

PACIFICA SEA LIONS AQUATIC CLUB (PSL)  
"PACIFICA SPAM LOVERS"  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
MARCH 23-24, 2024



Enter Online: <http://ome.fastswims.com>

Zone 1 North Clubs Assigned: BAC, BSC, BCP, BGC, DACA, DCD, FOG, HDAC, MAV, OSC, PPSC, PSL, SOLO, SSF

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **24-048**

*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 MeetMobile**

**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:** Kit Yan                      **Head Starter:** Shawn Chao  
**Meet Marshal:** Mark Sessler              **Admin Official:** Kim Guzik  
**Meet Director:** Tim Andonian, [meetchief@pacificalions.org](mailto:meetchief@pacificalions.org)

**LOCATION:** Jean E. Brink Pool at 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. The 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 Meet Host shall ensure the required course dimensions.

**TIME:**

- **Session A (All Athletes 11 Years Old & Over):** Meet will begin at **8:30 AM** each day with warm-ups from **7:00 to 8:15 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 11:30 AM** 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
- **NOTE REGARDING ATHLETES AGES 11-12:** Athletes ages 11-12 may compete in **either** Session A (AM) or Session B (PM), but **not both.** Athletes and families should consult their clubs before entering this meet

**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 **3 individual** events each 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, and sign in with Meet Referee or their designee upon arriving at the meet.**
- **Athletes ages 11-12 may compete in either Session A (AM) or Session B (PM), but not both**
- Coach-verified times will be accepted for the 500 Free, 400 IM for seeding purposes.
- Entries for the 9-over 500 Free (Saturday PM) will be limited to the first 28 entrants (4 heats) in a mixed event.
- Entries for the 11-over 400 IM will be limited to the first 28 entrants (4 heats) of each gender.
- All athletes entered in the 500 Freestyle must provide a **person** to lap count. Facility has 5 lap-counters if you do not have your own.
- Timers must be at least 11 years old, per USA Swimming guidelines.
- No other deck entries or event substitutions will be permitted after the entry deadline has passed
- To be present on deck, coaches must sign in and provide proof of current good standing USA Swimming membership.
- Lifeguards, an AED, and first aid will be available.

**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:**

- No Personal Chairs allowed in the Facility
- ONLY Athletes, Coaches, Officials, and Meet Marshals allowed on the pool deck

- Athletes ONLY in the locker rooms
- 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.

**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, except for 400 IM and 500 Freestyle (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 from **BAC, BSC, BCP, BGC, DACA, DCD, FOG, HDAC, MAV, OSC, PPSC, PSL, SOLO, SSF** entering online must do so by 11:59 pm **Wednesday, March 6, 2024**, in order to receive priority acceptance to the meet. No athletes other than those from **BAC, BSC, BCP, BGC, DACA, DCD, FOG, HDAC, MAV, OSC, PPSC, PSL, SOLO, SSF** may enter the meet until the priority period has closed.

**ENTRY FEES:** \$4.50 per event plus a \$10.00 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 service 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 service fee is a separate fee from the Entry Fees. If you do not wish to pay the service 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 13, 2024** at 11:59 PM.

**CHECK-IN:** The meet shall be pre-seeded. Scratches must be received in advance via email in accordance with the scratch deadlines outlined by the Meet Director.

**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. All scratches shall be sent to [meetdirector@pacificsealions.org](mailto:meetdirector@pacificsealions.org), **ASAP. Scratch deadline will be announced via email (FastSwims) to clubs and entered athlete families.**

**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: 8un, 9-10 Only. Athletes 11 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 10 & younger must be picked up at the meet by coaches at the end of each session. Awards will not be mailed.

**ADMISSION:** Free. A Meet Program with Heats & Lanes will be emailed through FastSwims.

**SNACK BAR & HOSPITALITY:** A snack bar featuring healthy options and tasty classics (including spam musubi) 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.

