

QUICKSILVER SWIMMING
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET
JUNE 10-12th, 2022
Enter Online: <http://www.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **22-069**

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 the Internet at 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.

MEET PERSONNEL:
Meet Referee: Mette Graversen **Head Starter:** Csaba Andrejka
Meet Marshal: Anne Vargas **Admin Official:** Debbie Fuji
Meet Director: Michael Greymont mgreyont@mhgcg.com 408-891-2948t

LOCATION: Gunderson High School Pool, 622 Gaundabert Lane, San Jose, CA 95136

DIRECTIONS: Exit 85 at Santa Teresa, turn left on Santa Teresa, right on Thornwood Drive, right on Chynoweth, and right on Gaundabert Lane. The pool is located at the back of the campus. Parking is available in the solar lot.

COURSE: Outdoor 50m pool with up to 9 lanes available for competition. Up to an additional 8 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 4' 0" at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

TIME: Meet shall start on Friday, June 10th, 2022 at 4:30pm, Warmups will be from 3:00pm to 4:15pm. Saturday June 11th, and Sunday June 12th, shall be split into two sessions. AM Sessions: Warmups will be from 7:15am until 8:15am. Competition will begin at 8:30am. Competition will conclude approximately 12noon. PM Sessions will start 1 hour after the completion of the AM Sessions. Warmups will be 30 minutes in the Competition Pool and will close 5 minutes prior to start of competition. Athletes may warm up for the PM Session in the SCY pool for the prior 30 minutes as well.

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 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 events will swim fast to slow.
- Athletes may compete in **3** events per session and only one session 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 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.

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.
- 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, 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.
- 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 distance events. A “B” time or a coach verified “B” time is required for entry.
- 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.
- Saturday and Sunday sessions are AM and PM Sessions. For the AM Sessions, Athletes are 11 & Over which comprise of 13 & Over athletes, as well as 11-12 BB+ athletes. For the PM Sessions, Athletes are 12 & Under athletes.
- For the indicated distance events (**) Athletes must provide their own timers/and or counters.

ENTRY PRIORITY: Zone 1 South shall have priority entry through Friday May 13, 2022.

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 www.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 **Friday, June 3rd, 2022**.

MAILED 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 30th, 2022. No late or hand delivered entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Quicksilver Swimming

Mail entries to: Quicksilver Swimming

Attn: Meet Director

409 Tennant Ave STE 423, Morgan Hill, CA 95037

CHECK-IN: The meet shall be pre-seeded with the exception of distance events (noted on event list with **). Athletes shall report to the bull-pen area at their scheduled time for each event. Close of check-in for distance 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 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: Eight places will be awarded in each division for 8 & U, 9-10, 11-12, 13-14, 15-18 age groups. No awards given for Athletes 19 years of age and older. Note: Awards will be separated and handed to clubs AFTER the completion of the meet.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar/food truck may be available throughout the competition. Coaches and working 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. The meet may be Livestreamed on YouTube.

EVENTS

Friday, June 10	
EVENT #	EVENT
1	12-Under 50 Fly
2	12-Under 50 Back
3	12-Under 50 Breast
4	OPEN 50 Free
5	11 & Over 800 Free**

Saturday, June 11 11 & Over Session	
<i>13 & over athletes & 11-12 BB+ athletes</i>	
EVENT #	EVENT
6	11 & Over 200 Free
7	11 & Over 100 Back
8	11 & Over 200 Breast
9	11 & Over 100 Fly
10	11 & Over 400 IM
11	11 & Over 1500 FREE**
Saturday, June 11 12 & Under Session	
EVENT #	EVENT
12	12 & Under 200 Free
13	12 & Under 100 Back
14	11-12 200 Breast
15	12 & Under 100 Fly
16	12 & Under 400 Free**

Sunday, June 12 11 & Over Session	
<i>13 & over athletes & 11-12 BB+ athletes</i>	
EVENT #	EVENT
17	11 & Over 200 Back
18	11 & Over 100 Breast
19	11 & Over 200 IM
20	11 & Over 100 Free
21	11 & Over 200 Fly
22	11 & Over 400 Free**
Sunday, June 12 12 & Under Session	
EVENT #	EVENT
23	12 & Under 200 IM
24	12 & Under 100 Breast
25	11-12 200 Back
26	12 & Under 100 Free
27	11-12 200 Fly

**** Indicates you must check in for these events and have your own timers/counters. All other events shall be pre-seeded
Also, ** Indicates you must have a "B" time or a Coach Verified "B" Time**

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

Pacific Swimming – Hosted by Quicksilver Swimming
 Long Course Meet
 June 10-12, 2022
 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
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

of entries _____ x \$4.50 = \$ _____
 Participation Fee \$ 14.00
 Total \$ _____

Coach

Athlete's
Address

Home Phone	Cell Phone
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Email