

**ORINDA AQUATICS
PACIFIC SWIMMING SHORT COURSE INTRASQUAD MEET
SUNDAY, MARCH 28, 2021
Enter via Team Google Sign-up Form**



Entry Deadline: March 18, 2021

SANCTION: Held under USA/Pacific Swimming Sanction Number: **21-048**

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.

The local facility's guidelines, restrictions, and interpretations of local public health guidelines shall be followed.

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 time trial, 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. By entering the meet, the athlete or his/her guardian consents to this publication.

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: Carol Cottam	Head Starter: Larry Rice
Head Marshal: Laurel Purewal	Admin Official: Supicha Castro
Meet Director: Jane Healy (janehealy@msn.com)	

LOCATION: Soda Aquatic Center at Campolindo High School – 300 Moraga Road, Moraga, California.

COURSE: Outdoor 25-Yard competition pool with up to 10 lanes with electronic timing system. Separate pool space will be available for warm-down during the meet. The minimum water depth as measured in accordance with article 103.2.3 is 10' on the primary start end and 7' on the secondary start end of the competition pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

TIME: The meet will consist of multiple sessions, each with a limited number of athletes. Warm-ups for the first session will begin at 8:15a. Session assignments and warm-up times for subsequent sessions will be communicated to the athletes, once registration is complete. Each session will have up to 30 minutes for warm-ups. A maximum of three (3) athletes will be permitted per warm-up lane, and no two in a lane will be on the same wall at the same time. Warm-up/warm-down lanes will be pre-assigned and communicated to the athletes in advance.

RULES:

- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedure 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 the meet.
- All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.
- All events are timed finals.
- All event sessions will be pre-seeded.
- **Events may be of mixed age, gender and distance, and/or stroke events in order to expedite the meet.**
- Athletes in the junior session may swim up to **5** events; athletes in the senior sessions may swim up to **3** events.
- All Athletes ages 12&under should complete competition with four (4) hours.
- Entries will be accepted until the number of splashes exceeds the estimated timeline, per the “Four-Hour Rule,” based on the Athlete’s age and gender, or the number of entered Athletes meets the maximum capacity as determined by local health restrictions.
- If local conditions warrant, the Meet Referee, with concurrence of the Meet Director, may require a mandatory scratch down. Refunds will be made via TeamUnify for mandatory scratch downs.
- All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.
- All participants will follow the Facility Safety Plan, which will be communicated prior to the meet.
- All participants within the swim facility must observe distancing guidelines and wear face masks at all times, up to entering and upon exiting the water.
- **Locker rooms are available for restroom use only, one person at a time. No showering or changing in the locker rooms will be permitted.**

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 swimmers, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages are prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- Individual/personal pop-up/tents are not allowed.
- No propane heater is permitted except for snack bar/meet operations.
- Deck changes and parking lot 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 are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus is prohibited over the pool venue (pools, Athlete/Coach areas, spectator areas and open ceiling locker rooms) any time Athletes, Coaches, Officials and/or Spectators are present.

- No spectators allowed. Parents are not allowed in the Soda Aquatic Center. Swimmers must be dropped off and picked up according to current swim camp model protocols. Coaches, Parents and Siblings may not use the pool.

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, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail.
- Meet is ONLY open to **athletes registered with Orinda Aquatics**. Athletes who are unattached but participating with Orinda Aquatics are eligible to compete.
- All Athletes 18 & older must have completed the Athlete Protection Training to be allowed to compete.
- Entries with “No Time” will be ACCEPTED.
- Disabled Athletes are welcome to attend the meet and should contact the Meet Director or Meet Referee regarding and special accommodations on the entry times and seeding per Pacific Swimming Policy.
- Athletes 19 years of age and over may compete in the meet.
- The Athlete’s age will be the age of the Athlete on the first day of the meet.

ENTRIES: Entries will be submitted using a team Google Sign-Up Form which will be distributed to all team members. Included in the form will be entry instructions. The deadline for entering is Thursday, March 18th, 2020.

ENTRY FEES: \$45 per participating athlete, billed to each swimmer’s TeamUnify account. No refunds will be made except in the case of mandatory scratch downs.

SEEDING: The meet will be pre-seeded for each swim session. Heats/Lane assignments will be communicated to the athletes prior to the meet. Athletes will report to the designated ready-area at their scheduled time for each event.

SCRATCHES: Any Athlete not reporting for or competing in an individual timed final event that they have entered will not be penalized.

AWARDS: None

ADMISSION: No spectators will be permitted within the Soda Aquatic Center for the duration of the meet due to capacity restrictions. Only listed participants will be admitted. Spectators may be able to observe athletes via livestream, using a link provided prior to the start of the meet.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. There will be no Hospitality, and no food, drink, or swim gear will be available for purchase at the meet.

EVENTS OFFERED: Athletes will be assigned to a session and will know prior to registration the list and order of events for their session. No event will be offered more than once in a session. Each session will offer a combination of events from this table:

Freestyle	Backstroke	Breaststroke	Butterfly	Individual Medley
50 FR	50 BA	50 BR	50 FL	
100 FR	100 BA	100 BR	100 FL	100 IM
200 FR	200 BA	200 BR	200 FL	200 IM
500 FR				400 IM
1650 FR				