

REDWOOD EMPIRE SWIM LEAGUE CHAMPIONSHIP
PACIFIC SWIMMING SHORT COURSE INVITATIONAL MEET
July 5-7, 2024
ELIGIBLE CLUBS: AAA, EBSD, HILL, MONT, NBA, PCM, PST, and TOC
Enter Online: <http://ome.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **24-088**

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: *Markus Daene* Head Starter: *David Kaplan*
Meet Marshal: *Stefan Bill* Admin Official: *Lauri Jacobson Jones*
Meet Director: *Shad Wojtala* swimfast2400@aol.com & *Portia Soderberg* tooantsy@gmail.com

LOCATION: Trefethen Aquatic Center at Mills College in Oakland, California. Mills is located immediately off Highway 580 in Oakland at the junction of 580 (MacArthur Freeway) and Highway 13 (Warren Freeway).

DIRECTIONS: From 580 East: Take the second MacArthur Blvd exit (after High St). Bear right onto MacArthur Blvd. The Mills gate is immediately ahead on your left. **From 580 West:** Take the MacArthur/High St exit just after the junction with Highway 13. Turn left at the stop sign and proceed under the freeway overpass. Turn left at the light onto MacArthur Blvd. The Mills gate is immediately ahead on your left.

COURSE: 25-yard, outdoor heated pool with up to 8 lanes used for competition. Separate lanes for warm-up and warm-down. The minimum water depth, measured in accordance with Article 103.2.3, is 7'3" at the start end and 7'3" feet at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: FRIDAY – Meet begins at 1:00pm on Friday. Warm-ups shall be from 11:00 am – 12:45 pm

SATURDAY/SUNDAY – Meet begins at 9:00 am on Saturday and Sunday. Warm ups shall be from 7:00 am – 8:45 am. Warm up times may be assigned due to the meet size. There shall be a minimum one-hour warm-up before the beginning of finals each day. The starting time for finals on Saturday and Sunday shall be determined and announced by the Meet Referee each day.

- RULES:**
- **The meet shall be pre-seeded for Friday events with a scratch deadline of Wednesday, July 3 at 5:00pm. Email all Friday scratches to swimfast2400@aol.com. Saturday and Sunday events to be deck seeded.**
 - 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 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 athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.
 - Athletes may compete in a maximum of two (2) events on Friday and up to three (3) individual events on both Saturday and Sunday. A maximum of eight (8) individual events may be swum and scored over the three-day competition per athlete.
 - All 8 & under events shall be timed finals.
 - Individual events (other than 8 & under events) are preliminaries and finals, except the Friday events which are timed finals.
 - The 13 & Over events will swim as 13 & Over in prelims circle seeded, but swim and be scored as 13-14 and 15-18 in finals.
 - All prelim events will swim fast to slow with the top 3 heats circle seeded. The finals session will swim Championship finals first followed by the Consolation Final.
 - The eight fastest swims from preliminaries shall qualify for championship finals. The next eight fastest swims shall qualify for consolation finals.
 - All 10 & Under athletes may swim no more than one relay per day.
 - At the discretion of the Meet Referee, the 500 Freestyle events may be combined and may be swum as alternating girls and boys heats. Athletes must provide their own timers and counters for the 500 free.
 - If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds shall be made for any mandatory scratches.
 - Lifeguards will be available to provide medical assistance to all participants.
 - **All coaches and deck officials shall display their USA Swimming membership cards in a visible manner. Deck Pass may also be used to prove registration status.**

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.
 - No pets allowed on deck, other than service assistance animals.

- 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 electronic devices, including but not limited to film and digital camera, cell phones, tablets, and Google Glass, is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in the ejection from the swimming pool facility by the meet referee or his/her designee.
- **ONLY COACHES, ATHLETES, OFFICIALS, TIMERS, AND MEET STAFF ARE ALLOWED BEHIND THE STARTING BLOCKS WHEN MEET IS IN SESSION.**

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.

- The meet is only open to athletes attached to or in training with the following Clubs: **AAA, EBSD, HILL, MONT, NBA, PCM, PST, and TOC.**
- Entries with "NO TIME" shall 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 timed finals and prelims only, no individual awards and no individual scores. **Swimmers 19 years and older may compete, score, and be awarded in the 13 & Over relays.**
- The Athlete's age will be the age of the Athlete on the first day of the meet.

Athletes who falsify their entry form by listing a club to which they are not legitimately associated will be rejected from the meet. Further, entry fees will not be refunded and they may be referred to the Pacific Swimming Review Committee for disciplinary action.

ENTRY FEES: \$6.00 per event plus a \$10.00 participation fee per athlete. \$16.00 per relay. No refunds shall be made, except mandatory scratch downs. There is no additional fee for relay only Athletes.

ONLINE ENTRIES: All entries shall be submitted via online. To enter online go to <http://ome.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service 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 service fee is a separate fee from the Entry Fees. Online entries shall be accepted through 11:59pm on Tuesday, June 25, 2024 or until capacity is reached, whatever comes first. No refunds.

RELAY ENTRIES: • Relays must be entered and paid online prior to the entry deadline. This includes any exhibition relays. No On-Deck entries accepted. Exhibition relays may be entered but will not be scored.

