

LOS ALTOS MOUNTAIN VIEW AQUATIC CLUB  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
MARCH 23 - 24, 2024  
Enter Online: <http://ome.fastswims.com>  
Z1N PRIORITY CLUBS: ALTO, LAMV, LO, PASA, SUNN, UCPA



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **24-049**

*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 at 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:**  
**Meet Referee:** Brian Floyd      **Head Starter:** Sylvain Flamant  
**Meet Marshal:** Edith Hsu      **Admin Official:** Carol Waln  
**Meet Director:** Jonathan Ho [lamvacmeetdirector@gmail.com](mailto:lamvacmeetdirector@gmail.com)

**LOCATION:** Eagle Park Pool, 600 Franklin St, Mountain View, CA 94041

**DIRECTIONS:** Take US 101 S toward San Jose. Exit 399 Shoreline Blvd. towards Mountain View. Turn right unto Shoreline Blvd. Turn Left on Church St. Take the second right unto Franklin St. The Eagle Park Pool will be on your right. From the South: Take US 101 North to San Francisco. Exit 396C to merge on CA-237 W. towards Mountain View Alviso Rd. Turn right onto El Camino Real. Turn right onto Shoreline Blvd. Turn right on Church St. Take the second right onto Franklin St. The Eagle Park pool will be on your right

**PARKING:** The Parking lot on Church street is reserved for Coaches, non-timer Volunteers, and Officials. The Parking lot on Franklin Street is available to swimmers and parents for parking and drop-off.

**COURSE:** Outdoor 25 YARD pool with up to 8 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 13'0" at the start end and 4'0" at the turn end. The Meet Host shall ensure the required course dimensions.

**TIME:**

- Session A (Athletes age 11 & over) begins at **8:30 AM** with warm-ups from **7:00 AM to 8:15 AM** each day of the meet.
- Session B (Athletes age 12 & under) begins one hour after the end of the morning session but not before 12:00PM each day of the meet. Warm-ups begin promptly after Session A finishes.

- Athletes age 11 to 12 may compete in Session A or Session B, but not both (see RULES).

- 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.
  - Athletes, including those of age 11-12, may compete in only one session per day.
  - 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.
  - Athletes may compete in a **maximum of three (3)** events per day.
  - All Athletes should complete competition within four (4) hours.
  - Entries with **"NO TIME" for all 200-yard events will not be accepted.** A coach certified time will be accepted.
  - Athletes entering the 500 Free and/or 400 IM must have achieved a USA-S "BB" time standard for their age group/gender. Coach verified times shall be accepted. Athletes in the 500 Free shall provide their own timers and counter. Athletes in the 400 IM shall provide their own timers.
  - Timers must be at least 11 years old, per USA Swimming guidelines.
  - Entries for each morning session (Athletes 11&O) will be accepted until the estimated session timeline reaches the session time limit based on the number of splashes and the following limits: maximum scratch rate 10%, minimum interval thirty seconds (30 sec), minimum backstroke extra 15 sec.
  - Entries for each afternoon session (Athletes 12&U) will be accepted until the estimated session timeline reaches the session time limit based on the number of splashes and the following limits: maximum scratch rate 10%, minimum interval forty seconds (40 sec), minimum backstroke extra 15 sec.
  - The session time limit is four (4) hours.
  - Upon closing entries, the host team and/or Meet Director will promptly review the final (HyTeK) estimated timelines with the Meet Referee to confirm each session is in accordance with the session time limit and with the entries NT rules.
  - Prior to publication, final (HyTeK) timelines must be reviewed and approved by the Meet Referee.
  - If one or more sessions is oversubscribed, then the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down.
  - 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.**
  - **To be present on deck, coaches must sign in and provide proof of current good standing USA Swimming membership.**
  - Lifeguards, an AED, and first aid will be available.

**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-S 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.

- No pets and/or animals are allowed with the exception of well-behaved service animals in accordance with ADA guidelines. The Meet Director may ask any person handling a service animal to leave the premises if the service animal is barking, mis-behaving, soiling, or otherwise causing a disturbance. .
- 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.
- Swim meet patrons must observe and adhere to all posted signs and comply with facility staff requests.

**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** for events **SHORTER THAN 200 yards**. (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:** Priority entry will be given to the following Zone 1N clubs: **ALTO, LAMV, LO, PASA, SUNN, UCPA**. Those entering online must do so by **11:59 PM, Wednesday, March 6, 2024** to receive priority acceptance to the meet. Athletes from the Zone 1N priority clubs submitting surface mail entries must be postmarked by **Monday, March 4, 2024** to receive priority acceptance into the meet. No Athletes, other than those from the Zone 1N priority clubs may enter the meet until the priority period passes. After **March 6, 2024**, if the sessions have not filled, then the meet will be open to Athletes outside of the Zone 1N priority clubs.

**ENTRY FEES:** \$4.50 per event plus a \$10.00 participation fee per Athlete. Entries will be rejected if payment is not sent at time of request.

**ONLINE ENTRIES:** To enter online go to <http://ome.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a service fee for this service, equal to \$1 per Athlete plus 5% of the total Entry Fees. Please note that the service fee is a separate fee from the Entry Fees. If you do not wish to pay the service 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 Tuesday, March 13, 2024** (pending the meet does not fill up sooner per the session time limit, see Rules above).

