

**PACIFICA SEA LIONS
"WINTER IS FOR WINNING" PRELIMINARIES & FINALS INVITATIONAL
PACIFIC SWIMMING SHORT COURSE MEET
DECEMBER 13-15, 2024**



INVITED CLUBS: AAA, BAC, BCP, CROW, DACA, HILL, LAMV, NNA, PASA, PSL, RAYS, SSF, UCPA

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

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-156**

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 shall be posted in real time on the Internet 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.

OFFICIALS:

Meet Referee:	Phillip Harter	Head Starter:	Carol Waln
Meet Marshal:	Jenny Chan	Admin Referee:	Lucille Glassman
Meet Director:	Gaku Ito		meetdirector@pacificsealions.org

LOCATION: Jean E. Brink Pool at Oceana High School, 401 Paloma Ave., Pacifica CA 94044

DIRECTIONS: From San Francisco/I-280: Take HWY 1 SOUTH into Pacifica. Take exit 506 toward Paloma Ave/Francisco Blvd. Turn LEFT at the end of the off-ramp stop sign, and cross over the Highway 1 overpass. After the overpass is a stop sign. Continue STRAIGHT/EAST. After the next stop sign, continue EAST half a block. Jean E. Brink Pool is the first driveway on your left. From Half Moon Bay: Take HWY 1 NORTH into Pacifica. Take exit 505B for Clarendon Rd/Oceana Blvd. At the end of the off-ramp is a stop sign. Continue STRAIGHT / NORTH for about 1/4 mile along Oceana until you reach the next stop sign. At the stop sign take a RIGHT to the next stop sign. Jean E. Brink Pool is the first driveway on your left.

PARKING: There is a traffic circle for drop-off but very little parking near the entrance to the pool. Please observe posted placards and no-parking (red) zones. The nearest parking is on the street, and there are also TWO PARKING LOTS above the pool (entrances on Oceana, north of Paloma on the right; and on Paloma, past the pool on the left). Please be respectful of neighbors when parking. The back lot behind the pool will be reserved for certified working officials and coaches.

COURSE: INDOOR 25 YARD pool with up to 7 lanes available for competition. An additional **2-3** lanes shall 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 **5'0"** at the start end and **5'0"** at the turn end. The Meet Host shall ensure the required course dimensions.

- TIME:**
- **FRIDAY TIMED FINALS:** Warm-ups start at 4:00 PM. TIMED FINALS begin at 5:15 PM (Entries will be limited to 1.75 hours of competition)
 - **SATURDAY & SUNDAY PRELIMS SESSION:** Warm-ups start at 7:15 AM. PRELIMS begin at 9:00 AM (Entries will be limited to 4 hours of preliminary competition each day)
 - **WARM-UP NOTE** Assigned Group 1 & 2 warm-up times may be assigned by the Meet Host if participant count warrants (Warm-up groups may be assigned by club or by age group)
 - **SATURDAY & SUNDAY FINALS SESSION:** FINALS begin at 3:00pm (this is approximately 2 hours after the completion of Prelims). Warm-ups for Finals will begin 1 hour before the start of Finals.

- RULES:**
- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall 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 in prelims shall swim fast to slow, with the fastest three heats circle seeded for events 200 yards or less. (Exception: events with only 4 or less prelim heats shall only have 2 circle seeded heats)
 - Athletes may compete in a maximum of two (2) individual events plus one (1) relay per day
 - All events on Friday shall be Timed Finals, mixed gender, open age group
 - All individual events on Saturday & Sunday shall be Preliminaries/Finals **See EVENT LIST for full details**
 - All relay events on Saturday & Sunday shall be Timed Finals and swum during the Finals Session
 - If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds shall be made for any mandatory scratches.
 - Mixed Gender relays shall be comprised of 2 female and 2 male athletes and no other combination
 - "Relay-Only" athletes are allowed and are not required to pay the athlete surcharge; however, they must be entered as "Relay-Only" athletes on FastSwims
 - All Coaches and Officials shall wear their USA Swimming membership cards in a visible manner.
 - AED available to all participants. Lifeguards will be on duty to render first aid and summon emergency services if necessary

