

HILLS HURRICANE SWIMMING  
PACIFIC SWIMMING SHORT COURSE C/B/BB+ MEET  
MARCH 26-27, 2022

Enter Online: <http://ome.swimconnection.com/PC/HILL20220326>



**Please be aware that the local county health authority may change safety guidelines. Face coverings and other safety precautions may be required and will be enforced. The meet director will communicate all safety requirements in a timely manner prior to the meet. No Friday night set-up. Gates will open at 7:00am each day.**

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **22-024**

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 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> <i>Charlie Gonzales</i>	<b>Head Starter:</b> <i>Carol Cottam</i>
<b>Meet Marshal:</b> <i>Eve Maidenberg</i>	<b>Admin Official:</b> <i>Amy Gonzalez</i>
<b>Meet Director:</b> <i>Portia Soderberg, <a href="mailto:tooantsy@gmail.com">tooantsy@gmail.com</a></i>	

**LOCATION:** John F. Cunningham Aquatic Complex, 801 Heartwood Avenue, Vallejo, CA 94591

**DIRECTIONS:** From I-80 Eastbound: Take Exit 30C - Georgia Street, turn RIGHT on Miller Ave / Steffan St to Georgia St. Go LEFT on Georgia St past three (3) stoplights. Turn LEFT on Heartwood to pool. From I-80 Westbound: Take Exit 30B - Georgia Street, turn RIGHT at the fork onto 14th St. and continue to light. Go RIGHT at light onto Georgia St. and cross over the freeway. Continue on Georgia St. past four (4) stoplights. Turn LEFT on Heartwood to pool. From Contra Costa: Take I-680 North to I-780 North - Benicia / Vallejo. Take Exit 3A - Columbus Parkway. Continue North on Columbus Parkway to Georgia St. Turn LEFT on Georgia Street. Turn RIGHT on Heartwood to pool.

Limited parking is available at the facility. Street parking is available for lot overflow - please be respectful of neighborhood driveways when parking on the street. **THOSE PARKING IN IMPROPER AREAS WILL BE TICKETED BY VPD AND MAY BE TOWED.**

**COURSE:** OUTDOOR 25 YARD pool with up to 10 lanes available for competition. A limited number of lanes shall be available for warmup/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance

with Article 103.2.3, is 6'0" at the start end and 6'0" at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

**TIME:** Meet begins at 9:00 AM each day. The competition course will be open for warm-ups from 7:30 to 8:45 AM. Special warm-up for 8 and under athletes only from 8:45-8:55 AM.

- RULES:**
- Current USA and Pacific Swimming rules and warm-up procedures, including the Minor Athlete Abuse Prevention Policy (MAAPP) will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
  - The local facility's guidelines, restrictions, and interpretation of the local public health guidelines, including mask-wearing and social-distancing, 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 athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.
  - All events are timed finals.
  - All events will swim fast to slow.
  - Athletes may compete in a maximum of **four (4) 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.
  - Athletes in the 500 Free must provide their own timers and counters.
  - **Athletes age 12 and under entering in the 500 free must meet the 11-12 USA-S "B" time standard.**

**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.
  - Marshals and signage will indicate areas designated for set-up. Anyone set-up in restricted areas of the pool deck, school campus, or within fire lanes will be required to re-locate.
  - 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 athletes entered in the meet may use the competition or warm-down pool(s) at any time during the meet.

**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, 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 "BB" Division must have met at least USA Swimming Motivational "BB" 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. For 8 & Under, athletes in the "A" division must have met at least the listed "A" time standard.
- Entries with "NO TIME" will NOT 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.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/hill20220326> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per Athlete plus 5% of the total Entry Fees. 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, March 16, 2022**, or until the meet has reached capacity, whichever comes first.

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be submitted on the attached consolidated entry form, which must be filled out completely and legibly with Athlete's best times and delivered with payment in-full. Paper entries will be accepted if postmarked by Monday, March 14, 2022, or hand delivered by 6:30PM Wednesday, March 16, 2022, or until the meet has reached capacity, whichever comes first. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**ENTRY FEES:** \$4.50 per 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.