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 AM				SUNDAY AM			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
		500 Fr	500 Fr			400 IM	400 IM
		200 Fly	200 Fly			50 Fr	50 Fr
		50 Bk	50 Bk			100 Fly	100 Fly
		200 IM	200 IM			50 Br	50 Br
		100 Fr	100 Fr			200 Fr	200 Fr
		200 Br	200 Br			100 Br	100 Br
		100 IM	100 IM			200 Bk	200 Bk
		100 Bk	100 Bk			50 Fly	50 Fly
SATURDAY PM				SUNDAY PM			
25 Fr	500 fr	500 Fr		25 Bk	100 Fly	400 IM	
50 Fly	50 Fly	50 Fly		100 Fly	100 Bk	100 Fly	
100 Br	100 Br	100 Br		100 Bk	50 Fr	200 Br	
50 Bk	50 Bk	200 Bk		50 Fr	100 IM	100 Bk	
100 Fr	100 Fr	50 Bk		25 Br		50 Fr	
25 Fly	50 Br	200 IM		100 IM		200 Fly	
50 Br		100 Fr				200 Fr	
		50 br				100 IM	

### Saturday March 23 - Session A

Event #	Gender	Age Group	Stroke / Distance	Age Group	Gender	Event #
1	Mixed	11 & Over	500 free*	11 & Over	Mixed	1
3	Girls	11 & Over	200 fly	11 & Over	Boys	4
5	Girls	11 & Over	50 back	11 & Over	Boys	6
7	Girls	11 & Over	200 IM	11 & Over	Boys	8
9	Girls	11 & Over	100 Free	11 & Over	Boys	10
11	Girls	11 & Over	200 breast	11 & Over	Boys	12
13	Girls	11 & Over	100 IM	11 & Over	Boys	14
15	Girls	11 & Over	100 back	11 & Over	Boys	16

### Saturday March 23 - Session B

Event #	Gender	Age Group	Stroke / Distance	Age Group	Gender	Event #
17	Mixed	9-12	500 Free	9-12	Mixed	17
19	Girls	8 & Under	25 free	8 & Under	Boys	20
21	Girls	12 & Under	50 fly	12 & Under	Boys	22
23	Girls	12 & Under	100 breast	12 & Under	Boys	24
25	Girls	11-12	200 Back	11-12	Boys	26
27	Girls	12 & Under	50 back	12 & Under	Boys	28
29	Girls	11-12	200 IM	11-12	Boys	30
31	Girls	12 & Under	100 free	12 & Under	Boys	32
33	Girls	8 & Under	25 fly	8 & Under	Boys	34
35	Girls	12 & Under	50 breast	12 & Under	Boys	36

\* The following events require the minimum National B time standard for entry (coach approved time is OK): 500 Freestyle  
 Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>.

## Sunday March 24 - Session A

Event #	Gender	Age Group	Stroke / Distance	Age Group	Gender	Event #
37	Mixed	11 & Over	400 IM	11 & Over	Mixed	37
39	Girls	11 & Over	50 free	11 & Over	Boys	40
41	Girls	11 & Over	100 fly	11 & Over	Boys	42
43	Girls	11 & Over	50 breast	11 & Over	Boys	44
45	Girls	11 & Over	200 free	11 & Over	Boys	46
47	Girls	11 & Over	100 breast	11 & Over	Boys	48
49	Girls	11 & Over	200 back	11 & Over	Boys	50
51	Girls	11 & Over	50 fly	11 & Over	Boys	52

\* The following events require the minimum National B time standard for entry (coach approved time is OK): 400 IM. Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>.

## Sunday March 24 - Session B

Event #	Gender	Age Group	Stroke / Distance	Age Group	Gender	Event #
53	Mixed	11-12	400 IM	11-12	Mixed	53
55	Girls	8 & Under	25 back	8 & Under	Boys	56
57	Girls	12 & Under	100 fly	12 & Under	Boys	58
59	Girls	11-12	200 breast	11-12	Boys	60
61	Girls	12 & Under	100 back	12 & Under	Boys	62
63	Girls	12 & Under	50 free	12 & Under	Boys	64
65	Girls	11-12	200 fly	11-12	Boys	66
67	Girls	8 & Under	25 breast	8 & Under	Boys	68
69	Girls	9-12	200 free	9-12	Boys	70
71	Girls	12 & Under	100 IM	12 & Under	Boys	72