UNACCOMPANIED ATHLETES: Any USA Swimming Athlete-Member competing at the meet shall 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 shall be certified by a USA Swimming Member-Coach as being proficient in performing a racing start or shall 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.
 - Only Athletes, Coaches, Officials, and Volunteers shall be allowed on the pool deck.
 - 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.
- Non-Athlete Spectators will only be allowed upstairs. Accessible viewing will be made available on deck.
- Locker Rooms will be available to Athletes only
- Upstairs restrooms will be available for Non-Athletes only
- Coaches and Officials will have access to the Aquatics Office Staff restrooms
- **No camping and no outside chairs inside the facility**

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.

- **Minimum qualifying time standard for all individual events is USA Swimming 2024-2028 “B” Time for the athlete’s age group as of the meet start date (December 13, 2024)**
- Athletes with one (1) qualifying time may enter one (1) Bonus event on the same day. Athletes may enter a Bonus event only on a day when they have entered one event with a qualifying time. For athletes ages 13-Over, events 200 Yards or shorter are eligible to be Bonus Events. For athletes ages 12-Under, events 100 Yards or shorter are eligible to be Bonus events. There is no Bonus event time standard.
- Athletes who do not have the qualifying time in the 400 IM may enter the 400 IM if they have achieved the USA Swimming 2024-2028 “BB” Time in the 200 IM in their respective age group.
- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- No time conversions shall be accepted.
- Entries with “NO TIME” shall be rejected.
- The Athlete’s age shall be the age of the Athlete on the first day of the meet.
- Meet is open only to qualified athletes from: AAA, BAC, BCP, CROW, DACA, HILL, LAMV, NNA, PASA, PSL, RAYS, SSF, UCPA. Unattached athletes participating with AAA, BAC, BCP, CROW, DACA, NNA, HILL, LAMV, PASA, PSL, RAYS, SSF, UCPA are eligible to compete.

SEEDING: This meet shall be PRE-SEEDED. See below for SCRATCH rules and deadlines. Event seeding shall be in the following order: SCY conforming short course yards, non-conforming long course meters, and non-conforming short course meters USA Swimming rules 207.11.7B.

SCRATCH RULE TIMED FINALS & PRELIMINARIES: Advanced scratches for this meet will be collected using an online submission system (Google Form). Advanced scratches must be received by each day’s listed deadline:

- Scratch deadline for FRIDAY, DECEMBER 13, TIMED FINALS is Thursday, December 12, 4:30pm
- Scratch deadline for SATURDAY, DECEMBER 14, PRELIMS is Friday, December 13, 5:45pm
- Scratch deadline for SUNDAY, DECEMBER 15, PRELIMS is Saturday, December 14, 3:30pm

Early submission is appreciated. Friday Timed Finals and Saturday & Sunday Preliminaries sessions will be seeded after their listed scratch deadlines. Meet Programs with Heats & Lanes will be emailed to coaches via FastSwims and posted on the PSL Meet Homepage <https://www.gomotionapp.com/team/psl/page/system/res/98746>. There is no penalty for missing a preliminary race.

SCRATCH RULE FINALS: Any Athlete qualifying for any level of finals in an individual event who does not wish to compete shall scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also delay their decision by declaring a possible intention to scratch an Age Group Final, Consolation Final, or Super Final. In this case they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual Preliminary Event. In a Preliminaries & Finals meet any Athlete qualifying for ANY Final race in an individual event who fails to show up in said Final race prior to calling the alternate shall be barred from further competition for the remainder of the Meet.

PRELIMS & FINALS FORMAT:

- All Friday Distance Events (500 Free, 400 IM, 1650 Free) shall be swum Timed Finals, mixed gender and combined age group
- All Relays shall be swum Timed Finals at the conclusion of Finals
- 12-Under Events (50 Back, 50 Breast, 50 Fly, 100 IM) shall be swum combined age groups for Prelims. Prelims results for these events will be split into 10-Under and 11-12 for separate “Age Group Finals” (Top 7 each age group each gender from prelims) (14 Total finalists for each gender)
- Open Events (50 Free, 100 Free) shall be swum combined age group for Prelims and will offer a “Super Final” for the Top

7 Finishers in Prelims regardless of age. There will be an additional "Age Group Final" for the split age group prelims results for 10-Under (Top 7), 11-12 (Top 7), 13-14 (Top 7) and 15-Over (Top 7) for these events (35 total finalists for each gender).

