		
Entered athletes must provide their own timers.		
22:04.09	Minimum Seed Time	21:37.39

SATURDAY, JUNE 11 <sup>st</sup>		
AM Session - 11/12 Boys & 10 Under		
GIRLS #	EVENT	BOYS #
	11-12 200 BACK	4
5	8&U 50 BACK	6
7	9-10 50 BACK	8
	11-12 200 BREAST	10
11	8&U 100 BREAST	12
13	9-10 100 BREAST	14
	11-12 100 FLY	16
17	8&U 50 FLY	18
19	9-10 50 FLY	20
	11-12 50 FREE	22
23	8-U 100 FREE	24
25	9-10 100 FREE	26
	11-12 400 IM*	28
PM SESSION – 11/12 Girls & 13 Over		
29	13&Ovr 200 BACK	30
31	11-12 200 BACK	
33	13&Ovr 200 BREAST	34
35	11-12 200 BREAST	
37	13&Ovr 100 FLY	38
39	11-12 100 FLY	
41	13&Ovr 50 FREE	42
43	11-12 50 FREE	
45	13&Ovr 400 IM*	46
47	11-12 400IM*	

SUNDAY, JUNE 12 <sup>nd</sup>		
AM Session - 11/12 Boys & 10 Under		
GIRLS #	EVENT	BOYS #
	11-12 200 FREE	50
51	8&U 50 BREAST	52
53	9-10 200 FREE	54
	11-12 50 FLY	56
57	8&U 100 FLY	58
59	9-10 100 FLY	60
	11-12 50 BREAST	62
63	9-10 50 FREE	64
65	8&U 50 FREE	66
	11-12 200 IM	68
69	8&U 100 BACK	70
71	9-10 100 BACK	72
	11-12 400 FREE*	74
PM SESSION – 11/12 Girls & 13 Over		
75	13&Ovr 200 FREE	76
77	11-12 200 FREE	
79	13&Ovr 200 FLY	80
81	11-12 50 FLY	
83	13&Ovr 100 BREAST	84
85	11-12 50 BREAST	
87	13&Ovr 200 IM	88
89	11-12 200 IM	
91	13&Ovr 400 FREE*	92
93	11-12 400 FREE*	