

LOS ALTOS MOUNTAIN VIEW AQUATIC CLUB
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
MARCH 22nd – 23rd

Enter Online: <http://ome.fastswims.com>

Zone 1 North Clubs Assigned: ALTO, LAMV, LO, PASA, SOLO, SUNN, UCPA



SANCTION: Held under USA/Pacific Swimming Sanction No. **25-041**

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: Sylvain Flamant **Head Starter:** Katherine Ng-Suen
Meet Marshal: Vivian Hurney **Admin Official:** Curtiss Kikuta
Meet Director: Jonathan Ho (lamvacmeetdirector@gmail.com)

LOCATION: Eagle Park Pool, 600 Franklin Street Mountain View CA

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

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' at the start end and 4.5' at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: **Session A (Athletes 11 and Over)** of the Meet will begin at **8:30 AM** each day with warm-ups from **7:00 AM to 8:15 AM** each day.

Session B (Athletes 12 and Under) of the Meet will begin 1 hour after the end of Session A, but not before 12:00 pm. Warm-ups for Session B will begin as soon as Session A ends.

- 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.
 - Athletes may compete in **3** events per day.
 - 11-12 year old athletes may compete in EITHER the AM **OR** PM Session each day. They may **NOT** compete in both.
 - All Athletes ages 12 and under should complete competition within four (4) hours.
 - Athletes in the 500 Free shall provide their own timers and counter. Athletes in the 400 IM shall provide their own timers.
 - 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 Assistance of lifeguards will be available to participants, and an AED is 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 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.
 - Pets, with the exception of WORKING (and documented) service animals are prohibited on-site.

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 all events under 200 yards. All 200 yard events require an entry time, and coach certified time will be accepted.
- Athletes entering the 500 Free and/or 400 IM must have achieved a USA-S "B" time standard for their age group/gender. Coach verified times shall 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 1N Athletes from **ALTO, LAMV, LO, PASA, SOLO, SUNN and UCPA** entering online must do so by 11:59 PM, Wednesday, March 5th to receive priority acceptance to the meet. No athletes other than those in Zone 1N Alto, LAMV, LO, PASA, SOLO, SUNN and UCPA may enter the meet until the preference period has concluded.

ENTRY FEES: \$4.50 per event plus an \$10.00 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 <http://ome.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service 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 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 Wednesday, **March 12th**.

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, **March 10th** or hand delivered by 6:30 p.m. Wednesday, **March 12th**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Los Altos Mountain View Aquatic Club

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.**

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. Check in will close two hours after the start of competition.

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: 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 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:

| 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 | 4 + 1 for Every 25 Athletes |

ORDER OF 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 | 9 - 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>

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|--|-------------------|--|-----------------|-------|--|------------|------------|--------|----------------|--|--|--|--|
| Pacific Swimming – Hosted by Los Altos and Mountain View Aquatic Club SHORT/LONG COURSE CBA+ March 22 to 23, 2025 Consolidated Entry Form | | | | | | | | | | | | | |
| Name: Last | | | | First | | | | Middle | | | | | |
| Club Abbr. | | | UNATT TEAM ABBR | | | | Club Name | | | | | | |
| Age | | | Date of Birth | | | | Sex M F | | LSC – (PC, SN) | | | | |
| USA-# | | | | | | | | | | | | | |
| Event # | Distance / Stroke | | | | | Entry Time | | | Circle one | | | | |
| | | | | | | : . | | | SCY / LCM | | | | |
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| # of entries _____ x \$4.50 = \$ _____ Participation Fee \$ 10.00 Total \$ _____ | | | | | | | | | | | | | |
| Coach | | | | | | | | | | | | | |
| Athlete's Address | | | | | | | | | | | | | |
| Home Phone | | | | | | | Cell Phone | | | | | | |
| Email | | | | | | | | | | | | | |