

ALTO SWIM CLUB
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
February 4 -5, 2023
Enter Online: <http://www.fastswims.com>



Priority Z1N Clubs: ALTO, BAC, BSC, LO, MCAC, OSC, SOLO

SANCTION: Held under USA/Pacific Swimming Sanction No. **23-022**

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: Mette Graversen	Head Starter: Sam Tang
Meet Marshal: Richard Barth	Admin Official: Stephanie Kuang
Meet Director: Joanne Leung – altomeetdirector@gmail.com	

LOCATION: Palo Alto High School. 50 Embarcadero Rd, Palo Alto, CA 94301

COURSE: OUTDOOR 25 YARD pool with up to 10 lanes available for competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 9' at the start end and 9' at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Saturday and Sunday are split into Sessions "A" and "B"

Session A	13 and Older Athletes (Saturday & Sunday): 7:00-8:20 am warm up. Meet begins at 8:30 am.
Session B	12 and Under Athletes (Saturday & Sunday): Warm up no earlier than 11:30. Meet begins no earlier than 12:30 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.
- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this

meet.

- All 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 MAAPP 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 enter and compete in 4 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.
- Start lanes will only be available for the last 20 minutes of each warm up session.
- A minimum of 1 heat will be provided for the 1000 free and 1650 free events. The event will close, at the meet director’s discretion, when the maximum entry numbers are reached. Athletes must provide their own counters and timers for the 500, 1000 and 1650 free.
- First aid and an AED are available onsite.

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 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.
- NO animals are permitted with the exception of certified service animals, and they must check in with the meet director.
- 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, Athletes shall be required to register online via USA Swimming's online member registration before being allowed to swim in the meet.

- 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
- 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, BAC, BSC, LO, MCAC, OSC, SOLO entering online must do so by Wednesday **January 18th, 2023** in order to receive priority acceptance into the meet. No Athletes other than those from ALTO, BAC, BSC, LO, MCAC, OSC, SOLO may enter the meet until the preference period has concluded.

ENTRY FEES: \$4.50 per event plus an \$8.00 SCY 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 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, January 25th** at 11:59 PM.

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 **January 23rd** or hand delivered by 6:30 p.m. Wednesday, **January 25th**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: ALTO Swim Club
Mail/Hand deliver entries to: ALTO Swim Club
3159 El Camino Real
Palo Alto, CA 94306

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 checked in for/entered shall not be penalized.

AWARDS: None.

ADMISSION: Free.

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.

Club Athletes entered in session	Trained and carded Officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5 and up (for every 25 athletes)

ORDER OF EVENTS

Saturday, February 4

Session A

Session B

Girls Event #	Stroke / Distance	Boys Event #	Girls Event #	Stroke / Distance	Boys Event #
1	13 & Over 50 fly	2	33	12 & Under 100 free	34
3	13 & Over 100 fly	4	35	12 & Under 25 fly	36
5	13 & Over 200 fly	6	37	12 & Under 50 fly	38
7	13 & Over 50 back	8	39	12 & Under 100 fly	40
9	13 & Over 100 back	10	41	10 - 12 200 fly	42
11	13 & Over 200 back	12	43	12 & Under 25 back	44
13	13 & Over 200 IM	14	45	12 & Under 50 back	46
15	13 & Over 50 breast	16	47	12 & Under 100 back	48
17	13 & Over 100 breast	18	49	10 - 12 200 back	50
19	13 & Over 200 breast	20	51	12 & Under 200 IM	52
21	13 & Over 100 IM	22	53	12 & Under 25 breast	54
23	13 & Over 50 free	24	55	12 & Under 50 breast	56
25	13 & Over 100 free	26	57	12 & Under 100 breast	58
27	13 & Over 200 free	28	59	10 - 12 200 breast	60
29	Mixed 13 & Over 400 IM		61	12 & Under 25 free	62
30	Mixed 13 & Over 1000 free		63	12 & Under 50 free	64
31	Mixed 13 & Over 1650 free		65	12 & Under 100 IM	66
			67	Mixed 9 - 12 500 free	
			68	Mixed 11 - 12 1650 free	

Sunday, February 5

Session A

Session B

Girls Event #	Stroke / Distance	Boys Event #	Girls Event #	Stroke / Distance	Boys Event #
69	13 & Over 50 fly	70	101	12 & Under 200 free	102
71	13 & Over 100 fly	72	103	12 & Under 25 fly	104
73	13 & Over 200 fly	74	105	12 & Under 50 fly	106
75	13 & Over 50 back	76	107	12 & Under 100 fly	108
77	13 & Over 100 back	78	109	10 - 12 200 fly	110
79	13 & Over 200 back	80	111	12 & Under 25 back	112
81	13 & Over 200 IM	82	113	12 & Under 50 back	114
83	13 & Over 50 breast	84	115	12 & Under 100 back	116
85	13 & Over 100 breast	86	117	10 - 12 200 back	118
87	13 & Over 200 breast	88	119	12 & Under 200 IM	120
89	13 & Over 100 IM	90	121	12 & Under 25 breast	122
91	13 & Over 50 free	92	123	12 & Under 50 breast	124
93	13 & Over 100 free	94	125	12 & Under 100 breast	126
95	13 & Over 200 free	96	127	10 - 12 200 breast	128
97	Mixed 13 & O 400 IM		129	12 & Under 25 free	130
98	Mixed 13 & Over 1000 free		131	12 & Under 50 free	132
99	Mixed 13 & Over 1650 free		133	12 & Under 100 IM	134
			135	Mixed 10 - 12 400 IM	
			136	Mixed 11 - 12 1650 free	

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

Pacific Swimming – Hosted by ALTO
SHORT COURSE CBA+
February 4-5, 2023
Consolidated Entry Form

Name: Last First Middle

UNATT TEAM ABBR	Club Name
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Date of Birth	Sex M F	LSC – (PC, SN)
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ID #															
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Distance / Stroke	Entry Time
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of entries _____ x \$4.50 = \$ _____
 Participation Fee \$ 8.00
 Total \$ _____

Coach

Athlete's
Address

Home Phone	Cell Phone
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Email