

PACIFICA SEA LIONS AQUATIC CLUB (PSL)
PSL SUPER FINALS INVITATIONAL
PACIFIC SWIMMING SHORT COURSE PRELIMINARIES & FINALS INVITE MEET
February 7-9, 2025
Enter Online: <http://ome.fastswims.com>



INVITED CLUBS: AAA, AC, DCD, NNA, PASA, PSL, RAYS, SRVA, TIDE, TOC, DART (SN)

SANCTION: Held under USA/Pacific Swimming Sanction No. **25-026**

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 their 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 their designee.

OFFICIALS:

Meet Referee: Christopher Lam	Head Starter: Mike Abegg
Admin Referee: Angela Cardenas	Meet Marshal: Jenny Chan
Meet Director: Gaku Ito meetdirector@pacificalions.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 the neighbors when parking

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

TIME: FRIDAY TIMED FINALS: Warm-ups start at 4:00 PM. TIMED FINALS begin at 5:30 PM (Entries will be limited to 1.5 hours of competition)

SATURDAY PRELIMS SESSION A (Athletes 13 & Overs): Warm-ups start at 7:15 AM. PRELIMS begin at 9:00 AM

SATURDAY PRELIMS SESSION B (Athletes 12 & Under): Warm-ups start at the completion of Session A Prelims. PRELIMS begin at least one hour after completion of Session A and not before 12:00 PM

WARM-UP NOTE Assigned Group 1 & 2 warm-up times may be assigned by the Meet Host if participant count warrants

SUNDAY FINALS (Age Groups: 10 & Under, 9-10, 11-12, 13-14, 15 & Over, Super Final): Warm-ups start at 7:15 AM. FINALS begin at 9:00 AM.

RULES: • Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall be available 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 shall swim fast to slow, with the fastest three heats circle seeded for all Prelims Events, with the fastest athlete seeded into **heat 1**. Friday Timed Finals events will be seeded fast to slow. Friday 1650 Free will be seeded fast to slow

• Athletes may compete in a maximum of three (3) individual events and three (3) relays over the course of the entire meet

• Mixed Competition Category Relays shall be comprised of 2 female and 2 male athletes only

• 500 Free, 400 IM, 1650 Free will be swum as Timed Finals on Friday

• The fastest women's heat and fastest men's heat of 500 Free and the fastest women's heat and fastest men's heat of 400 IM will swim at Finals in order as listed on the Event List. These 2 500 Free heats will be swum between 200 IM and 50 Free and these 2 400 IM heats will be swum between 100 Free and the Mixed 4x50 Free Relay. The remaining heats of 500 Free and 400 IM will be swum fast to slow on Friday.

• All Saturday 12-Un, 9-12, 13-Ov individual events shall be Preliminaries/Finals (Exception Friday events, see line above)

• All Saturday 8 & Under Individual & Relay Events will be swum Timed Finals on Saturday

• All 10-Un, 11-12, 13-Ov relay events shall be Timed Finals swum on Sunday as listed on the event list

• Minimum qualifying for Friday Timed Finals are:

• Event 301 8-Over 500 Free - 7:45.09Y OR 2:38.39Y in 200Y Free

• Event 302 11-Over 400 IM – 6:03.69 OR 2:37.59Y in 200Y IM

• Event 305 11-Over 1650 Free – 23:19.69Y OR 13:58.19Y in 1000Y Free OR 6:14.49Y in 500Y Free

• 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.

• All Coaches and Officials shall wear their USA Swimming membership cards in a visible manner. Coaches must show their valid USA Swimming membership to Meet Referee or their designee

• AED available to all participants. Lifeguards will be on duty to render first aid and summon emergency services if necessary.

ATTENTION HIGH SCHOOL ATHLETES: High School Athletes in season need to be Unattached from this meet. It is the Athlete's responsibility to be Unattached from this meet. Athletes 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 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 their 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, excluding working service animals, are strictly prohibited in all areas of the meet venue.
- No camping and no outside chairs inside the facility.
- Non-Athlete Spectators will only be allowed upstairs. Accessible viewing area will be available on deck
- Locker rooms will be available for Athletes only
- Upstairs restrooms will be available for Non-Athletes only
- Coaches and Officials will have access to the staff restrooms in the Aquatics Office

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 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" will be accepted.
- Coach-approved times will be accepted.
- 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, AC, DCD, NNA, PASA, PSL, RAYS, SRVA, TIDE, TOC & DART-SN.** Unattached athletes participating **with AAA, AC, DCD, NNA, PASA, PSL, RAYS, SRVA, TIDE, TOC & DART-SN** are eligible to compete.
- Athletes 19 years of age or older may participate. Access to the aquatics staff locker rooms will be considered for 19 & Over athletes

