

ALTO SWIM CLUB MEET
PACIFIC SWIMMING SHORT COURSE MEET
FEBRUARY 5-6, 2022

Enter Online: www.fastswims.com

Z1N Priority Entry Clubs: ALTO, LAMV, LO, MCAC, OCCA, PASA, PCCA, SUNN



SANCTION: Held under USA/Pacific Swimming Sanction No. **22-010**

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: Mette Graversen	Head Starter: Katherine Ng-Suen
Meet Marshal: Dustin Fukuda	Admin Official: Curtiss Kikuta
Meet Director: Alec Scott – altoswimclub@gmail.com	

LOCATION: Palo Alto High School. 50 Embarcadero Rd, Palo Alto, CA 94301

COURSE: OUTDOOR 25 YARD pool with up to 10 lanes available for competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 9' at the start end and 9" at the turn end. The competition course has been certified in accordance with 104.2.2C(4).

TIME: Saturday and Sunday are split into Sessions "A" and "B"

Session A	13 & Older Athletes (Saturday & Sunday): 7:00-8:20 am warm up. Meet Begins at 8:30 am.
Session B	12 & Under Athletes (Saturday & Sunday): 12:30-1:20 pm warm up. Meet begins at 1:30 pm.

- 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 enter and compete in **3** 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 time line, 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.
- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet. All applicable Santa Clara County, City of Palo Alto and State of California Public Health requirements for protection against Covid-19 will apply. All persons in the facility must be masked, with the exceptions of athletes during warm up, warm down, and actual competition. The meet director and meet referee may remove any individual who does not comply.
- Start lanes will only be available for the last 20 minutes in each warm up session.
- A minimum of 1 heat will be provided for the 1000 free and 1650 free events. The event will close, at the meet director’s discretion, when the maximum entry numbers are reached. Athletes must provide their own counters and timers for the 1000 and 1650 free.

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-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 swimmer 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.
- Athletes in the “A” division must have met at least the 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.
- 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.
- 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 **ALTO, LAMV, LO, MCAC, OCCA, PASA, PCCA, SUNN** entering online must do so by Wednesday, January 12th, 2022 in order to receive priority acceptance into the meet. Surface mail entries must be postmarked by Monday, January 10th, 2022 in order to receive priority acceptance to the meet. No athletes other than those from **ALTO, LAMV, LO, MCAC, OCCA, PASA, PCCA, SUNN** may enter the meet until the priority period has concluded.

ENTRY FEES: \$4.50 event plus an \$8.00 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 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, January 26th, 2022**.

Make check payable to: Alto Swim Club

Mail entries to: Alto Swim Club
 Meet Entries
 PO Box 61117
 Palo Alto, CA 94306

CHECK-IN: The meet will be pre-seeded.

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

AWARDS: None.

ADMISSION: Free.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

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)

ORDER OF EVENTS

SATURDAY, FEBRUARY 5, 2022 MORNING SESSION		
GIRLS #	EVENT	BOYS #
1	13 & O 50 fly	2
3	13 & O 100 fly	4
5	13 & O 200 fly	6
7	13 & O 50 back	8
9	13 & O 100 back	10
11	13 & O 200 back	12
13	13 & O 200 IM	14
15	13 & O 50 breast	16
17	13 & O 100 breast	18
19	13 & O 200 breast	20
21	13 & O 100 IM	22
23	13 & O 50 free	24
25	13 & O 100 free	26
27	13 & O 200 free	28
29	MIXED 13 & O 400 IM	
30	MIXED 13 & O 1000 free	
31	MIXED 13 & O 1650 free	
SATURDAY, FEBRUARY 5, 2022 AFTERNOON SESSION		
GIRLS #	Stroke/Distance	BOYS #
33	12 & U 100 free	34
35	12 & U 25 fly	36
37	12 & U 50 fly	38
39	12 & U 100 fly	40
41	10-12 200 fly	42
43	12 & U 25 back	44
45	12 & U 50 back	46
47	12 & U 100 back	48
49	10-12 200 back	50
51	12 & U 200 IM	52
53	12 & U 25 breast	54
55	12 & U 50 breast	56
57	12 & U 100 breast	58
59	10-12 200 breast	60
61	12 & U 25 free	62
63	12 & U 50 free	64
65	12 & U 100 IM	66
67	MIXED 9-12 500 free	
68	MIXED 11-12 1650 free	

SUNDAY, FEBRUARY 6, 2022 MORNING SESSION		
GIRLS #	Stroke/Distance	BOYS #
69	13 & O 50 fly	70
71	13 & O 100 fly	72
73	13 & O 200 fly	74
75	13 & O 50 back	76
77	13 & O 100 back	78
79	13 & O 200 back	80
81	13 & O 200 IM	82
83	13 & O 50 breast	84
85	13 & O 100 breast	86
87	13 & O 200 breast	88
89	13 & O 100 IM	90
91	13 & O 50 free	92
93	13 & O 100 free	94
95	13 & O 200 free	96
97	MIXED 13 & O 500 free	
98	MIXED 13 & O 1000 free	
99	MIXED 13 & O 1650 free	
SUNDAY, FEBRUARY 6, 2022 AFTERNOON SESSION		
GIRLS #	Stroke/Distance	BOYS #
101	12 & U 100 free	102
103	12 & U 25 fly	104
105	12 & U 50 fly	106
107	12 & U 100 fly	108
109	10 – 12 200 fly	110
111	12 & U 25 back	112
113	12 & U 50 back	114
115	12 & U 100 back	116
117	10 – 12 200 back	118
119	12 & U 200 IM	120
121	12 & U 25 breast	122
123	12 & U 50 breast	124
125	12 & U 100 breast	126
127	10 – 12 200 breast	128
129	12 & U 25 free	130
131	12 & U 50 free	132
133	12 & U 100 IM	134
135	MIXED 12 & U 400 IM	
136	MIXED 11-12 1650 free	

Pacific Swimming – Hosted by Alto Swim Club
 CBA Meet
 February 5-6, 2021
 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			
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# of entries _____ x 4.50 = \$ _____ Participation Fee \$8													
Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													