

**BURLINGAME AQUATIC CLUB**  
**PACIFIC SWIMMING LONG COURSE C/B/A+ MEET**  
**FRIDAY, SATURDAY, AND SUNDAY, JUNE 9-11, 2023**  
Enter Online: <http://ome.fastswims.com>



**Z1N Priority Teams: BAC, BSC, BCP, BGC, DCD, FOG, HDAC, MAV, MLKB, PASA, PPSC, PSL, SSF, YEMB**

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-069**

*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.

**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:** Paul Reidl      **Head Starter:** Katherine Ng-Suen  
**Meet Marshal:** Tommy Dowley      **Admin Official:** Brett Shaug  
**Meet Director:** Loki Hondorf [loki@bulingameaquatics.com](mailto:loki@bulingameaquatics.com)

**LOCATION:** Burlingame Aquatic Center (850 Oak Grove Ave. Burlingame, CA 94010)

**DIRECTIONS:** From highway 101, exit Broadway Ave. traveling West. Turn left onto Carolan Ave. Turn left onto Oak Grove Ave. The pool will be located on your right. Parking is prohibited in all school lots. Parking is permitted on residential streets surrounding the facility.

**COURSE:** Outdoor 50 meter by 25 yard heated pool with up to eight 50-meter lanes available for competition. An additional 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 13'0" at the start end and 3'6" at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

**TIME:** **FRIDAY SESSION:** Meet begins at 5:15pm; Warm-Up is from 4:00pm to 5:00pm.  
**SATURDAY/SUNDAY SESSION A (11 & Over):** Meet begins at 8:30 AM; Warm-Up is from 7:00-8:15 AM.  
**SATURDAY/SUNDAY SESSION B (12 & Under):** Session B will begin 1 hour after Session A finishes, but not before 12:00 PM. Session B warm-Ups will begin immediately after Session A 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 a maximum of **one (1)** event on Friday and **three (3)** events per day on Saturday/Sunday.
- 11-12 year old athletes may compete in EITHER the AM or PM Session on Saturday/Sunday, they may not compete in both.
- 11-12 year old athletes entering the 11 & Over 200 Fly, 200 Back, and/or 200 Breast must have achieved a minimum USA-S Motivational 11-12 “B” time for their gender. Coach verified times shall be accepted.
- Athletes entered in the 400 IM, 400 Free, and 1500 Free must provide their own timers. Athletes entered in the 1500 Free must provide their own lap counters.
- Athletes entered in the 400 IM, 400 Free and/or 1500 Free must have achieved a minimum USA-S Motivational “B” time for their age group/gender in order to compete. Coach verified times shall be accepted.
- 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 Athlete’s 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.**
- First aid and an AED are available on-site.
- The 1500 meter Freestyle will be swum fastest to slowest alternating girl’s and boy’s heats. Girl’s and boy’s heats may be combined at the discretion of the Meet Referee.

**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.
- No personal tents or EZ-ups will be permitted on the pool deck.
- 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 (exception – 400 Free, 400 IM, 1500 Free, 11-12 200 Fly/Back/Breast. 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 shall be the age of the athlete on the first day of the meet.

**ENTRY PRIORITY:** Athletes from BAC, BSC, BCP, BGC, DCD, FOG, HDAC, MAV, MLKB, PASA, PPSC, PSL, SSF, YEMB entering online must do so by **11:59 PM, Wednesday, May 24th, 2023 in order to receive priority acceptance to the meet.** Athletes from the Zone 1N priority clubs submitting surface mail entries must be postmarked by Monday, May 22, 2023 in order to receive priority acceptance into the meet. No athletes other than those from the Zone 1N priority clubs may enter the meet until the priority period has closed.

**ENTRY FEES:** \$4.00 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. 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 **Wednesday, May 31<sup>st</sup>** at 11:59 PM.

**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 29<sup>th</sup>** or hand delivered by 6:30 p.m. Wednesday, **May 31<sup>st</sup>**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to Burlingame Aquatic Club**

**Mail entries to: BAC MEET DIRECTOR  
PO Box 281  
BURLINGAME, CA 94011**

**Hand deliver entries to: BAC MEET DIRECTOR  
1 MANGINI WAY  
BURLINGAME, CA 94011**

**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 all individual 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 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.

**AWARDS:** None.

**ADMISSION:** Free. A digital 2-day psych sheet will be distributed prior to competition.

**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.

**MINIMUM OFFICIALS:** Clubs must follow Zone 1 North rules for providing officials. Each club must provide officials for each session according to the number of athletes entered in that session, following the tables below.

Club athletes 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 and up (one for every 25 athletes)

**EVENT SUMMARY**

FRIDAY		SATURDAY		SUNDAY	
9-10	11& O	12 & U	11 & O	12 & U	11 & O
400 FR	400 IM	200 IM	200 BK	200 FR	200 FR
	1500 FR	100 BK	50 FL	100 BR	100 BK
		50 BR	100 BR	50 FL	50 BR
		100 FL	200 FL	100 FR	100 FL
		50 FR	50 BK	50 BK	50 FR
			100 FR		200 BR
			200 IM		400 FR (W)
			400 FR (M)		

**ORDER OF EVENTS**

FRIDAY, JUNE 9 <sup>TH</sup>		
GIRLS #	EVENT	BOYS #
1	9-10 400 FREE*	2
3	11 & O 400 IM*	4
5	11 & O 1500 FREE*	6

SATURDAY, JUNE 10 <sup>TH</sup>		
SESSION A		
GIRLS #	EVENT	BOYS #
7	11 & Over 200 Back#	8
9	11 & Over 50 Fly	10
11	11 & Over 100 Breast	12
13	11 & Over 200 Fly#	14
15	11 & Over 50 Back	16
17	11 & Over 100 Free	18
19	11 & Over 200 IM	20
	11 & Over M 400 Free*	22
Session B		
GIRLS #	EVENT	BOYS #
23	12 & Under 200 IM	24
25	12 & Under 100 Back	26
27	12 & Under 50 Breast	28
29	12 & Under 100 Fly	30
31	12 & Under 50 Free	32

SUNDAY, JUNE 11 <sup>TH</sup>		
SESSION A		
GIRLS #	EVENT	BOYS #
33	11 & Over 200 Free	34
35	11 & Over 100 Back	36
37	11 & Over 50 Breast	38
39	11 & Over 100 Fly	40
41	11 & Over 50 Free	42
43	11 & Over 200 Breast#	44
45	11 & Over W 400 Free*	
Session B		
GIRLS #	EVENT	BOYS #
47	12 & Under 200 Free	48
49	12 & Under 100 Breast	50
51	12 & Under 50 Fly	52
53	12 & Under 100 Free	54
55	12 & Under 50 Back	56

\*Athletes entered in the 400 IM/400 Free/1500 Free must have achieved a USA-S Motivational "B" time for their age group/gender.

Coach Verified Times will be accepted.

# 11-12 Year old athletes entering the 200 Fly, 200 Back, and/or 200 Breast must have achieved a USA-S Motivational 11-12 "B" time for their gender. Coach Verified Times will be accepted.

\*\*11-12 Year old athletes may compete in **EITHER** the AM **or** PM session on Saturday/Sunday. They may not compete in both.

Athletes in the 400 IM/400 Free/1500 Free must provide their own timers.

Athletes in the 1500 Free must provide their own Lap Counters.

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

Pacific Swimming – Hosted by BAC  
LONG COURSE CBA+  
JUNE 9-11, 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				
						: .			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						
Email													