

QUICKSILVER SWIMMING  
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET  
MAY 19-21, 2023  
Enter Online: <http://www.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-053**

*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:**

<i>Meet Referee:</i> Mette Graversen	<i>Head Starter:</i> Ray Tanaka
<i>Meet Marshal:</i> Anne Vargas	<i>Admin Official:</i> Ross Wilper
<i>Meet Director:</i> Megan Waters, <a href="mailto:megan@swimgss.org">megan@swimgss.org</a>	

**LOCATION:** Gunderson High School Pool, 622 Gaundabert Lane, San Jose, CA 95136

**DIRECTIONS:** From 85, exit onto Santa Teresa southbound. Turn right onto Thornwood Drive, right on Winfield Blvd, right onto Chynoweth Ave. Drive past the school to the stop sign and turn right on Gaundabert Lane. Enter the parking lot on your right. The pool is located at the back of the campus.

**PARKING:** The first two rows of the solar lot will be reserved for coaches and officials. Parking for athletes and volunteers will be available in the remaining rows of the solar lot and in the main parking lot in front of the school.

**COURSE:** Outdoor 50-meter pool with up to 9 lanes available for competition. An additional 6 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 4'6" 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:** There will be one session on Friday afternoon, with warmups 3:50-4:50pm and a start time of 5:00pm. There will be two sessions each day on Saturday and Sunday. Session 1 will be 11 & Over with warm-ups 7:15-8:15am and start time of 8:30am. Session 2 will be 12 & Under, and an estimated start time for Session 2 each day will be determined and announced after meet

entries close. During the last 20 minutes of warmups for Session 2, lane 6 will be a designated warm-up space for 8 and under athletes only.

- 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 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 MAAPP is a condition of participation in the conduct of this competition.
  - All events are timed finals.
  - All events will swim fast to slow.
  - All events, except for the 800 Free, will be swum as combined age groups and mixed gender. The 800 Free will be swum as combined age groups but separate genders, with Men on Saturday and Women on Sunday. Awards for all events will be given according to age group and gender.
  - All athletes in the 400 Free, 400 IM, and 800 Free must provide their own timers, and counters as needed.
  - Athletes may compete in a **MAX of 3 events per day**.
  - All Athletes aged 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.
  - First aid will be available to participants.

**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 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 parking in fire lanes (where the curb is marked red).
  - Do not leave any personal items on-site overnight, including tents. The facility is not secure.
  - Locker rooms will be used by athletes only. Adult restrooms are in the ‘round house’ at the entrance to the pool. Restrooms for Coaches and Officials will be in the lounge.

**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.

- 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 for all events under 400 meters.
- Entries for events 400 meters and longer must meet the USA Swimming Motivational "B" Time Standard, or be coach-verified. Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>.
- 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, and must have met time 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 PRIORITY:** Zone 1S athletes have priority registration through Wednesday, April 26, 2023.

**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](http://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, May 10, 2023.

**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 May 8, 2023. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to:** QuickSilver Swimming  
**Mail entries to:** Megan Waters, 3142 Orthello Way, Santa Clara, CA 95051

**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. Close of check-in for remaining events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check in will not be seeded in the event.

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

**AWARDS:** Ribbons will be awarded 1<sup>st</sup> through 8<sup>th</sup> place, for 8 & under, 9-10 and 11-12 age groups only. No awards for 13 & over. Awards will be available for pickup by coaches or club representative on the last day of the meet. No awards will be mailed.

**ADMISSION:** Free.

**SNACK BAR & HOSPITALITY:** Food trucks may be available. A snack bar will be available throughout the competition. Coaches and working Officials will be provided meals.

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

**EVENT SUMMARY**

<b>FRIDAY</b>		
<b>10 &amp; Under</b>	<b>11-12</b>	<b>13-18</b>
*400 FREE	*400 FREE	*400 FREE
	*400 IM	*400 IM

<b>SATURDAY</b>			<b>SUNDAY</b>		
<b>10 &amp; Under</b>	<b>11-12</b>	<b>13-18</b>	<b>10 &amp; Under</b>	<b>11-12</b>	<b>13-18</b>
<b>SESSION 1</b>			<b>SESSION 1</b>		
	200 BACK	200 BACK		200 FREE	200 FREE
	50 FLY	100 BREAST		100 BACK	100 BACK
	100 BREAST	200 FLY		50 BREAST	100 FLY
	200 FLY	100 FREE		100 FLY	50 FREE
	50 BACK	200 IM		50 FREE	200 BREAST
	100 FREE	*800 FREE (M)		200 BREAST	*800 FREE (W)
	200 IM			200 FREE	
<b>SESSION 2</b>			<b>SESSION 2</b>		
200 IM	200 IM		200 FREE	200 FREE	
100 BACK	100 BACK		100 BREAST	100 BREAST	
50 BREAST	50 BREAST		50 FLY	50 FLY	
100 FLY	100 FLY		100 FREE	100 FREE	
50 FREE	50 FREE		50 BACK	50 BACK	

\*All athletes in the 400 Free, 400 IM, and 800 Free must provide their own timers, and counter as needed.

**ORDER OF EVENTS**

<b>Friday, May 19, 2023</b>	
<b>EVENT #</b>	<b>EVENT</b>
1	Open 400 FR*#
2	11 & Over 400 IM*#

<b>Saturday, May 20, 2023</b>	
<b>Session 1</b>	
<b>EVENT #</b>	<b>EVENT</b>
3	11 & Over 200 Back
4	11-12 50 Fly
5	11 & Over 100 Breast
6	11 & Over 200 Fly
7	11-12 50 Back
8	11 & Over 100 Free
9	11 & Over 200 IM
10	13 & Over M 800 Free*#
<b>Session 2</b>	
<b>EVENT #</b>	<b>EVENT</b>
11	12 & Under 200 IM
12	12 & Under 100 Back
13	12 & Under 50 Breast
14	12 & Under 100 Fly
15	12 & Under 50 Free

<b>Sunday, May 21, 2023</b>	
<b>Session 1</b>	
<b>EVENT #</b>	<b>EVENT</b>
16	11 & Over 200 Free
17	11 & Over 100 Back
18	11-12 50 Breast
19	11 & Over 100 Fly
20	11 & Over 50 Free
21	11 & Over 200 Breast
22	13 & Over W 800 Free*#
<b>Session 2</b>	
<b>EVENT #</b>	<b>EVENT</b>
23	12 & Under 200 Free
24	12 & Under 100 Breast
25	12 & Under 50 Fly
26	12 & Under 100 Free
27	12 & Under 50 Back

\*USA Swimming Motivational "B" Time standard required, or coach-verified. Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

# All athletes in the 400 Free, 400 IM, and 800 Free must provide their own timers, and counter as needed.

Pacific Swimming – Hosted by QuickSilver Swimming LONG COURSE CBA+ May 19-21, 2023 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				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.50 = \$ _____ Participation Fee        \$ 14.00 Total                        \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													