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmer's recent, verifiable best time. NT or inaccurate entries may be rejected (see RULES). Entries must be postmarked by midnight, Monday, **March 11th** or hand delivered by 6:30 p.m. Wednesday, **March 13th**. No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to:** LAMV

**Mail entries to:** Jonathan Ho  
2432 Tamalpais St.  
Mountain View, CA, 94043

**Hand deliver entries to:** Jonathan Ho

600 Franklin St.  
Mountain View, CA 94041  
(Monday - Friday, 4:00 - 6:00 pm)

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

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

**AWARDS:** Individual awards will be awarded in the A, B, and C division. Ribbons for First through Eighth place will be given to the following age groups: 8un, 9-10 Only. Athletes 11 years of age and older will not receive ribbons. "A" time medals will be given to athletes achieving a new "A" time, regardless of place achieved in the event. Awards for athletes 10 & younger must be picked up at the meet by coaches at the end of each session. Awards will not be mailed.

**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.

**MINIMUM OFFICIALS:** Clubs must follow Z1 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 + 1 for every 25 additional Athletes |

## EVENTS

| Saturday, March 23rd |                        |         |
|----------------------|------------------------|---------|
| EVENT #              | EVENT                  | EVENT # |
| Saturday Session A   |                        |         |
| 1                    | 11 & Over 500 Free*    | 2       |
| 3                    | 11 & Over 200 Fly**    | 4       |
| 5                    | 11 & Over 50 Back      | 6       |
| 7                    | 11 & Over 200 IM**     | 8       |
| 9                    | 11 & Over 100 Free     | 10      |
| 11                   | 11 & Over 200 Breast** | 12      |
| 13                   | 11 & Over 100 IM       | 14      |
| 15                   | 11 & Over 100 Back     | 16      |
| Saturday Session B   |                        |         |
| 17                   | 9 - 12 500 Free*       | 18      |
| 19                   | 8 & UN 25 Free         | 20      |
| 21                   | 12 & UN 50 Fly         | 22      |
| 23                   | 12 & UN 100 Breast     | 24      |
| 25                   | 11 - 12 200 Back**     | 26      |
| 27                   | 12 & UN 50 Back        | 28      |
| 29                   | 11 - 12 200 IM**       | 30      |
| 31                   | 12 & UN 100 Free       | 32      |
| 33                   | 8 & UN 25 Fly          | 34      |
| 35                   | 12 & UN 50 Breast      | 36      |

| Sunday, March 24th |                      |         |
|--------------------|----------------------|---------|
| EVENT #            | EVENT                | EVENT # |
| Sunday Session A   |                      |         |
| 37                 | 11 & Over 400 IM*    | 38      |
| 39                 | 11 & Over 50 Free    | 40      |
| 41                 | 11 & Over 100 Fly    | 42      |
| 43                 | 11 & Over 50 Breast  | 44      |
| 45                 | 11 & Over 200 Free** | 46      |
| 47                 | 11 & Over 100 Breast | 48      |
| 49                 | 11 & Over 200 Back** | 50      |
| 51                 | 11 & Over 50 Fly     | 52      |
| Sunday Session B   |                      |         |
| 53                 | 11 - 12 400 IM*      | 54      |
| 55                 | 8 & UN 25 Back       | 56      |
| 57                 | 12 & UN 100 Fly      | 58      |
| 59                 | 11 - 12 200 Breast** | 60      |
| 61                 | 12 & UN 100 Back     | 62      |
| 63                 | 12 & UN 50 Free      | 64      |
| 65                 | 11 - 12 200 Fly**    | 66      |
| 67                 | 8 & UN 25 Breast     | 68      |
| 69                 | 9 - 12 200 Free**    | 70      |
| 71                 | 12 & UN 100 IM       | 72      |

\*Athletes in the marked events (500 Free and 400IM) must have achieved a USA-S Motivational "B" Time Standard for their gender in that event: Coach Verified Times will be accepted.

\*\* Entries with **"NO TIME"** for all 200-yard events will not be accepted. A coach certified time will be accepted.

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

|  |                   |  |                 |  |  |  |               |            |  |                |            |  |  |  |  |
|--|-------------------|--|-----------------|--|--|--|---------------|------------|--|----------------|------------|--|--|--|--|
| Pacific Swimming – Hosted by LAMV<br>Short Course CBA+<br>March 23-24, 2024<br>Consolidated Entry Form   |                   |  |                 |  |  |  |               |            |  |                |            |  |  |  |  |
| Name: Last,                      First                      Middle   |                   |  |                 |  |  |  |               |            |  |                |            |  |  |  |  |
| Club Abbr.   |                   |  | UNATT TEAM ABBR |  |  |  | Club Name     |            |  |                |            |  |  |  |  |
| Age  |                   |  | Date of Birth   |  |  |  | Sex<br>M    F |            |  | LSC – (PC, SN) |            |  |  |  |  |
| USA-#  |                   |  |                 |  |  |  |               |            |  |                |            |  |  |  |  |
| 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  |  |  |  |  |
|  |                   |  |                 |  |  |  | :    .        |            |  |                | SCY / LCM  |  |  |  |  |
| # of entries _____ x \$4.50 = \$ _____<br>Participation Fee                      \$ 10.00<br>Total                                      \$ _____ |                   |  |                 |  |  |  |               |            |  |                |            |  |  |  |  |
| Coach  |                   |  |                 |  |  |  |               |            |  |                |            |  |  |  |  |
| Athlete's<br>Address   |                   |  |                 |  |  |  |               |            |  |                |            |  |  |  |  |
| Home Phone   |                   |  |                 |  |  |  |               | Cell Phone |  |                |            |  |  |  |  |
| Email  |                   |  |                 |  |  |  |               |            |  |                |            |  |  |  |  |