RELAYS: • Relays will be limited to 2 heats for events 303, 304, 306 & 307. Clubs may enter as many relay teams as they like; however any relay team other than those designated as A & B Teams (the fastest 2 entered) will be subject to mandatory scratch-down to meet the 2-heat maximum per event

- Relays will be limited to 3 heats for events 209, 21, 22, 23, 24 & 25. Clubs may enter as many relay teams as they like; however any relay team other than those designated as A & B Teams (the fastest 2 entered) will be subject to mandatory scratch-down to meet the 3-heat maximum per event
- Relay entry deadline is the same as individual event entry deadline (see below)
- There is no fee for relays

DISTANCE EVENT SEEDING: Distance event seeding shall be in the following order: conforming distance, longer alternate distance, and shorter alternate distance (Event 305).

SCRATCH RULE PRELIMINARIES: Athletes are considered checked in for all individual events unless scratched. Scratch deadline for the Friday timed finals session will be Thursday, **February 6** at 5:30 pm. Scratch deadline for the Saturday preliminary session will be Friday, **February 7** at 5:30 pm. Scratches for Friday's Timed Finals and Saturday's Prelims will be collected via online scratch form sent to clubs from Meet Director meetdirector@pacificsealions.org. There is no penalty for missing a prelims swim.

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 notify the Admin Referee that they may not intend to compete in Championship or Super Finals. In this case they shall declare their final intention within 30

minutes after the announcement of qualifiers following their last individual Preliminary Event. Any Athlete qualifying for a Championship or Super Final race in an individual event who fails to show up in said Championship Final or Super Final race prior to calling the alternate shall be barred from further competition for the remainder of the Meet. If the No-Show occurs on the last day that the Athlete is entered in an individual final event in the meet, and no other individual event penalty is applicable, the Athlete shall then be fined \$100.00 at the Meet Host's discretion. The fine shall be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.

NOTE: Heat sheets for the next day will be posted on PSL's Meet Homepage

<https://www.gomotionapp.com/team/psl/page/system/res/98746>

PRELIMS & FINALS FORMAT:

- All Distance Events (500 Free, 400 IM, 1650 Free) shall be swum Timed Finals
- All 8-Under Events shall be swum Timed Finals
- All Relays shall be swum Timed Finals
- 12-Under and 9-12 Events shall be swum as a single age group for Prelims
- 12-Under and 9-12 Events Prelims results will be split into 9-10 and 11-12 OR 10-Under and 11-12 for separate "A Finals" Finals (Top 7 each age group each gender from prelims) (14 Total finalists for each gender)
- 13-Over Events shall be swum as a single age group for Prelims
- The following 13-Over Events will offer a "Super Final" for the Top 7 Finishers in Prelims regardless of age: 50 Free, 100 Free, 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM. There will be an additional "A Final" for the split age group prelims results 13-14 (Top 7) and 15-Over (Top 7) for these events (21 total finalists for each gender). Athletes in the "Super Final" will not be entered in their applicable age group "A Final" (i.e. Eligible athletes may compete in only one of a "Super Final" or an "A Final" and not both in any event)
- The following 13-Over Events will offer a Super Final for the Top 7 Finishers in Prelims regardless of age: 200 Back, 200 Breast, 200 Fly. There will be no standard age group "A Finals" for these events (7 total finalists for each gender)
- 13-Over Athletes who qualify for the Super Final (Top 7) will be seeded in the Super Final unless they scratch by the scratch deadline. Super Finals qualifiers are ineligible for 13-14 or 15-Over Age Group Finals.

ENTRY FEES: \$55.00 Flat Fee per athlete

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 Friday, **January 31, 2025**.

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, Wednesday, **January 29, 2025** or hand delivered by 6:30 p.m. Friday, **January 31, 2025**. 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: PSL Meet Director / Gaku Ito
2518 Sloat Blvd
San Francisco CA 94108

Hand deliver entries to: Gaku Ito or any PSL Coach
Jean E Brink Pool, 401 Paloma Ave.
Pacifica CA 94404

AWARDS: None.

ADMISSION: Free. Spectators will be limited to the upstairs balcony or downstairs viewing area. Pool deck will only be accessible to Athletes, Officials, Coaches & Volunteers

HOSPITALITY: Hospitality available for Coaches, Officials, Timers, and Volunteers. Dinner will be provided for Coaches and working Officials on Friday. Lunches will be provided for Coaches and working Officials on Saturday & Sunday. There **WILL** be a snack bar Saturday and Sunday, but not Friday.

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.

