

**PALO ALTO STANFORD AQUATICS
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET
MAY 20-21, 2023**

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

Z1N Priority Entry Clubs: BAC, BCP, BGC, DCD, FOG, HDAC, MAV, MLKB, OSC, PASA, PPSC, PSL, SSF, YEMB



SANCTION: Held under USA/Pacific Swimming Sanction No. **23-063**

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 [MeetMobile](#).**

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: Manus J-Chang

Head Starter: Kit Yan

Meet Marshal: Paul Coleman

Admin Official: Stephanie Kuang

Meet Director: Bruce Smith – bruce-smith-swim@gmail.com

LOCATION: Lynbrook High School - 1280 Johnson Ave., San Jose, CA

DIRECTIONS: From Highway 280: take Lawrence Expressway south exit; turn right on Bollinger Avenue, left turn onto Johnson Avenue, left turn at second arterial stop sign, left turn into parking lot. From North on Highway 85: exit Saratoga Avenue and turn left, left turn on Lawrence Expressway, left turn onto Prospect Avenue, right turn on Johnson Avenue, right turn into Lynbrook High School parking lot. From South on Highway 85: exit Saratoga Avenue and turn right, left turn on Lawrence Expressway, left turn onto Prospect Avenue, right turn onto Johnson Avenue, right turn into Lynbrook High School parking lot. Pool is behind the parking lot.

COURSE: 50-meter, 10 lanes, outdoors, heated pool with up to 9 lanes available for competition. At least 1 lane 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 4.0' at the turn end. The competition course has not been certified in accordance with 104.2.2C (4).

TIME: Saturday and Sunday are split into "AM" and "PM" sessions

AM Session: All 13 & Over Athletes and 11-12 Girls. Warm-ups from 7:30-8:45 AM. Meet begins at 9:00 AM

PM Session: All 10 & Under Athletes and 11-12 Boys. The afternoon session will begin one hour after the AM Session finishes but not before 12:30 PM. Warm-up begins immediately after AM Session finishes.

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 **maximum number of THREE (3)** events per day.
- 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 time line, per the “Four-Hour Rule,” based on the athletes age and gender.
- All athletes entered in the 400 meter freestyle, or 400 meter IM must have achieved a USA-S Motivational B Time Standard for their age group and gender.
- All athletes ages 8 and under entered in the 100 meter events must have achieved Pacific Swimming’s 8/Under A-Time standard in the 50 of the same stroke unless the A-time standard of the 100 of the same stroke is already met.
- Entries with No Time (NT) will not be accepted for the 200 meter IM. A coach provided time is acceptable.
- 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 deck officials must wear their USA Swimming membership cards in a visible manner.**
- Lifeguards will be available to assist with medical issues.

UNACCOMPANIED ATHLETES: Any USA-S 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-S 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-S 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-S Club Member-Coach.

RACING STARTS: Athletes must be certified by a USA-S 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.

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**, with the exception of the 400 IM, 400 free, 200 IM, 8&Under 100M events (see rules).
- 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 and 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 1 North athletes from BAC, BCP, BGC, DCD, FOG, HDAC, MAV, MLKB, OSC, PASA, PPSC, PSL, SSF, YEMB entering online must do so by 11:59 PM, Wednesday, May 3rd to receive priority entry to this meet. No athletes other than those from BAC, BCP, BGC, DCD, FOG, HDAC, MAV, MLKB, OSC, PASA, PPSC, PSL, SSF, YEMB may enter the meet until the priority period has concluded.

ENTRY FEES: \$4.50 per event plus a \$14.00 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 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. **Online entries will be accepted through Wednesday, May 10th**, or until the meet has reached capacity, whichever comes first.

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, May 8th or hand delivered by 6:30 p.m. Wednesday, May 10th. No late entries will be accepted Requests for confirmation of receipt of entries should include a self-addressed stamped envelope.

Make check payable to: DBA-DKS

Mail entries to: Bruce Smith
PO Box 17832
Stanford, CA 94309

Hand-deliver entries (M-F hours of 4-7:30pm) to: Dana Kirk
12889 Viscaino Place
Los Altos Hills, CA 94022

CHECK-IN: The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. Close of check-in for all individual events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. No event shall be closed more than 30 minutes before the scheduled start of the session. Athletes who do not check in will not be seeded and will not be allowed to compete in that event.

SCRATCHES: Any athletes not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

AWARDS: Individual events will be awarded in the A, B, and C Divisions. Ribbons for 1st– 8th place are given within each division to the following age groups: 8/un, 9-10 and 11-12. Athletes 13 years of age and older will not receive ribbons. All awards must be picked up at the meet by club coach or club representative. Awards will not be mailed.

