

**ALTO SWIM CLUB
PACIFIC SWIMMING SHORT COURSE INTRASQUAD MEET
OCTOBER 7-9, 2022**



SANCTION: Held under USA/Pacific Swimming Sanction No. **22-128**

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: Stephanie Kuang	Head Starter: Brian Floyd
Meet Marshal: Alec Scott	Admin Official: Laura Mitchell
Meet Director: Joy Taylor (altoswimclub@gmail.com)	

LOCATION: JLS Middle School, 480 E Meadow Drive, Palo Alto 94306

COURSE: **OUTDOOR 25 YARD** pool with up to 7 lanes available for competition, with one lane available for warm up. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 9' at the start end and 3.5' at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Friday competition will begin at 4:45 PM with warm-ups beginning at 3:45 PM. Competition will conclude no later than 8:00 PM. Saturday and Sunday are split into Sessions "A" and "B."
Session A, 7:00 - 8:20 AM warm up. Meet Begins at 8:30 AM.
Session B, Warm-up will be 40 minutes, beginning at the conclusion of Session A.

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 5 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.**
- 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.

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 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.
- Meet is open only to qualified athletes registered with **Alto Swim Club (ALTO)**. Athletes who are unattached but participating with ALTO are eligible to compete.
- 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.
- 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 FEES: No entry fees for this meet.

ENTRIES: Entries will be accepted via hy-tek file only. Entries will be accepted through Sunday October 1 at 11:59 PM.

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each 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: No overnight parking is allowed. Facilities will not be provided after meet hours.

ORDER OF EVENTS:

Friday, October 7, 2022

1	Girls	10&U	200 free relay
2	Boys	10&U	200 free relay
3	Girls	11-12	200 free relay
4	Boys	11-12	200 free relay
5	Girls	13-14	200 free relay
6	Boys	13-14	200 free relay
7	Girls	15-18	200 free relay
8	Boys	15-18	200 free relay
9	Girls	10&U	200 medley relay
10	Boys	10&U	200 medley relay
11	Girls	11-12	200 medley relay
12	Boys	11-12	200 medley relay
13	Girls	13-14	200 medley relay
14	Boys	13-14	200 medley relay
15	Girls	15-18	200 medley relay
16	Boys	15-18	200 medley relay
17	Mixed	Open	500 free
18	Mixed	Open	500 free

Saturday, October 8, 2022

Session A

19	Girls	11 & Over	400 free relay
20	Boys	11 & Over	400 free relay
23	Mixed	Open	50 fly
24	Mixed	Open	100 fly
25	Mixed	Open	200 fly
26	Mixed	Open	50 back
27	Mixed	Open	100 back
28	Mixed	Open	200 back
29	Mixed	Open	50 breast
30	Mixed	Open	100 breast
31	Mixed	Open	200 breast
32	Mixed	Open	50 free
33	Mixed	Open	100 free
34	Mixed	Open	200 free
35	Mixed	Open	500 free
36	Mixed	Open	100 IM
37	Mixed	Open	200 IM
38	Mixed	Open	400 IM

Session B

39	Mixed	Open	25 fly
40	Mixed	Open	50 fly
41	Mixed	Open	100 fly
42	Mixed	Open	200 fly
43	Mixed	Open	25 back
44	Mixed	Open	50 back
45	Mixed	Open	100 back
46	Mixed	Open	200 back
47	Mixed	Open	25 breast
48	Mixed	Open	50 breast
49	Mixed	Open	100 breast
50	Mixed	Open	200 breast
51	Mixed	Open	25 free
52	Mixed	Open	50 free
53	Mixed	Open	100 free
54	Mixed	Open	200 free
55	Mixed	Open	500 free
56	Mixed	Open	100 IM
57	Mixed	Open	200 IM
58	Mixed	Open	400 IM

Sunday, October 9, 2022

Session A

59	<i>Girls</i>	<i>11 & Over</i>	<i>400 Medley relay</i>
60	<i>Boys</i>	<i>11 & Over</i>	<i>400 Medley relay</i>
61	Mixed	Open	50 fly
62	Mixed	Open	100 fly
63	Mixed	Open	200 fly
64	Mixed	Open	50 back
65	Mixed	Open	100 back
66	Mixed	Open	200 back
67	Mixed	Open	50 breast
68	Mixed	Open	100 breast
69	Mixed	Open	200 breast
70	Mixed	Open	50 free
71	Mixed	Open	100 free
72	Mixed	Open	200 free
73	Mixed	Open	500 free
74	Mixed	Open	100 IM
75	Mixed	Open	200 IM
76	Mixed	Open	400 IM

Session B

77	Mixed	Open	25 fly
78	Mixed	Open	50 fly
79	Mixed	Open	100 fly
80	Mixed	Open	200 fly
81	Mixed	Open	25 back
82	Mixed	Open	50 back
83	Mixed	Open	100 back
84	Mixed	Open	200 back
85	Mixed	Open	25 breast
86	Mixed	Open	50 breast
87	Mixed	Open	100 breast
88	Mixed	Open	200 breast
89	Mixed	Open	25 free
90	Mixed	Open	50 free
91	Mixed	Open	100 free
92	Mixed	Open	200 free
93	Mixed	Open	500 free
94	Mixed	Open	100 IM
95	Mixed	Open	200 IM
96	Mixed	Open	400 IM