

QUICKSILVER SWIMMING  
PACIFIC SWIMMING SHORT COURSE 14 & UNDER BB+ MEET  
SATURDAY, MARCH 2, 2024  
Enter Online: <http://ome.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **24-036**

*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 Meet Mobile.**

**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> Csaba Andrejka	<b>Head Starter:</b> Mike Piccardo
<b>Meet Marshal:</b> Andrew Johnson	<b>Admin Official:</b> Andrew Lam
<b>Meet Director:</b> Megan Waters, <a href="mailto:megan@swimqss.org">megan@swimqss.org</a>	

**LOCATION:** Gunderson High School Pool, 622 Gaundabert Lane, San Jose, CA 95136

**DIRECTIONS:** From 85, exit onto Santa Teresa southbound. Turn right onto Thornwood Drive, pass the shopping mall and turn right on Winfield Blvd. Turn right onto Chynoweth Ave, drive past the school to the stop sign and turn right on Gaundabert Lane. Enter the parking lot on your right. The pool is located at the back of the campus.

**COURSE:** Outdoor 25-yard pool with up to 9 lanes available for competition. An additional 6 lanes or more 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 7'0" at the start end and 7'0" at the turn end. The Meet Host shall ensure the required course dimensions.

**TIME:** Meet will begin at 8:45 AM with warm-ups from 7:30 AM to 8:30 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.
- 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.
- All events will be swum as combined age groups and mixed gender.
- Athletes may compete in a MAXIMUM of four (4) events.
- Athletes competing in the 500 Free must provide their own lap counter.
- Athletes competing in the 400 IM must provide their own timer.
- Athletes competing in the 1000 Free must provide their own timer and lap counter.
- The 1000 Free will be limited to a single heat. Priority will be given to athletes who do not yet have an Age Group Champs qualifying time.
- Entries will be accepted until the number of splashes exceeds an estimated timeline of three hours and forty-five minutes (3hr 45m), excluding the 1000 Free.
- 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 will be available to participants

**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.
- No parking in fire lanes (where the curb is marked red).
- Locker rooms will be used by Athletes only. Adult restrooms are in the ‘round house’ at the entrance to the pool.

**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 must be age 14 or younger to enter the meet.

- Entries with "NO TIME" will NOT be accepted.
- Athletes must have a BB time or faster for their age group/gender to enter all events, with the following exceptions:
  - Athletes who do not yet have a time in a 200-yard stroke event may enter the 200-yard stroke event with a coach-verified BB+ time ONLY IF the athlete already has a BB+ time in the 100-yard event of that same stroke.
  - Athletes may enter the 400 I.M. with a coach-verified BB+ time ONLY IF they already have a BB+ time in the 200 I.M.
  - Athletes who wish to enter the 1000 Free must have a BB time or faster, in their age group, in the 500 Free. Athletes may not enter the 1000 Free if they already have an Age Group Champs qualifying time for their age group.
- 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.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

**ENTRY PRIORITY:** Zone 1S athletes have priority registration through Friday, February 16, 2024.

**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-in entry form. 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 February 25, 2024 at 11:59pm.

**MAILED ENTRIES:** Mail-in entries will be accepted as space allows. Mail-in entries will not be accepted once the meet has closed, whether the entry deadline has passed, or the meet has filled. It is possible that the meet will fill before the entry deadline. Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with Athlete's best times. Entries must be postmarked by February 21, 2024. **No late entries will be accepted.**

**Make check payable to:** Quicksilver Swimming  
**Mail entries to:** Megan Waters, 1410 Walnut Drive, Campbell CA 95008

**CHECK-IN:** All events of the meet will be **deck seeded**. Athletes must check-in for all events that they intend to swim. Athletes who do not check in will not be seeded in the event. 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.

**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:** Facilities will not be provided after meet hours.

## ORDER OF EVENTS

SATURDAY, MARCH 2, 2024	
EVENT #	EVENT
1	11 & Over 200 BACK*
2	OPEN 200 I.M.
3	OPEN 100 FREE
4	12 & Under 50 FLY
5	Open 200 BREAST*
6	12 & Under 50 BACK
7	Open 100 FLY
8	12 & Under 100 I.M.
9	12 & Under 50 BREAST
10	OPEN 200 FREE
11	OPEN 100 BACK
12	11 & Over 200 FLY*
13	OPEN 500 FREE^
14	OPEN 100 BREAST
15	OPEN 50 FREE
16	11 & Over 400 I.M.#
17	11 & Over 1000 Free@

Athletes must have a coach-verified BB time or faster. Use the following URL to find the time standards:  
<https://www.pacswim.org/userfiles/cms/documents/801/2021-2024-national-age-group-motivational-times.pdf>

\*Athletes who do not yet have a time in the 200 Back, 200 Breast, and 200 Fly must have a coach-verified BB time or faster, AND must already have a BB+ time in the 100-yard event of that stroke.

^Athletes in the 500 Free must provide their own lap counter.

#Athletes may enter the 400 I.M. with a coach-verified BB+ time only if they already have a BB+ time in the 200 I.M. Athletes entered in the 400 I.M. must provide their own timer.

@Athletes entered in the 1000 Free must have a BB+ time in the 500 Free in their age group, and must not already have an Age Group Champs qualifying time in their age group. Athletes entered in the 1000 Free must provide their own timer and lap counter.

Pacific Swimming – Hosted by QSS Short Course 14 & Under Age Group Meet March 2, 2024 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				
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						: .			SCY / LCM				
# of entries _____ x \$4.50 = \$ _____ Participation Fee                      \$ 10.00  Total    \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													