**Make check payable to: HILLS HURRICANE SWIMMING**

**Mail/Hand deliver entries to: Hills Hurricane Swimming, 2400 Manzanita Dr. Oakland, CA 94611**

**CHECK-IN:** The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Prior to 10:30AM, close of check-in for each event shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. **Close of check-in for all remaining events for that day shall be at 10:30AM.** Athletes who do not check in will not be seeded and will not be allowed to compete in that event. Athletes who wish to scratch from an event after the close of check-in are requested to inform the Referee on the starting end of the competition course

**SCRATCHES:** Any athletes not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

**AWARDS:** First through eighth places in each division (C, B & BB) will be awarded for the 9-10, 11-12, 13-14, 15-18 age groups. First through eighth place in each division (PC-C, PC-B, and PC-A) will be awarded for the 8 & Under age group. All athletes achieving an A time for the first time will be awarded a standard A medal, regardless of place achieved in the event. No awards will be given for athletes 19 years of age and older. Individual awards must be picked up at the meet; no awards will be mailed or distributed after the meet. The 500 freestyle events are not awarded.

**ADMISSION:** Free. Printed meet programs will be available for working Coaches and Officials only. Seedings and results may be posted on Meet Mobile.

**SNACK BAR & HOSPITALITY:** A snack bar may be available throughout the competition, if permitted by local mandates at the time of the meet. Coaches and working Officials will be provided snacks, beverages, and a lunch.



**EVENTS**

<b>Saturday, March 26</b>		
Event #	Event	Event #
1	13 & UP 200 I.M.	2
3	11-12 100 I.M.	4
5	9-10 100 I.M.	6
7	8 & UN 100 I.M.	8
9	13 & UP 200 Fly	10
11	11-12 100 Fly	12
13	9-10 50 Fly	14
15	8 & UN 50 Fly	16
17	13 & UP 100 Free	18
19	11-12 50 Free	20
21	9-10 100 Free	22
23	8 & UN 50 Free	24
25	13 & UP 200 Breast	26
27	11-12 100 Breast	28
29	9-10 50 Breast	30
31	8 & UN 25 Breast	32
33	13 & UP 100 Back	34
35	11-12 500 Free	

<b>Sunday, March 27</b>		
Event #	Event	Event #
37	13 & UP 200 Free	38
39	11-12 200 Fly	40
41	9-10 100 Fly	42
43	8 & UN 100 Free	44
45	13 & UP 100 Breast	46
47	11-12 50 Breast	48
49	9-10 100 Breast	50
51	8 & UN 50 Breast	52
53	13 & UP 50 Free	54
55	11-12 100 Free	56
57	9-10 50 Free	58
59	8 & UN 25 Free	60
61	13 & UP 200 Back	62
63	11-12 50 Back	64
65	9-10 100 Back	66
67	8 & UN 25 Back	68
69	13 & UP 100 Fly	70
	*11-12 500 Free	72

**\* Athletes age 11-12 and under entering in the 500 free must meet the 11-12 USA-S "B" time standard (Girls: 7:08.79, Boys: 6:57.29). Girls 500 Freestyle will be swum on Saturday. Boys 500 Freestyle will be swum on Sunday. The 500 Freestyle is not awarded. All 500 Freestyle Athletes must provide their own timers and lap counters.**

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

Pacific Swimming – Hills Hurricane Swimming (HILL)  
 Spring Short Course C/B/BB+ Meet  
 Saturday, March 26 – Sunday March 27, 2022  
 Consolidated Entry Form

Name: Last,                      First                      Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M    F	LSC – (PC, SN)
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USA-#															
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Event #	Distance / Stroke	Entry Time	Circle one
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

# of entries \_\_\_\_\_ x \$4.50 = \$ \_\_\_\_\_  
 Participation Fee        \$ 8.00  
 Total                                \$ \_\_\_\_\_

Coach

Athlete's Address

Home Phone	Cell Phone
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Email