

**QUICKSILVER SWIMMING
PACIFIC SWIMMING SHORT COURSE INTRASQUAD MEET
Sunday, February 28, 2021**



SANCTION: Held under USA/Pacific Swimming Sanction No. **21-013**

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:

Meet Referee: Attila Lengyel	Head Starter: Leah Peters
Meet Marshal: Anne Vargas & Esther Guberman	Admin Official: Lily You
Meet Director: Liv Weaver, liv@swimqss.org	

LOCATION: 622 Gaundabert Lane, San Jose, CA 95138

DIRECTIONS: From 85 or 87, take the Santa Teresa Blvd. exit and head west. Turn right onto Thornwood, right onto Winfield, right onto Chynoweth Ave. and right onto Gaundabert Lane. The pool is located in the back of the campus past the Football field.

COURSE: 25 yard pool with up to 9 lanes available for competition. An additional 19 lanes 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. 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: The meet is broken down into an AM and a PM session with three sub-sections. Warm-ups will be continuous throughout the event. All start times are estimates and any adjusts will be texted and emailed directly to the cohort.

Session	Group	Est. Event Time	Est. Warm-up Time
#1	S3, S4	8:15- 9:30am	7:30- 8:15am
#2	S2	9:30- 10:30am	8:50- 9:10am
	S1/G1	9:30- 10:30am	9:10- 9:30am
#3	B3, B3h	10:30- 11:30am	9:50- 10:10am
		10:30- 11:30am	10:10- 10:30am
Lunch Break			
#4	B5, S5	1:00- 2:30pm	12:30- 12:50pm
#5	B1	2:30- 3:30pm	1:50- 2:10pm
	B2	2:30- 3:30pm	2:10- 2:30pm
#6	AG4	3:30- 4:30pm	2:50- 3:10pm
	AG5	3:30- 4:30pm	3:10- 3:30pm

- 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 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 timeline, per the “Four-Hour Rule,” based on the Athletes age and gender, or when the number of registered athletes meets maximum facility capacity as determined by local health restrictions.
 - 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 must be able to be on time and follow all protocols while at the facility. Failure to comply may result in being barred from the meet.
 - Covid Ingress & Egress: Athletes will line-up at the main entrance on social distance markers. Athletes will walk to their pre-assigned warm-up lane and area. Each cohort will have a designated entrance water entry side and will be separated from the opposing cohort. In the second and third sub-sessions (#2 & 3 and #5 & 6), swimmers will warm-up in up to 13 lanes in the shallow end of the main pool. In the #1 and #4 session, the entire main pool and well pool will be utilized for warm-up. During the meet session, only the well pool will be used for warm-up and warm-down. During the meet, the warm-down pool will have assigned areas by cohort and athletes be required to enter the water on an assigned side. Only one cohort member may enter the lane on each side unless they are members of the same household. Athletes will exit from the well gate. Maps and protocols will be sent to participants prior to meet.

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 are 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 parents or spectators are permitted on campus outside of drop off and pick-up times. No congregating at the gates or use of facilities including restrooms is permitted to those not entered in the session or actively working. All Santa Clara County directives will be followed throughout the event. Any parents or spectators who cannot follow the guidelines may cause removal of their athlete from the meet and be asked to leave the facility. Parents must remain in their vehicles and drop-off and pick-up.
- Attendees will have access to the roundhouse bathrooms for emergency use only. Locker rooms and all other facilities will remain closed.

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.

- Meet is open only to qualified athletes registered with QSS. Athletes who are unattached but participating with QSS are eligible to compete.
- Entries with "NO TIME" will be accepted.
- Disabled Athletes 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.
- Athletes are only permitted to compete in a session with their assigned cohort. No changes are permitted.

ENTRY FEES: \$4.00 per event plus an \$8.00 participation fee per Athlete.

TEAMUNIFY ENTRIES: Any entries submitted via QuickSilver's TeamUnify website must first be both committed and approved by Saturday, February 20th. Entries that are not committed and approved in TeamUnify are incomplete and shall not be accepted after a session closes.

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

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.

EVENTS

Sunday, February 28 AM Session	
Event #	Silver 3 & 4
1	200 Free
2	200 Back
3	100 Breast
4	50 Free
5	100 Fly
6	200 Breast
7	100 Free
8	200 IM
9	200 Fly
10	100 Back
Event #	Silver 1/2 & G1
11	200 Free
12	200 Back
13	100 Breast
14	50 Free
15	100 Fly
16	200 Breast
17	100 Free
18	200 IM
19	200 Fly
20	100 Back
Event #	Bronze 3 & 4
21	50 Back
22	100 Breast
23	50 Fly
24	100 Back
25	50 Free
26	100 Fly
27	50 Breast
28	100 Free

Sunday, February 28 PM Session	
Event #	Bronze 5 & Silver 5
29	200 Free
30	200 Back
31	100 Breast
32	50 Free
33	100 Fly
34	200 Breast
35	100 Free
36	200 IM
37	200 Fly
38	100 Back
Event #	Bronze 1 & 2
39	200 Free
40	50 Back
41	100 Breast
42	50 Fly
43	100 Back
44	50 Free
45	100 Fly
46	50 Breast
47	100 Free
48	200 IM
Event #	AG 4 & 5
49	50 Back
50	100 Breast
51	50 Fly
52	100 Back
53	50 Free
54	100 Fly
55	50 Breast
56	100 Free