

**HILLS HURRICANE SWIMMING
PACIFIC SWIMMING SHORT COURSE INTRASQUAD MEET
March 26, 2021**



SANCTION: Held under USA/Pacific Swimming Sanction No. **21-040**

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: David Kaplan	Head Starter: Germaine Hunter
Meet Marshal: Eve Maidenberg	Admin Official: Lisa Kaplan
Meet Director: Shad Wojtala (Swimfast2400@aol.com) 510-339-0234 Ext 12.	

LOCATION: THE HILLS SWIM AND TENNIS CLUB, 2400 MANZANITA DR, OAKLAND, CA

DIRECTIONS: From Highway 13 South take the Park St. Exit. Turn left onto Park St, then Left on Mountain Blvd. From Highway 13 North take the Park St. Exit and Left onto Mountain Blvd. Proceeding on Mountain Blvd North, turn right onto Snake Rd. Merge right onto Shepherd Canyon Rd. At the top of the hill make a left at the Skyline intersection and uphill onto Manzanita Dr. Parking is up the hill from the club.

COURSE: OUTDOOR 25 yard pool with up to 4 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 6'6" 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: **Session 1** will begin at **3:45PM** with warm-ups from **3:00PM – 3:40PM**. **Session 2** will begin no earlier than **6:00PM with a 25-minute minimum warm up time prior to the start**. Approximate start time for Session 2 will be posted prior to the meet. Facility warm up/water entry and exit guidelines will apply. Per county guideline, athletes of the same COHORT may swim up to 6 per lane. Warm up assignments will be posted prior to the meet to eliminate crowding.

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 individual** events per day.
- All Athletes ages 12 and under should complete competition within four (4) hours.
- Entries will be accepted up to the number of athletes that can be accommodated per facility restrictions, 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.**
- All athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.
- All events will be mixed gender and swam in COHORT group heats only. No mixing between COHORTS per heat.
- Co-mingling of COHORTS is not permitted. COHORT groups must remain only with their assigned group.
- **All meet attendees will be required to follow facility and team guidelines according to our current health order policies. Full guidelines as well as heat/lane assignments will be communicated prior to the meet.**

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 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 **HILLS HURRICANE SWIMMING (HILL)**. Athletes who are unattached but participating with **HILLS HURRICANE SWIMMING** 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.

- Athletes 19 years of age and over may compete in the meet if they are attached to HILL.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

ENTRY FEES: Blue, Red, Green, and Orange groups is **\$35** per athlete. Purple group is **\$20** per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

ENTRIES: All entries will be chosen and entered by HILL Coaches. **Entry acceptance deadline is Friday, March 19.** All athletes will warm-up/cool-down and compete within their regular COHORT groups as assigned in the current team safety guidelines.

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the starting block 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: The venue is closed to spectators. Live streaming will be available for free.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. **Parents may walk their child to the lobby but may not enter the facility unless they have a current reservation at the facility. Parents may not enter the pool deck that are not pre-authorized to do so.**

EVENTS:

SESSION 1			SESSION 2		
Blue & Green & Purple Groups			Red & Orange Groups		
Event #	Group	Mixed Event	Event #	Group	Mixed Event
1	Blue	200 Free	19	Red	200 Free
2	Green	100 Free	20	Orange	100 Free
3	Purple	50 Free	21	Red	100 Back
4	Blue	100 Back	22	Red	100 Breast
5	Blue	200 Breast	23	Orange	50 Back
6	Green	50 Back	24	Red	100 Free
7	Green	50 Breast	25	Orange	50 Breast
8	Blue	100 Free	26	Red	200 I.M.
9	Purple	100 Free	27	Orange	100 I.M.
10	Green	100 I.M.	28	Red	500 Free
11	Blue	200 I.M.	29	Orange	50 Free
12	Green	200 Free	30	Red	100 Fly
13	Blue	100 Fly	31	Orange	50 Fly
14	Blue	200 Fly	32	Red	50 Free
15	Green	50 Fly			
16	Blue	500 Free			
17	Green	50 Free			
18	Blue	50 Free			