

PACIFICA SEA LIONS AQUATIC CLUB
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
MARCH 12-13, 2022
Enter Online: <http://www.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **22-034**

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 on the Meet Mobile app.**

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:

<i>Meet Referee:</i> Kit Yan	<i>Head Starter:</i> Sam Tang
<i>Meet Marshal:</i> Dana Wilson	<i>Admin Official:</i> Larry Rice
<i>Meet Director:</i> Jenson Wong (meetdirector@pacificasealions.com)	

LOCATION: Jean E. Brink Pool, Oceana High School, 401 Paloma Ave., Pacifica, CA 94044

DIRECTIONS: From San Francisco/I-280: Take HWY 1 SOUTH into Pacifica. Take exit 506 toward Paloma Ave/Francisco Blvd. Turn LEFT at the end of the off-ramp stop sign, and cross over the Highway 1 overpass. After the overpass is a stop sign. Continue STRAIGHT/EAST. After the next stop sign, continue EAST half a block. Jean E. Brink Pool is the first driveway on your left. From Half Moon Bay: Take HWY 1 NORTH into Pacifica. Take exit 505B for Clarendon Rd/Oceana Blvd. At the end of the off ramp is a stop sign. Continue STRAIGHT / NORTH for about 1/4 mile along Oceana until you reach the next stop sign. At the stop sign take a RIGHT to the next stop sign. Jean E. Brink Pool is the first driveway on your left.

PARKING: There is a traffic circle for drop-off but very little parking near the entrance to the pool. Please observe posted placards and no-parking (red) zones. Nearest parking is on the street and there are also TWO PARKING LOTS above the pool (entrances on Oceana, north of Paloma on the right; and on Paloma, past the pool on the left). Please be respectful of the neighbors when parking.

COURSE: INDOOR 25 YARD pool with up to 7 lanes available for competition. An additional 2-3 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 5'0" at the start end and 5'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: **Session A (All Athletes 13 Years Old & Over, athletes aged 11-12 competing in the 1650 Free on Sunday):** Meet will begin at **9:00 AM** each day with warm-ups from **7:30 to 8:50 AM** each day. Assigned Group 1 & 2 warm-up times may be assigned by the Meet Host if participant count warrants.

Session B (All Athletes 12 Years Old & Under): Meet will begin at **least one hour after the completion of Session A and not before 12:00 PM** each day with warm-ups from **at least 45 minutes before the scheduled start of the session**. Assigned Group 1 & 2 warm-up times may be assigned by the Meet Host if participant count warrants.

- 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 up to **3 individual** events per day and up to 1 relay event per day, or 4 total 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 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.**
 - Events listed with multiple age groups will be seeded together. Results will be split by age group.
 - All athletes entered in the 400 IM must provide their own timers.
 - All athletes entered in the 400 IM must have achieved a USA “B” Time for their age group and gender in the 200 IM or longer. Coach-verified times will be accepted. Entries with “NO TIME” for the 400 IM will NOT be accepted.
 - All athletes entered in the 500 Free and 1650 Free must provide their own timers and lap counters.
 - All athletes aged 16 and under entered in the 500 Free and 1650 Free must have achieved a USA “B” Time for their age group and gender. Athletes 17 and over must have achieved a USA “B” Time for age 15-16 athletes of their respective gender for the 1650 Free. Coach-verified times will be accepted. Entries with “NO TIME” for the 500 and 1650 Free will NOT be accepted.
 - **Entries for the 1650 Free will be limited to the first 21 qualified entrants.** If the event fills, athletes with qualifying times may contact meetdirector@pacificswimming.com before March 2, 2022 to be placed on an alternate list. Athletes must check in for the 1650 Free by 10 AM on Sunday to be seeded. After 10 AM, athletes on the alternate list will be given the option to substitute a Sunday event in favor of swimming the 1650 Free at no additional cost.
 - **No other deck entries or event substitutions will be permitted after the entry deadline has passed.**

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.
- **Pets, excluding working service animals, are strictly prohibited in all areas of the meet venue.**
- **No camping and no outside chairs inside the facility.**
- **Everyone including athletes must wear masks inside the facility unless entering the pool.**
- Athletes will not be permitted to change in or out of suits inside the facility. Participating clubs must bring their own changing tents

- 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, except for 400 IM, 500 Freestyle, and 1650 Freestyle 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 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.

ENTRY PRIORITY: Zone 1 North Athletes entering online must do by 11:59pm Wednesday, February 16 to receive priority acceptance to the meet. Surface entries must be postmarked by Monday, February 14 to receive priority acceptance to the meet. No athletes other than those from Zone 1 North may enter the meet until the priority period has closed.