ADMISSION: Free. A two-day program file (PDF) will be emailed to all club coaches prior to the meet.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working deck 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. Disobeying parking signs may result in a citation and a fine. All participating clubs are expected to provide lane timers based on the number of athletes registered to swim each day and session. Coaches/clubs will be notified of club timing lane assignments the Monday prior to the meet.

MINIMUM OFFICIALS:

Club swimmers 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	5 + 1 for every additional 25 swimmers

EVENT SUMMARY

Saturday				Sunday			
8 & under	9-10	11-12	13-over	8 & under	9-10	11-12	13-over
50 Back	200 IM	100 Back	200 Free	50 Breast	50 Breast	200 Free	100 Free
100 Breast**	50 Back	200 Breast	100 Back	100 Fly**	100 Fly	50 Fly	200 Fly
50 Fly	200 Free	100 Fly	100 Fly	50 Free	50 Free	50 Breast	100 Breast
100 Free**	50 Fly	50 Free	50 Free	100 Back**	100 Back	200 IM***	200 Back
	100 Free	400 IM	400 IM			400 Free	400 Free

* All athletes entered in the 400meter freestyle, or 400 meter IM must have achieved a USA-S Motivational B Time Standard for their age group and gender

**Must have achieved Pacific Swimming's 8/Under A-Time standard in the 50 of the same stroke unless the A-time standard of the 100 of the same stroke is already met.

***Entries with no time (NT) will not be accepted in the 200IM. A coach provided time is acceptable.

PACIFIC SWIMMING 8/UNDER TIME STANDARDS

GIRLS				8/UNDER	BOYS			
LCM		SCY			SCY		LCM	
B	A	B	A	EVENT	A	B	A	B
		23.49	19.49	25 FR	19.49	23.49		
1:00.49	49.99	53.29	43.99	50 FR	43.99	53.29	49.99	1:00.49
2:16.79	1:52.99	2:00.99	1:39.99	100 FR	1:39.99	2:00.99	1:52.99	2:16.79
		28.49	23.49	25 BK	23.49	28.49		
1:11.39	58.99	1:02.99	51.99	50 BK	51.99	1:02.99	58.99	1:11.39
		31.49	25.99	25 BR	25.99	31.49		
1:17.49	1:03.99	1:10.19	57.99	50 BR	57.99	1:10.19	1:03.99	1:17.49
		27.39	22.59	25 FL	22.59	27.39		
1:17.49	1:03.99	1:06.59	54.99	50 FL	54.99	1:06.59	1:03.99	1:17.49
		2:12.29	1:49.29	100 IM	1:49.29	2:12.29		

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

EVENTS

SATURDAY, May 20th		
AM Session - 11/12 Girls & all 13 and older		
GIRLS #	EVENT	BOYS #
1	13&Ovr 200 Free	2
3	11-12 100 Back	
5	13&Ovr 100 Back	6
7	11-12 200 Breast	
9	13&Ovr 100 Fly	10
11	11-12 100 Fly	
13	13&Ovr 50 Free	14
15	11-12 50 Free	
17	13&Ovr 400 IM*	18
19	11-12 400IM*	
SESSION B		
PM Session – 11/12 Boys & 10-Under		
21	9-10 200 IM	22
	11-12 100 Back	24
25	8&Under 50 Back	26
27	9-10 50 Back	28
	11-12 200 Breast	30
31	8&Under 100 Breast**	32
33	9-10 200 Free	34
	11-12 100 Fly	36
37	8&Under 50 Fly	38
39	9-10 50 Fly	40
	11-12 50 Free	42
43	8-Under 100 Free**	44
45	9-10 100 Free	46
	11-12 400 IM	48

SUNDAY, May 21st		
AM Session - 11/12 Girls & all 13 and older		
GIRLS #	EVENT	BOYS #
49	13&Ovr 100 Free	50
51	11-12 200 Free	
53	13&Ovr 200 Fly	54
55	11-12 50 Fly	
57	13&Ovr 100 Breast	58
59	11-12 50 Breast	
61	13&Ovr 200 Back	62
63	11-12 200 IM	
65	13&Ovr 400 Fr*	66
67	11-12 400 Fr*	
SESSION B		
PM Session – 11/12 Boys & 10-Under		
	11-12 200 Free	70
71	8&Under 50 Breast	72
73	9-10 50 Breast	74
	11-12 50 Fly	76
77	8&Under 100 Fly**	78
79	9-10 100 Fly	80
	11-12 50 Breast	82
83	9-10 50 Free	84
85	8&Under 50 Free	86
	11-12 200 IM	88
89	8&Under 100 Back**	90
91	9-10 100 Bask	92
	11-12 400 Free*	94

Pacific Swimming – Hosted by Palo Alto Stanford Aquatics Long Course C/B/A+ May 20th to May 21st 2023 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				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
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						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.50 = \$ _____ Participation Fee \$ 14.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													