

PACIFIC SWIMMING SCY/LCM POST NCS SENIOR MEET  
HOSTED BY CROW CANYON SHARKS  
SUNDAY May 5<sup>th</sup> 2024  
Enter Online: <http://ome.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **24-059**

*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 shall be posted 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.

**OFFICIALS:**      **Meet Referee:** Carol Cottam      **Head Starter:** Charlie Gonzales  
                         **Meet Marshal:** Chih Chen      **Admin Official:** Amy Gonzales  
                         **Meet Director:** Iain Searle, [meetdirector@crowcanyonsharks.org](mailto:meetdirector@crowcanyonsharks.org)

**LOCATION:** Concord community pool, 3501 Cowell Road, Concord, CA

**DIRECTIONS:** Highway 680 North – take Treat Boulevard exit, exit right onto Treat, turn left on Cowell Road. Highways 680 South --- take Treat Boulevard/Geary Road exit; turn left at end of ramp, left at light on to Treat, left on Cowell Road. Athletes, officials, and spectators will enter the pool facility through the northwest side gate (near the diving boards. DO NOT PARK in the red zones or block the entrance next to the tennis courts – you WILL BE ticketed or towed.

**COURSE:** Outdoor 50 meter x 25 yard pool with up to 10 lanes available for short course competition and up to 9 lanes available for Long course 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 7'0" at the start end and 7'0" at the turn end. The Meet Host shall ensure the required course dimensions.

**TIME:**      Session 1 (SCY): Competition will begin at 9:00 a.m., with warm-ups from 7:30 to 8:45 a.m.  
                 Session 2 (LCM): Competition will begin no earlier than one (1) hour after the conclusion of Session 1, with 45 minutes of long course warmup time.

**RULES:** • Current USA and Pacific Swimming rules, including the Minor Athlete Abuse Protection Policy (MAAPP), and warm-up

procedures shall govern the meet. A copy of these warm-up procedures shall be posted at the Clerk-of-Course. All athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.

- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
- All events are timed finals. All events will swim fast to slow.
- Athletes may compete in a maximum of three (3) events per session and a maximum of five (5) events for the meet.
- All athletes 9th grade to post grads are eligible to participate. Athletes in 8th grade and below will not be allowed to swim and no refunds will be given.
- **\*\*\*\*\* ENTRIES FOR EACH SESSION WILL CLOSE WHEN THE ESTIMATED TIMELINE REACHES 3.0 HOURS \*\*\*\*\***
- 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 deck officials must wear their USA Swimming membership cards in a visible manner.
- The meet referee may combine men's and women's heats if the timeline warrants.
- Athletes must provide their own lap counters for the 500 Free.
- Athletes must provide lap counters and timers for the 1650 and 1000 Free.
- Medical Supervision available to participants on site includes EMT and AED certified lifeguards.

**ATTENTION HIGH SCHOOL ATHLETES:** High School Athletes in season need to be Unattached from this meet. It is the Athlete's responsibility to be Unattached from this meet. Athletes 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 shall 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 shall be certified by a USA Swimming member-coach as being proficient in performing a racing start, or shall 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.
- Only Athletes, Coaches, Officials, and Volunteers shall be allowed on the pool deck.
- 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.
- Canopy set up is not allowed on pool deck.
- Use of laptops, tablets and/or cell phones in locker rooms is prohibited.

**ELIGIBILITY:**

- Athletes must be current members of USA Swimming and must enter their name and registration number on the meet entry card as their name and number are shown on their USAS 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.
- This meet is a post high school champs shave and taper meet, therefore the meet is restricted to athletes who are in ninth grade and older. USA Swimming cards and student body cards may be checked.
- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.

- Entries with “NO TIME” shall be rejected.

**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 all 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 allowed to compete in the event.

**SCRATCH RULE:** Athletes entered in a timed final individual event that is seeded on the deck that have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim an event will result in being barred from their next individual event in which the athlete is entered.

**ENTRY FEES** \$7.00 per individual event plus a \$14.00 per athlete participation fee. Entries will be rejected if payment is not sent at time of request.

**ONLINE ENTRIES:** 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. If you do not wish to pay the service 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 11:59 p.m. on Friday, May 3, 2024.

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with the swimmer’s best time. Entries must be postmarked by midnight, Wednesday, May 1, 2024. No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to:** CROW CANYON SHARKS

Mail entries to: Sharks Meet Director  
Attn: Joe Natina/Iain Searle  
711 Silverlake Drive  
Danville, CA, 94526

Hand deliver entries to: Sharks Meet Director  
Attn: Joe Natina/Iain Searle  
711 Silverlake Drive  
Danville, CA, 94526

**AWARDS:** None.

**ADMISSION:** Free.

**HOSPITALITY:** A snack bar will 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.

## ORDER OF EVENTS

Session 1 SCY		
Starts at 9:00 a.m.		
Ladies EVENT #	EVENT	Gentlemen EVENT #
1	*500 Free	2
3	100 Back	4
5	200 Breast	6
7	200 Fly	8
9	200 IM	10
11	100 Free	12
13	200 Back	14
15	100 Breast	16
17	200 Free	18
19	400 IM	20
21	50 Free	22
23	100 Fly	24
25	**1650 Free	26

Session 2 LCM		
Starts no earlier than 1 hour after the conclusion of Session 1.		
Ladies EVENT #	EVENT	Gentlemen EVENT #
101	400 Free	102
103	100 Back	104
105	200 Breast	106
107	200 Fly	108
109	200 IM	110
111	100 Free	112
113	200 Back	114
115	100 Breast	116
117	200 Free	118
119	400 IM	120
121	50 Free	122
123	100 Fly	124
125	***1500 Free	126

\*Athletes must provide lap counter for the 500 Free.

\*\*Athletes must provide lap counters and timers for the 1650 Free.

\*\*\*Athletes must provide lap counters and timers for the 1500 Free.

Time standards may be found at: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by Crow Canyon Sharks POST-NCS Walk-On Meet May 5 <sup>th</sup> 2024 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 / SCM			
							:    .				SCY / LCM / SCM			
							:    .				SCY / LCM / SCM			
							:    .				SCY / LCM / SCM			
							:    .				SCY / LCM / SCM			
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							:    .				SCY / LCM / SCM			
							:    .				SCY / LCM / SCM			
							:    .				SCY / LCM / SCM			
<div style="text-align: right; margin-right: 100px;">           # of entries _____ x \$7.00 = \$ _____            Participation Fee                      \$14.00            Total    \$ _____         </div>														
Coach														
Athlete's Address														
Home Phone								Cell Phone						
Email														