EVENT LIST

FRIDAY, FEBRUARY 7 – TIMED FINALS		
EVENT #	EVENT	EVENT #
301	Mixed 8-Over 500 Free*	301
302	Mixed 11-Over 400 IM**	302
303	11-Over 4x100 Free Relay	304
305	Mixed 11-Over 1650 Free***	305
306	11-Over 4x100 Medley Relay	307

*Athletes in the 500 Free & 1650 Free shall provide their lap counters
Athletes in Friday's events shall provide their own timers*

Friday Event Minimum Qualifications:

* **#301** - 7:45.09Y or faster in 500Y Free OR 2:38.39Y in 200Y Free

** **#302** - 6:03.69 or faster in 400Y IM OR 2:37.59Y in 200Y IM

*** **#305** - 23:19.69Y or faster in 1650Y Free OR 13:58.19Y or faster in 1000Y Free OR 6:14.49Y or faster in 500Y Free

SATURDAY FEBRUARY 8 – 13-Over Prelims		
EVENT #	EVENT	EVENT #
1	13-Over 200 Free	2
3	13-Over 100 Breast	4
5	13-Over 100 Back	6
7	13-Over 200 Fly	8
9	13-Over 200 IM	10
11	13-Over 50 Free	12
13	13-Over 200 Breast	14
15	13-Over 200 Back	16
17	13-Over 100 Fly	18
19	13-Over 100 Free	20

SATURDAY FEBRUARY 8 – 12-Under Prelims		
EVENT #	EVENT	EVENT #
101	9-12 200 Free	102
201	8-Un 25 Free Timed Finals	202
103	9-12 100 Breast	104
203	8-Un 25 Breast Timed Finals	204
105	9-12 100 Back	106
205	8-Un 25 Back Timed Finals	206
107	12-Under 50 Fly	108
207	8-Under 25 Fly Timed Finals	208
109	12-Under 100 IM	110
209	Mixed 8-U 4x25 Medley Relay	209
111	12-Under 50 Free	112
113	12-Under 50 Breast	114
115	12-Under 50 Back	116
117	9-12 100 Fly	118

SUNDAY FEBRUARY 9 – FINALS		
EVENT #	EVENT	EVENT #
101B	9-10 200 Free Final	102B
101A	11-12 200 Free Final	102A
1C	13-14 200 Free Final	2C
1B	15-Over 200 Free Final	2B
1A	13-Over 200 Free Super Final	2A
103B	9-10 100 Breast Final	104B
103A	11-12 100 Breast Final	104A
3C	13-14 100 Breast Final	4C
3B	15-Over 100 Breast Final	4B
3A	13-Ov 100 Breast Super Final	4A
105B	9-10 100 Back Final	106B
105A	11-12 100 Back Final	106A
5C	13-14 100 Back Final	6C
5B	15-Over 100 Back Final	6B
5A	13-Ov 100 Back Super Final	6A
107B	10-Un 50 Fly Final	108B
107A	11-12 50 Fly Final	108A
7	13-Ov 200 Fly Super Final	8
109B	10-Under 100 IM Final	110B
109A	11-12 100 IM Final	110A
9C	13-14 200 IM Final	10C
9B	15-Over 200 IM Final	10B
9A	13-Ov 200 IM Super Final	10A
301	8-Over 500 Free Fastest Heat	301
111B	10-Under 50 Free Final	112B
111A	11-12 50 Free Final	112A
11C	13-14 50 Free Final	12C
11B	15-Over 50 Free Final	12B
11A	13-Ov 50 Free Super Final	12A
113B	10-Un 50 Breast Final	114B
113A	11-12 50 Breast Final	114A
13	13-Ov 200 Breast Super Final	14
115B	10-Un 50 Back Final	116B
115A	11-12 50 Back Final	116A
15	13-Ov 200 Back Super Final	16
117B	9-10 100 Fly Final	118B
117A	11-12 100 Fly Final	118A
17C	13-14 100 Fly Final	18C
17B	15-Over 100 Fly Final	18B
17A	13-Ov 100 Fly Super Final	18A
119B	10-Under 100 Free Final	120B
119A	11-12 100 Free Final	120A
19C	13-14 100 Free Final	20C
19B	15-Over 100 Free Final	20B
19A	13-Ov 100 Free Super Final	20A
302	11-Over 400 IM Fastest Heat	302
21	Mixed 10-Un 4x50 Medley Relay	21
22	Mixed 11-12 4x50 Medley Relay	22
23	Mixed 13-14 4x50 Medley Relay	23
24	Mixed 11-Ov 4x50 Medley Relay	24

119	12-Under 100 Free	120
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Pacific Swimming – Hosted by **PSL**
PRELIMINARIES & FINALS INVITATIONAL
February 7-9, 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										
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	Total	\$ 55.00																	
Coach																			
Athlete's Address																			
Home Phone							Cell Phone												
Email																			