

VALLEY SPLASH – RACE TO JO'S  
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET  
JUNE 25-26, 2022  
Enter Online: <http://www.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **22-082**

*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 the Internet at [www.ValleySplash.com](http://www.ValleySplash.com).**

**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: Csaba Andrejka*  
*Meet Marshal: Rosie Pypier*                              *Admin Official: Sachi Itow*  
*Meet Director: Kevin Parizi - [swimvalleysplash@gmail.com](mailto:swimvalleysplash@gmail.com) - 408-513-2450*

**LOCATION:** Valley Christian High School, 100 Skyway Drive, San Jose, CA 95111

**DIRECTIONS:** From 101 South: Take 101 South to the Capitol Expressway/Yerba Buena Road exit. Merge onto Capitol Expressway heading west. Take the Monterey Road ramp. Turn left onto Monterey Road. Turn left onto Skyway Drive. Valley Christian High School is located at 100 Skyway Drive. From 280 South: Take 280 South to 87 South. Take 87 South to the Capitol Expressway Auto Mall exit. Turn left onto West Capitol Expressway. Take the Monterey Road ramp. Turn left onto Monterey Road. Turn left onto Skyway Drive. Valley Christian High School is located at 100 Skyway Drive. From 85 South: Take 85 South to the Blossom Hill Road exit. Turn left onto Blossom Hill Road. Turn left onto Snell Avenue. Turn right onto Skyway Drive. Valley Christian High School is located at 100 Skyway Drive

**COURSE:** Outdoor 50 METER pool with up to 8 lanes available for competition. An additional 1 lane 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 9'0" at the start end and 6'6" at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** Meet will begin at **9:00 AM** each day with warm-ups from **7:30 to 8:45 AM** each day. A special warm-up time for 8 and under Athletes only will be held from **8:30 to 8:45 AM** in lane 10.

- 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.
  - 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.**
  - Meet will be capped at 400 Athletes per day or until the estimated timeline reaches the “Four-Hour Rule”.
  - Athletes in the 400 IM, 800 Free, and 1500 Free – must provide their own timers and lap counters.
  - All 1500’s and 800’s will alternate girls and boys heats.
  - Distance events will run as combined age groups but will be awarded by age group.
  - **The Meet Referee may decide to swim two Athletes per lane in the 1500 freestyle events**

**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.
  - **Only Coaches EZ-Ups will be allowed on the pool deck.**

**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 "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** with the exception of the 1500/800 events.
- Entries for the 1500's and the 800's must have a "B" time, or a coach verified "B" Time.
- 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 PRIORITY:** Zone 1 South (Z1S) shall have priority entry through June 8, 2022.

**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 Friday, June 17<sup>th</sup>, 2022.

**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 **June 13, 2022**. No late or hand delivered entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Valley Splash**

**Mail entries to: Valley Splash**

**100 Skyway Drive**

**San Jose, CA 95111**

**CHECK-IN:** The meet shall be pre-seeded with the exception of distance events (noted on event list with \*\*). Athletes shall report to the bull-pen area at their scheduled time for each event. Close of check-in for distance 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:** Eight places will be awarded in each division for 8 & U, 9-10, 11-12, 13-14, 15-18 age groups. No awards given for Athletes 19 years of age and older. Note: Awards will be separated and handed to clubs AFTER the completion of the meet.

**ADMISSION:** Free.

**SNACK BAR & HOSPITALITY:** A snack bar/food truck may be available throughout the competition. Coaches and working Officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. **Parking on campus is extremely limited.** Please note signs and avoid parking in restricted areas or you may be ticketed. Timing lane assignments will also be required based on the total entries by club.

**EVENT SUMMARY**

SATURDAY				SUNDAY			
8&UN	9-10	11-12	13&OVER	8&UN	9-10	11-12	13&OVER
400 FR	400 FR	400 FR	400 FR	200 FR	200 FR	200 FR	200 FR
100 BK	100 BK	100 BK	100 BK	100 FL	100 FL	100 FL	100 FL
50 BR	50 BR	50 BR	200 BR	50 BK	50 BK	50 BK	100 BR
50 FLY	50 FLY	200 BR	100 FR	100 BR	100 BR	100 BR	50 FR
100 FR	100 FR	50 FL	200 FL	50 FR	50 FR	50 FR	200 BK
200 IM	200 IM	100 FR	200 IM			200 BK	400 IM
		200 FL	1500 FR			400 IM	800 FR
		200 IM				800 FR	
		1500 FR					

**EVENTS**

Saturday, June 25, 2022			Sunday, June 26, 2022		
EVENT #	EVENT	EVENT #	EVENT #	EVENT	EVENT #
1	13&Over 400 Free	2	41	13&Over 200 Free	42
3	11-12 400 Free	4	43	11-12 200 Free	44
5	10&Under 400 Free	6	45	10&Under 200 Free	46
7	13&Over 100 Back	8	47	13&Over 100 Fly	48
9	11-12 100 Back	10	48	11-12 100 Fly	50
11	10&Under 100 Back	12	51	10&Under 100 Fly	52
13	11-12 50 Breast	14	53	11-12 50 Back	54
15	9-10 50 Breast	16	55	9-10 50 Back	56
17	8&Under 50 Breast	18	57	8&Under 50 Back	58
19	11&Over 200 Breast	20	59	13&Over 100 Breast	60
21	10&Under 50 Fly	22	61	11-12 100 Breast	62
23	11-12 50 Fly	24	63	10&Under 100 Breast	64
25	13&Over 100 Free	26	65	13&Over 50 Free	66
27	10&Under 100 Free	28	67	11-12 50 Free	68
29	11-12 100 Free	30	69	9-10 50 Free	70
31	11&Over 200 Fly	32	71	8&Under 50 Free	72
33	10&Under 200 IM	34	73	13&Over 200 Back	74
35	11-12 200 IM	36	75	11-12 200 Back	76
37	13&Over 200 IM	38	77	11-12 400 IM	78
39	11&Over 1500 Free*	40	79	13&Over 400 IM	80
			81	11&Over 800 Free*	82

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

Notes: \*Athletes must provide their own counters / timers for the 1500/800

\*Athletes must have a qualifying "B" time or a coach verified "B" time.

Pacific Swimming – Hosted by Valley Splash  
LONG COURSE CBA+  
June 25-26, 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

# of entries \_\_\_\_\_ x \$4.50 = \$ \_\_\_\_\_  
Participation Fee        \$ 14.00  
Total                                \$ \_\_\_\_\_

Coach

Athlete's  
Address

Home Phone	Cell Phone
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Email