

SANTA CLARA SWIM CLUB  
PACIFIC SWIMMING LONG COURSE INTRASQUAD MEET  
JUNE 9-11, 2023  
Enter through SCSC website.



**This meet is only open to Athletes registered with or training with SCSC.**

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-079**

*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 Meet Mobile.**

**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:**

<b>Meet Referee:</b> David Benjamin	<b>Head Starter:</b> Peter McNamara
<b>Meet Marshal:</b> Joe Javernick	<b>Admin Official:</b> Sachi Itow
<b>Meet Director:</b> Julie Corrigan – <a href="mailto:jcorrigan@santaclaraswimclub.org">jcorrigan@santaclaraswimclub.org</a>	

**LOCATION:** FRANK FISCALINI INTERNATIONAL SWIM CENTER at Independence High School – 627 N Jackson Ave., San Jose, CA 95133

**DIRECTIONS:** From Interstate 680, exit McKee Rd. and head west, away from the foothills. Turn right at the first light, which is Jackson Avenue. Turn left into the parking lot at the second light, which is just after the football stadium. From Highway 101, exit McKee Road and head east, toward the foothills. Go down McKee to the 7th traffic light which will be Jackson Avenue. Turn left on Jackson and at the second light, turn left into the parking lot.

**COURSE:** Outdoor 50 Meter pool with 8 lanes available for competition. A separate 25-yard, 7 lane diving well 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 4'6" at the start end and 7' at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

**TIME:** Meet will begin 30-45 minutes after the conclusion of the preliminaries session of the International Meet on Friday, Saturday and Sunday. Warm-ups will be held for 30 minutes prior to the meet start.

**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 with MAAPP is a condition of participation in the conduct of this competition.
- All events are timed finals.
- All events will swim fast to slow.
- All athletes ages 12 and under should complete competition within four (4) hours.
- Athletes may compete in 2 events per day.
- Meet Cap: All sessions shall end no later than 3:30 PM. Entries will be accepted until the meet cap is reached.
- 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.
- Lifeguards will be present on deck and AED is available onsite. First aid is available to all participants.

**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.

**ELIGIBILITY:**

- Athletes must be current members of USA Swimming and registered with or training with SCSC. 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 Athlete will not be allowed to compete.
- 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.
- 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.
- The Athlete’s age will be the age of the Athlete on the first day of the meet.

**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.

**ENTRIES:** Entries will be done through the SCSC website. Entries will be accepted through Thursday, June 1, 2023, or until the meet cap has been met. Meet fees will be charged through your SCSC account.

**CHECK-IN:** The meet will be pre-seeded.

**DECK:** The pool deck will be closed. Only Athletes, coaches, officials, and key volunteers are allowed to enter the pool deck.

**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.

**AWARD:** No awards

**ADMISSION:** Free. A program/heat sheet may be available for purchase.

**SNACK BAR & HOSPITALITY:** A snack bar may 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.

**EVENT ORDER:**

**FRIDAY, 6/9**

Event #		Event #
1	Mixed/Open	200 Free
2	Mixed/Open	50 Back
3	Mixed/Open	200 Breast
4	Mixed/Open	100 Fly

**SATURDAY, 6/10**

Event #		Event
5	Mixed/Open	200 IM
6	Mixed/Open	50 Fly
7	Mixed/Open	100 Breast
8	Mixed/Open	200 Back
9	Mixed/Open	100 Free

**SUNDAY, 6/11**

Event #		Event
10	Mixed/Open	200 Fly
11	Mixed/Open	50 Free
12	Mixed/Open	100 Back
13	Mixed/Open	50 Breast
14	Mixed/Open	400 Free

\*Athletes are limited to 2 events per day.