

THUNDER COAST AQUATICS/NEPTUNE SWIMMING/SAN RAMON VALLEY AQUATICS  
PACIFIC SWIMMING LONG COURSE SINGLE SESSION TRI- MEET  
SATURDAY, JUNE 26<sup>th</sup>, 2021  
Enter Online: <http://www.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **21-132**

*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.

**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:**

<b>Meet Referee:</b> ANDY DOWNS	<b>Head Starter:</b> IRENE ALAMEIDA
<b>Meet Marshal:</b> JIM LARSON	<b>Admin Official:</b> MILLIE NYGREN
<b>Meet Director:</b> TOM EVERS <a href="mailto:tevers4@me.com">tevers4@me.com</a> 415 902 0064	

**LOCATION:** Petaluma Swim Center 900 East Washington, Petaluma, CA 94952

**COURSE:** OUTDOOR 50 METER pool with up to 6 lanes available for competition. An additional 2 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 9'9" at the start end and 3'6" at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** Session will begin at 9:30 AM with warm-ups starting at 8 AM.

**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.
- 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 4 events.

- 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.
- 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.
- The local facilities guidelines, restrictions, and interpretation of the local public health guidelines shall be followed at this meet.
- **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.
- Meet is open only to qualified athletes registered with **Thunder Coast Aquatics, Neptune Swimming or San Ramon Valley Aquatics.**, Athletes who are unattached but participating with **TCA, SRN or SRVA** are eligible to compete.
- Entries with **"NO TIME" will be Accepted**
- Disabled Athletes 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.
- The Athlete’s age shall be the age of the Athlete on the first day of the meet.

**ENTRY FEES:** \$30.00 participation flat 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](http://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 **Sunday, June 20<sup>th</sup>**.

**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 **Friday, June 18<sup>th</sup>** or hand delivered by 6:30

PM **Sunday, June 20<sup>th</sup>** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Thunder Coast Aquatics**

**Mail entries to: Tom Evers  
4 Harris Hill Drive  
Novato, CA, 94947**

**Hand deliver entries to: Tom Evers  
4 Harris Hill Drive  
Novato, CA 94947**

**CHECK-IN:** The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event.

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

**AWARDS:** None.

**ADMISSION:** Free.

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

**EVENT SUMMARY**

<b>10-U</b>	<b>11-12</b>	<b>13-Over</b>
100 BK	100 BK	100 FR
100 FR	100 FR	200 BR
50 BR	50 BR	100 FLY
50 FLY	50FLY	400 FR
200 IM	200 IM	100 BR
100 BR	100 BR	200 IM
100 FLY	200 FR	200 FR
50 BK	100 FLY	100 BK
50 FR	50 BK	200 FLY
	50 FR	200 BK
	800 FR	50 FR
		800 FR

## ORDER OF EVENTS

SATURDAY, JUNE 26 <sup>th</sup> , 2021	
EVT #	EVENT
1	MIXED 10-U 100 BACK
2	MIXED 11-12 100 BACK
3	MIXED 13-OVER 100 FREE
4	MIXED 13-OVER 200 BREAST
5	MIXED 10-U 100 FREE
6	MIXED 11-2 100 FREE
7	MIXED 13-OVER 100 FLY
8	MIXED 10-U 50 BREAST
9	MIXED 11-12 50 BREAST
10	MIXED 13-OVER 400 FREE
11	MIXED 10-U 50 FLY
12	MIXED 11-12 50 FLY
13	MIXED 13-OVER 100 BREAST
14	MIXED 13-O 200 IM
15	MIXED 12-U 200 IM
16	MIXED 10-U 100 BREAST
17	MIXED 11-12 100 BREAST
18	MIXED 13-O 200 FREE
19	MIXED 11-12 200 FREE
20	MIXED 12-U 100 FLY
21	MIXED 13-O 100 BACK
22	MIXED 10-U 50 BACK
23	MIXED 11-12 50 BACK
24	MIXED 13-O 200 FLY
25	MIXED 10-U 50 FREE
26	MIXED 11-12 50 FREE
27	MIXED 13-O 200 BACK
28	MIXED 11-O 800 FREE
29	MIXED 13-O 50 FREE

Pacific Swimming – Hosted by TCA  
TCA/SRN/SRVA Long Course Tri Meet  
June 26th, 2021  
Consolidated Entry Form

Name: Last                      First                      Middle

Club Abbr.	UNATT TEAM ABBR	Club Name Thunder Coast Aquatics/Vallejo Aquatic Club
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Age	Date of Birth	Sex M   F	LSC – PC
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USA-#															
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Event #	Distance / Stroke	Entry Time	Circle one
		: .	SCY
		: .	SCY
		: .	SCY
		: .	SCY

**FLAT FEE \$30.00**

ENTRY CARD AND CHECK DUE Sunday, June 20th PAYABLE TO TCA

Athlete Name

Home Phone	Cell Phone
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Email