- 9-Over Events (200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM) shall be swum combined age group for Prelims and will offer a "Super Final" for the Top 7 Finishers in Prelims regardless of age. There will be an additional "Age Group Final" for the split age group prelims results for 9-10 (Top 7), 11-12 (Top 7), 13-14 (Top 7) and 15-Over (Top 7) for these events (35 total finalists for each gender).
- 11-Over Events (200 Back, 200 Breast, 200 Fly) shall be swum combined age groups for Prelims and will offer a "Super Final" for the Top 7 Finishers and a "Consolation Final" for the 7-14 Finishers in Prelims regardless of age. There will be no standard "Age Group Finals" for these events (14 total finalists for each gender)
- Saturday 11-Over 400 IM and Sunday 9-Over 500 Freestyle shall be swum combined age groups for Prelims and will offer a single "Super Final" for the Top 7 Finishers in Prelims regardless of age. There will be no standard "Age Group Finals" for these events (7 total finalists for each gender)
- Athletes advancing to a "Super Final" will not be entered in their applicable "Age Group Final" (i.e. Eligible athletes may compete in only one of a "Super Final" or an "Age Group Final" and not both in any event)
- Finals heats will be swum in order as they are listed on the event list

ENTRY FEES:

- **\$15 Flat Fee** per Athlete for Friday
 - **\$30 Flat Fee** per Athlete for Saturday
 - **\$30 Flat Fee** per Athlete for Sunday
- Entries shall be rejected if payment is not sent at time of request. No refunds shall 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 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, December 4th**.

MAILED OR HAND DELIVERED ENTRIES: Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with Athlete's best time. Entries shall be entered using the current Pacific Swimming procedure: and postmarked by midnight, Monday, **December 2nd** or hand delivered by 6:30 p.m. Wednesday, **December 4th**. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Pacifica Sea Lions Aquatic Club

Mail entries to: Meet Director
2518 Sloat Blvd.
San Francisco, CA 94044

Hand deliver entries to:

Any PSL Coach
Jean E. Brink Pool at Oceana High School
401 Paloma Ave.
Pacifica CA 94044

AWARDS: None.

ADMISSION: Free. A digital version of the meet program will be posted on PSL's Meet Homepage
<https://www.gomotionapp.com/team/psl/page/system/res/98746>

HOSPITALITY: Hospitality available for Coaches, Officials, Timers, and Volunteers. Lunch will be provided for Coaches and working Officials. There **WILL** be a snack bar on Saturday and Sunday

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. All participating clubs are expected to provide lane timers based upon the number of athletes registered to swim each day. Club timing lanes will be assigned and coaches will be notified of assignments during the week prior to the meet.

MINIMUM OFFICIALS PER SESSION:

Club Athletes entered in session:	Trained & carded officials requested per session
1-10	1
11-25	2
26-50	3
51-75	4
76-100	5
100 or more	6

ORDER OF EVENTS

FRIDAY, DECEMBER 13 th , 2024	
TIMED FINALS	
EVENT #	EVENT
101	Mixed 9-Over 500 Free
102	Mixed 10-Over 400 IM
103	Mixed 11-Over 1650 Free

Athletes entered in Events 101, 102 & 103 (Friday 500 Freestyle, 400 IM, 1650 Free) shall provide their own volunteer timers and athletes in Events 101 & 103 (Friday 500 Freestyle and 1650 Freestyle) their own volunteer lap counters. Physical lap counters will be available.

