

**Z1 SOUTH
PACIFIC SWIMMING LONG COURSE JO MINUS MEET
JULY 23-24, 2022
Enter Online: <http://www.fastswims.com>**



SANCTION: Held under USA/Pacific Swimming Sanction No. **22-088**

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:
Meet Referee: Brett Shaug **Head Starter:** Bob Armbruster
Meet Marshal: Anne Vargas **Admin Official:** Debbie Fuji
Meet Director: Michael Greymont – mgreymont@mhgcg.com 408 891-2948

LOCATION: Valley Christian High School, 100 Skyway Drive, San Jose, CA 95111

DIRECTIONS: From 101 South: Take 101 South to the Capitol Expressway/Yerba Buena Road exit. Merge onto Capitol Expressway heading west. Take the Monterey Road ramp. Turn left onto Monterey Road. Turn left onto Skyway Drive. Valley Christian High School is located at 100 Skyway Drive. From 280 South: Take 280 South to 87 South. Take 87 South to the Capitol Expressway Auto Mall exit. Turn left onto West Capitol Expressway. Take the Monterey Road ramp. Turn left onto Monterey Road. Turn left onto Skyway Drive. Valley Christian High School is located at 100 Skyway Drive. From 85 South: Take 85 South to the Blossom Hill Road exit. Turn left onto Blossom Hill Road. Turn left onto Snell Avenue. Turn right onto Skyway Drive. Valley Christian High School is located at 100 Skyway Drive

COURSE: 50 METER pool with up to 8 lanes available for competition. An additional 1 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 9'0" at the start end and 6'6" at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Meet will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. A special warm-up time for 8 and under Athletes only will be held from 8:30 to 8:45 AM in lane 10.

- 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 events are timed finals.
 - All events will swim fast to slow.
 - Athletes may compete in **3** events per day.
 - 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.
 - The local facilities’ guidelines, restrictions, and interpretation of the local public health guidelines shall be followed at this meet.
 - 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 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.
 - The meet will be capped at 450 in the Saturday and Sunday sessions. The meet may close sooner if the estimated timeline reaches the “Four-Hour Rule” prior to the entry capacity being met.
 - All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.
 - All 50-meter events will start from the deep end of the pool.

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-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.
 - 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.
 - **Only Coaches EZ-Ups will be allowed on the pool deck. There will be a parent viewing area to watch the swims. No standing behind the starting area during competition.**

- ELIGIBILITY:**
- Athletes must be current members of USA-S 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 swimmer 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 to qualified Athletes currently registered with Zone 1 South clubs. Unattached athletes participating with a Zone 1 South Club are eligible to compete.
 - 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 - The 400 Free, athletes must have a "BB" time or a coach verified BB Time).
- 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 swimmers 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.
- This is a **JO MINUS** swim event. The time of the Athlete must be slower than a qualifying JO Time per Pacific Swimming Time Standard. Any athlete's found to have invalid times 'may' be removed from the event based on the decision of the Meet Referee.

ENTRY FEES: \$4.50 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 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 the 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 a swimmer by Pacific Swimming. Online entries will be accepted through Friday July 15th, 2022.

MAILED 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, July 11th, 2022. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Zone 1 South

Mail entries to: Michael Greymont – Zone 1 South
409 Tennant Ave #423
Morgan Hill, CA 95037

CHECK-IN: The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. 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. No event shall be closed more than 30 minutes before the scheduled start of the session. Athletes who do not check in will not be seeded and will not be allowed to compete in that event.

SCRATCHES: Any athlete not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized.

AWARDS: Awards will be available to a Club Representative at the end of the competition. "A" medals shall be awarded to athletes achieving new "A" times. Individual awards will be awarded in the A, B and C Division. Ribbons for the first through eighth place will be given to the following age groups: 10 & under, 11-12 and 13-14, 15-18 age groups. No awards given for athletes 19 years of age and older. Awards will not be mailed.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar/food trucks may be available throughout the competition. 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.

ORDER OF EVENTS

SATURDAY JULY 23rd, 2022		
EVENT #	EVENT	EVENT #
1	13 OVER 400 FR*	2
3	11-12 200 BR	4
5	10 UNDER 50 BR	6
7	15 OVER 100 FLY	8
9	13-14 100 FLY	10
11	11-12 100 FLY	12
13	10 UNDER 100 FLY	14
15	15 OVER 200 FREE	16
17	13-14 200 FREE	18
19	11-12 50 FREE	20
21	10 UNDER 50 FREE	22
23	15 OVER 100 BK	24
25	13-14 100 BK	26
27	11-12 100 BK	28
29	10 UNDER 100 BK	30
31	11-12 50 BK	32
33	10 UNDER 50 BK	34

SUNDAY JULY 24th, 2022		
EVENT #	EVENT	EVENT #
35	11-12 200 BK	36
37	15 OVER 200 BR	38
39	13-14 200 BR	40
41	11-12 100 BR	42
43	10 UNDER 100 BR	44
45	15 OVER 100 FR	46
47	13-14 100 FR	48
49	11-12 100 FR	50
51	10 UNDER 100 FR	52
53	15 OVER 200 IM	54
55	13-14 200 IM	56
57	11-12 50 FLY	58
59	10 UNDER 50 FLY	60
61	15 OVER 50 FR	62
63	13-14 50 FR	64

Athlete must have a "BB" time or a coach verified "BB" time to swim this event

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

Pacific Swimming – Hosted by Zone 1 South Z1 South JO Minus July 23-24, 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				
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# of entries _____ x \$4.50 = \$ _____ Participation Fee \$ 14.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													