- **All Relay-only Athletes must be entered into <http://ome.fastswims.com> prior to June 25, 2024, 11:59pm.**
- Unattached Athletes may not swim in Relays.
- Relay scratches/updates shall be made prior to 11:00am on the day of the relay.
- All relays shall be swum at the conclusion of the preliminary session each day.
- All 8 & Under Mixed-Gender relays can be any combination of boys/girls. Official times will only be given to relays with 2 males and 2 females by rule 101.7.3
- **EACH CLUB WILL BE ALLOWED A MAXIMUM OF 2 SCORING RELAYS PER RELAY EVENT.**

CHECK-IN: **On Friday the meet will be pre-seeded with a scratch deadline of Wednesday, July 3 at 5:00pm.** Email all scratches to swimfast2400@aol.com. On Saturday and Sunday, the meet shall be deck seeded. Athletes shall check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the morning session. Close of check-in for each event of the morning session shall be no more than 60 minutes before the estimated time of the start of the first heat of the event until 10:30am where all events will close for the day. Athletes who do not check in shall not be seeded and shall not be allowed to compete in that event.

SCRATCHES: • Athletes shall not be penalized for missing preliminary events.

- Any athlete qualifying for any level of finals in an individual event who may not wish to swim in finals shall either scratch or declare intent to scratch from that final within 30 minutes after the announcement of qualifiers. An athlete who declares intent to scratch shall declare their final intention within 30 minutes after their last individual preliminary event.
- Any athlete qualifying for a consolation final or final race in an individual event who fails to show up in said consolation final or final race prior to calling the alternate where applicable shall be barred from their next final event for that day. Should the Athlete have no additional final events for that day they shall be barred from their next preliminary event.

AWARDS: Individual Event Finals: Ribbons awarded to 1st through 16th place. 13 & Over events shall be awarded as 13-14 and 15 18. Awards must be picked up at the meet, they will not be mailed.

Relays: Ribbons awarded to 1st, 2nd, and 3rd place teams (8 & Under Mixed, 10 & Under, 11-12, and 13 & Over)

Team Trophies: Awarded to 1st through 5th place Clubs.

High point trophies: shall be awarded to a boy and a girl in each of the following age groups: 8&U, 9-10, 11-12, 13-14, 15-18.

SCORING: Individual Events:

Finals: 20, 17, 16, 15, 14, 13, 12, 11

Consolations: 9, 7, 6, 5, 4, 3, 2, 1

Relays: 1st through 16th place: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

ADMISSION: Free. This meet should be posted on MEET MOBILE. Printed programs will be available for Officials and Coaches Only.

SNACK BAR: Snack bar may be provided.

HOSPITALITY: Coaches and Officials will be provided food, snacks, and refreshments.

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

Schedule of Events

Friday, July 5, 2024		
<u>Event #</u>	<u>Event</u>	<u>Event #</u>
1%	13 & Over 400 IM	2%
3%	11-12 200 Free	4%
5%	9-10 200 IM	6%
7%	8 & Under 100 IM	8%
9%	11-12 200 IM	10%
11%	9-10 200 Free	12%
13%	8 & Under 200 Free	14%
15%	13 & Over 500 Free	16%
17%	11-12 500 Free	18%

Schedule of Events cont.

Saturday, July 6, 2024		
<u>Event #</u>	<u>Event</u>	<u>Event #</u>
19	13 & Over 200 IM	20
21	11-12 100 IM	22
23	9-10 100 IM	24
25	8 & Under 50 Free	26
27	13 & Over 100 Fly	28
29	11-12 50 Fly	30
31	9-10 50 Fly	32
33	8 & Under 25 Fly	34
35	13 & Over 200 Breast	36
37	11-12 100 Breast	38
39	9-10 100 Breast	40
41	13 & Over 200 Back	42
43	11-12 100 Back	44
45	9-10 100 Back	46
47	8 & Under 25 Back	48
49	13 & Over 50 Free	50
51	11-12 50 Free	52
53	9-10 50 Free	54
55#%	8 & Under 100 Med. Relay Mixed-gender	
57#%	10 & Under 200 Med. Relay	58#%
59#%	11-12 200 Med. Relay	60#%
61#%	13 & Over Med. Relay	62#%

Sunday, July 7, 2024		
<u>Event #</u>	<u>Event</u>	<u>Event #</u>
63	13 & Over 200 Free	64
65	11-12 100 Free	66
67	9-10 100 Free	68
69	8 & Under 100 Free	70
71	13& Over 100 Breast	72
73	11-12 50 Breast	74
75	9-10 50 Breast	76
77	8 & Under 25 Breast	78
79	13 & Over 100 Back	80
81	11-12 50 Back	82
83	9-10 50 Back	84
85	13 & Over 200 Fly	86
87	11-12 100 Fly	88
89	9-10 100 Fly	90
91	8 & Under 25 Free	92
93	13 & Over 100 Free	94
95#%	8 & Under 100 Free Relay Mixed-gender	
97#%	10 & Under 200 Free Relay	98#%
99#%	11-12 200 Free Relay	100#%
101#%	13 & Over 200 Free Relay	102#%

Events marked by “%” shall be swum as timed finals.
 Events marked by “#” shall be swum at the end of prelims.
 Athletes in the 500 Free must provide their own timers lap counters.