SATURDAY, DECEMBER 14 th , 2024						
GIRLS		PRELIMS		BOYS		
EVENT #	EVENT	EVENT #	EVENT #	GIRLS	FINALS	BOYS
EVENT #	EVENT	EVENT #	EVENT #	EVENT #	EVENT	EVENT #
1	9-Over 200 Free	2		1a	9-10 200 Free Final	2a
3	12-Under 50 Back	4		1b	11-12 200 Free Final	2b
5	11-Over 200 Back	6		1c	13-14 200 Free Final	2c
7	9-Over 100 Fly	8		1d	15-Over 200 Free Final	2d
9	9-Over 100 Breast	10		1e	9-Over 200 Free Super Final	2e
11	Open 50 Free	12		3a	10-Under 50 Back Final	4a
13	12-Under 100 IM	14		3b	11-12 50 Back Final	4b
15	11-Over 400 IM	16		5a	11-Over 200 Back Super Final	6a
				5b	11-Over 200 Back Consol Final	6b
				7a	9-10 100 Fly Final	8a
				7b	11-12 100 Fly Final	8b
				7c	13-14 100 Fly Final	8c
				7d	15-Over 100 Fly Final	8d
				7e	9-Over 100 Fly Super Final	8e
				9a	9-10 100 Breast Final	10a
				9b	11-12 100 Breast Final	10b
				9c	13-14 100 Breast Final	10c
				9d	15-Over 100 Breast Final	10d
				9e	9-Over 100 Breast Super Final	10e
				11a	10-Under 50 Free Final	12a
				11b	11-12 50 Free Final	12b
				11c	13-14 50 Free Final	12c
				11d	15-Over 50 Free Final	12d
				11e	Open 50 Free Super Final	12e
				13a	10-Under 100 IM Final	14a
				13b	11-12 100 IM Final	14b
				15	11-Over 400 IM Super Final	16
				17	10-Under 4x50 Free Relay	18
				19	11-12 4x50 Free Relay	20
				21	13-14 4x50 Free Relay	22
				23	13-Over 4x50 Free Relay	24

SUNDAY, DECEMBER 15TH, 2024

GIRLS	PRELIMS	BOYS	GIRLS	FINALS	BOYS
EVENT #	EVENT	EVENT #	EVENT #	EVENT	EVENT #
25	9-Over 500 Free	26	25	9-Over 500 Free	26
27	9-Over 200 IM	28	27a	9-10 200 IM Final	28a
29	12-Under 50 Breast	30	27b	11-12 200 IM Final	28b
31	11-Over 200 Breast	32	27c	13-14 200 IM Final	28c
33	9-Over 100 Back	34	27d	15-Over 200 IM Final	28d
35	12-Under 50 Fly	36	27e	9-Over 200 IM Super Final	28e
37	11-Over 200 Fly	38	29a	10-Under 50 Breast Final	30a
39	Open 100 Free	40	29b	11-12 50 Breast Final	30b
			31a	11-Ov 200 Breast Super Final	32a
			31b	11-Ov 200 Breast Consol Final	32b
			33a	9-10 100 Back Final	34a
			33b	11-12 100 Back Final	34b
			33c	13-14 100 Back Final	34c
			33d	15-Over 100 Back Final	34d
			33e	9-Over 100 Back Super Final	34e
			35a	10-Under 50 Fly Final	36a
			35b	11-12 50 Fly Final	36b
			37a	11-Over 200 Fly Super Final	38a
			37b	11-Over 200 Fly Consol Final	38b
			39a	10-Under 100 Free Final	40a
			39b	11-12 100 Free Final	40b
			39c	13-14 100 Free Final	40c
			39d	15-Over 100 Free Final	40d
			39e	Open 100 Free Super Final	40e
			41	Mixed 10-Under 4x50 Medley Relay	
			42	Mixed 11-12 4x50 Medley Relay	
			43	Mixed 13-14 4x50 Medley Relay	
			44	Mixed 13-Over 4x50 Medley Relay	

Athletes entered in Events 25 and 26 (500 Freestyle) shall provide their own volunteer lap counters.
Physical lap counters will be available

Time standards may be found at: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by PSL
 PSL PRELIMINARIES & FINALS
 December 13-15, 2024
 Consolidated Entry Form

Name: Last, First Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M F	LSC – (PC, SN)
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USA-#															
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Event #	Distance / Stroke	Entry Time	Circle One
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM

Friday Flat Participation Fee \$15.00
 Saturday Flat Participation Fee \$30.00
 Sunday Flat Participation Fee \$30.00

Coach

Athlete's Address

Home Phone	Cell Phone
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Email