ENTRY FEES: \$4.50 per event plus an \$8.00 participation fee per Athlete. \$9.00 per relay event. Relay only Athletes must be registered with USA Swimming but do not need to pay the "per Athlete" participation fee. 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 Wednesday **March 2, 2022**.

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, **February 28, 2022** or hand delivered by 6:30 p.m. Wednesday, **March 2, 2022**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Pacifica Sea Lions

Mail entries to: PSL c/o Jenson Wong, PO Box 405, Pacifica, CA 94044

Hand deliver entries to: PSL Coaches or Board 401 Paloma Ave., Pacifica CA 94044 before 7:00pm

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 remaining 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. **See Rules regarding 1650 check-in.**

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.

RESULTS: Results for events seeded with multiple age groups will be split by age group (13-14, 15-Ov, 11-12, 9-10, 7-8, 6-Un)

AWARDS: Individual awards will be awarded in the A, B, and C division. Ribbons for First through Eighth place will be given to the following age groups: 6 & under, 7-8, 9-10, 11-12. Athletes 13 years of age and older will not receive ribbons. "A" time medals will be given to athletes achieving a new "A" time, regardless of place achieved in the event. Awards for athletes 12 & younger must be picked up at the meet by coaches at the end of each session. Awards will not be mailed.

ADMISSION: Free. A digital program will be distributed to coaches

SNACK BAR & HOSPITALITY: A snack bar will 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. All participating clubs are expected to provide lane timers based upon the number of athletes registered to swim each day. Club timing lanes will be assigned and coaches will be notified of assignments during the week prior to the meet.

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 table below. Clubs that do not provide sufficient officials must provide coaches to act in the place of officials.

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 (+1 for every additional 25 athletes)

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
100 FR Relay	200 FR Relay	200 FR Relay	200 FR Relay	100 MR	200 MR	1650 FR	200 MR
25 FR	100 FR	100 FR	400 IM	50 FR	50 FR	200 MR	200 FL
50 BK	50 BK	50 BK	50 BK	25 BK	100 BK	50 FR	200 BK
25 FL	100 FL	100 FL	200 FR	25 BR	100 BR	100 BK	100 BR
50 BR	50 BR	50 BR	100 FL	50 FL	50 FL	200 BR	100 FR
100 FR	200 FR	500 FR	100 BK	100 IM	200 IM	50 FL	50 FL
			50 FR			200 IM	50 BR
			100 IM				1650 FR

EVENTS

SATURDAY, March 12, 2022: AM Session		
EVENT #	EVENT	EVENT #
1	13-O 200 Free Relay	2
3	13-O 400 IM	4
5	13-O 50 Back	6
7	13-O 200 Free	8
9	13-O 100 Fly	10
11	13-O 100 Back	12
13	13-O 50 Free	14
15	13-O 100 IM	16
SATURDAY, March 12, 2022: PM Session		
17	8-Un 100 Free Relay	18
19	9-10 200 Free Relay	20
21	11-12 200 Free Relay	22
23	8-Un 25 Free	24
25	9-10 100 Free	26
27	11-12 100 Free	28
29	8-Un 50 Back	30
31	9-10 50 Back	32
33	11-12 50 Back	34
35	8-Un 25 Fly	36
37	9-10 100 Fly	38
39	11-12 100 Fly	40
41	8-Un 50 Breast	42
43	9-10 50 Breast	44
45	11-12-50 Breast	46
47	8-Un 100 Free	48
49	9-10 200 Free	50
51	11-12 500 Free	52

SUNDAY, March 13, 2022: AM Session		
EVENT #	EVENT	EVENT #
53	13-O 200 Medley Relay	54
55	13-O 200 Fly	56
57	13-O 200 Back	58
59	13-O 100 Breast	60
61	13-O 100 Free	62
63	13-O 50 Fly	64
65	13-O 50 Breast	66
67	11-O 1650 Free*	68
SUNDAY, March 13, 2022: PM Session		
69	8-Un 100 Medley Relay	70
71	9-10 200 Medley Relay	72
73	11-12 200 Medley Relay	74
75	8-Un 50 Free	76
77	9-10 50 Free	78
79	11-12 50 Free	80
81	8-Un 25 Back	82
83	9-10 100 Back	84
85	11-12 100 Back	86
87	8-Un 25 Breast	88
89	9-10 100 Breast	90
91	11-12 200 Breast	92
93	8-Un 50 Fly	94
95	9-10 50 Fly	96
97	11-12 50 Fly	98
99	8-Un 100 IM	100
101	9-10 200 IM	102
103	11-12 200 IM	104

*Events 67 & 68 will be run concurrently, seeded fast to slow, limited to 21 athletes (3 heats total)

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

Pacific Swimming – Hosted by PSL SHORT COURSE CBA+ March 12-13, 2022 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				
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						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.50 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													