

**SUNN BLUE & GOLD MEET
PACIFIC SWIMMING SHORT COURSE INTRASQUAD MEET**

September 28, 2025

SUNN Swimming Members Only

Enter Online: <https://www.sunn.org/page/events#/team-events/upcoming/1662787>



SANCTION: Held under USA/Pacific Swimming Sanction No. **25-113**

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.

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.

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:

<i>Meet Referee:</i> Brian Floyd	<i>Head Starter:</i> Fred Chin
<i>Meet Marshal:</i> Julie Eisenhauer	<i>Admin Official:</i> Ryan Gallagher
<i>Meet Director:</i> Bob Hill (coachbob@sunn.org)	

LOCATION: Sunnyvale Swim Complex, 1283 Sunnyvale-Saratoga Rd, Sunnyvale, CA 94087

DIRECTIONS: From Highway 280, exit N. De Anza Blvd. (Sunnyvale-Saratoga Ave.), travel north on Sunnyvale-Saratoga Ave until it reaches Fremont Ave. The pool is between the school's main entrance and the football field. There are two parking lots. Parking lot in the front of Fremont High School is for meet officials and swim coaches ONLY. **Participants should park in the student lot (with solar panels) on the west side of the school campus off Fremont Ave.**

COURSE: Outdoor **25 yard** pool with up to **10** lanes available for competition. An additional 10 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 **7'0"** at the start end and **7'0"** at the turn end. The meet host shall ensure the required course dimensions.

TIME: Meet will begin at 11:45 AM with warm-ups from 10:30 AM to 11:20 AM. Between 11:30 AM - 11:40 AM each team will be given time for team cheers

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 a maximum of 3 individual events per day and 1 relay event per day. Depending on the timeline, athletes may be scratched down to 2 individual events maximum.
- All Athletes ages 12 and under should complete competition within four (4) hours.
- 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.**
- All coaches must be in "good standing" in order to be on the pool deck.
- First Aid and AED available on site.

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.
- No pets and/or animals are allowed with the exception of certified service animals in accordance with ADA guidelines.
- 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 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.
- The meet is open only to qualified athletes registered with **SUNN Swimming**. Athletes who are unattached but participating with **SUNN Swimming** are eligible 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.
- 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.

RELAYS: Each team, Blue Waves or Gold Stars, will be allowed one relay team per age group (8 & Un, 9 - 10, 11 - 12, 13 - 14, and 15 & Up) and per gender.

ENTRY PRIORITY: The meet is only open to current registered members of Sunnyvale Swim Club

ENTRY FEES: \$15.00 entry 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: SUNN athletes should enter the meet by first logging into the SUNN website, clicking the Events tab and selecting the Blue & Gold Intrasquad and Team Picture Event. <https://www.sunn.org/page/events#/team-events/upcoming/1662787> Members will be billed the meet fees. The \$15 fee should appear no later than the November 2025 billing. The meet entry deadline is **Sunday, September 21, 2025 at 11:59 PM**. Entries will not be accepted after this date.

MAILED OR HAND DELIVERED ENTRIES: We will not accept hand entered or mailed entries

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 and will not be allowed to compete in the event.

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: None.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: Small snack bar and food trucks available. Hospitality for coaches and officials.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

EVENT SUMMARY

SUNDAY				
8 & UN	9-10	11-12	13-14	15-Up
100 F Relay	200 F Relay	200 F Relay	200 F Relay	200 F Relay
100 IM	100 IM	100 IM	200 IM	200 IM
25 Free	50 Free	50 Free	50 Free	50 Free
25 Breast	50 Breast	50 Breast	100 Breast	100 Breast
25 Back	50 Back	50 Back	100 Back	100 Back
25 Fly	50 Fly	50 Fly	100 Fly	100 Fly

ORDER OF EVENTS

SUNDAY, SEPT 28		
GIRLS #	EVENT	BOYS #
1	8 & UN 100 Free Relay	2
3	9 - 10 200 Free Relay	4
5	11 - 12 200 Free Relay	6
7	13 - 14 200 Free Relay	8
9	15 - Up 200 Free Relay	10
11	15-18 200 IM	12
13	13-14 200 IM	14
15	11-12 100 IM	16
17	9-10 100 IM	18
19	8 & UN 100 IM	20
21	15-18 50 FREE	22
23	13-14 50 FREE	24
25	11-12 50 FREE	26
27	9-10 50 FREE	28
29	8 & UN 25 FREE	30
31	15-18 100 BREAST	32
33	13-14 100 BREAST	34
35	11-12 50 BREAST	36
37	9-10 50 BREAST	38
39	8 & UN 25 BREAST	40
41	15-18 100 BACK	42
43	13-14 100 BACK	44
45	11-12 50 BACK	46
47	9-10 50 BACK	48
49	8 & UN 25 BACK	50
51	15-18 100 FLY	52
53	13-14 100 FLY	54
55	11-12 50 FLY	56
57	9-10 50 FLY	58
59	8 & UN 25 FLY	60

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