

SOUTH SAN FRANCISCO AQUATIC CLUB
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
SEPTEMBER 21-22, 2024
Enter Online: <http://ome.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **24-110**

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.

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: Brian Floyd</i> | <i>Head Starter: Sachi Kuwano</i> |
| <i>Meet Marshal: Mike Kloefkorn</i> | <i>Admin Official: Larry Rice</i> |
| <i>Meet Director: Dan Jumanan: djumanan.ssfac@gmail.com</i> | |

LOCATION: Jean E. Brink Swimming Pool, Oceana High School, 401 Paloma Avenue, Pacifica, CA 94044-2436

DIRECTIONS: From San Francisco/I-280: Take HWY 1 SOUTH into Pacifica. EXIT the POLOMA/FRANCISCO exit. Turn LEFT at the end of the off-ramp stop sign, and cross over the Highway 1 overpass. After the overpass is a stop sign. Continue STRAIGHT/EAST. After the next stop sign, continue EAST half a block. Oceana Pool is the first driveway on your left. Please PARK on the STREET. **From Half Moon Bay:** Take HWY 1 NORTH into Pacifica. EXIT the OCEANA / CLARENDON exit. At the end of the off ramp is a stop sign. Continue STRAIGHT / NORTH for about 1/4 mile along Oceana until you reach the next stop sign. At the stop sign take a RIGHT to the next stop sign. Oceana Pool is the first driveway on your left. Please PARK on the STREET.

COURSE: INDOOR 25 YARD pool with up to Seven (7) lanes available for competition. An additional Two (2) 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 5' at the start end and 5' at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: SESSION A (13 & Over and 11-12 GIRLS): Meet Begins at 8:30 AM, Warm Up is from 7:00-8:15 AM.
SESSION B (10 & Under and 11-12 BOYS): Session B will begin 1 hour after Session A finishes, but not before 11:30 AM.
Session B Warm-Ups will begin immediately after Session A finishes.

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.
- Athletes may compete in 4 events per day.
- All Athletes ages 12 and under should complete competition within four (4) hours.
- Timers must meet USA and Pacific Swimming minimum age requirements.
- Entries will be accepted for each session until the estimated timeline reaches the session maximum time limit (4 hours).
- The estimated timeline will be calculated using the following limits: scratch rate of seven percent (7%); heat interval of thirty seconds (30 sec); backstroke extra interval of fifteen seconds (15 sec); seven (7) competition lanes.
- For each session the maximum session time limit is four hours (4 hours).
- Upon closing entries, the host team and/or Meet Director will promptly review the final estimated timelines (e.g., HyTeK estimated timelines) with the Meet Referee to confirm each session is in accordance with the session time limit and with the entries NT rules. The final estimated timelines will be calculated using the above limits for scratch rate, heat interval, backstroke extra interval, and number of competition lanes.
- No new entries will be accepted after entries (sessions) have closed.
- Final estimated timelines must be reviewed and approved by the Meet Referee prior to the start of any session. Therefore, it is highly recommended that the final estimated timelines be prepared and sent (emailed) to the Meet Referee at least 24 hours prior to the first session.
- If during review of the final estimated timelines, the Meet Referee determines that one or more sessions is oversubscribed, then there will be an automatic scratch down to bring the one or more sessions in compliance with the maximum session time limit (4 hours). In the event that refunds are not available for an automatic scratch down, the Meet Director may determine the manner and/or time for which refunds may be provided.
- If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Refunds will be issued to the participating teams for any mandatory scratches.
- To be present on deck, coaches must sign in and provide proof of current good standing USA Swimming membership.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- Entries with **"NO TIME" will not be accepted.** A coach verified time will be accepted.
- Lifeguards, an AED, and first aid available.

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 Director, 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 and/or animals are allowed with the exception of well-behaved service animals in accordance with ADA guidelines. The Meet Director or Meet Referee may ask any person handling a service animal to leave the premises if the service animal is barking, mis-behaving, soiling, or otherwise causing a disturbance.

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 not be accepted.** All entries must have a time. A coach verified time will 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 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 FEES: \$4.50 per event plus a \$10.00 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 <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 Friday, **September 13, 2024 and/or until the session reaches the “session time limit,” whichever occurs first.** LATE ENTRIES WILL NOT BE ACCEPTED, NO REFUNDS.

CLUB HYTEK ENTRIES: Clubs may enter with a Hy-Tek compatible entry file to: ewtswim@aol.com with a hard copy and check sent to: SSFAC, P.O. Box 5179, South San Francisco, Calif. 94080 prior to September 10, 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 Athlete’s best time. Entries must be postmarked by midnight, Monday September 9, 2024 or hand delivered by 6:00 p.m. Wednesday, September 11, 2024. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: SOUTH SAN FRANCISCO Aquatics

Make check payable to: South San Francisco Aquatic Club

Mail entries to: SSFAC
P.O. Box 5179
South San Francisco, CA 94080

Hand deliver entries to: Edward Toatley
1 West Orange
South San Francisco, CA

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 for an event will not be seeded into said 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 for 1st - 8th place for individual events in the A, B, and C divisions: 8 & under and 9/10 . No ribbons for athletes 11 and over. Standard "A" medals awarded to athletes achieving NEW "A" times in each event regardless of place achieved in the event. All awards to be picked up by coaches at end of each session. Awards will not be mailed out.

ADMISSION: Free. A 2-day program will be available for a reasonable fee.

SNACK BAR & 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.

MINIMUM OFFICIALS: Clubs must follow Zone 1 North rules for providing officials. Each club must provide officials for each session according to the number of athletes entered in that session, following the table below.

| Club Athletes entered in session | Trained and carded Officials requested |
|----------------------------------|--|
| 1-10 | 0 |
| 11-25 | 1 |
| 26-50 | 2 |
| 51-75 | 3 |
| 76-100 | 4 |
| 100 or more | 5 and up (1 for every 25 Athletes) |

EVENT SUMMARY

| SATURDAY | | | | | SUNDAY | | | | |
|----------|--------|--------|---------|--------|-----------|--------|--------|---------|--------|
| 8 & UN | 9-10 | 11-12 | 13 & 14 | 15 & O | 8 & UN | 9-10 | 11-12 | 13 & 14 | 15 & O |
| 50 Fly | 200 FR | 200 FR | 200 BR | 200 BR | 50 Back | 200 IM | 200 IM | 200 FL | 200 FL |
| 25 BK | 50 FL | 50 FL | 100 FL | 100 FL | 25 Fly | 50 BK | 50 BK | 100 BK | 100 BK |
| 25 Br | 50 FR | 50 FR | 50 FR | 50 FR | 25 Free | 50 BR | 50 BR | 100 BR | 100 BR |
| 50 Free | 100 BR | 100 BR | 200 FR | 200 FR | 100 FR | 100 BK | 100 BK | 200 BK | 200 BK |
| 100 IM | 100 IM | 100 IM | 200 IM | 200 IM | 50 Breast | 100 FR | 100 FR | 100 FR | 100 FR |

ORDER OF EVENTS

NOTE: To enter Athletes must provide a seed time (coach verified time is okay) for proper seeding purposes.

| SATURDAY, Sept 21, 2024 | | SUNDAY, Sept 22, 2024 | |
|------------------------------------|------------------------|------------------------------------|------------------------|
| SESSION A | | SESSION A | |
| 11-12 Girls AM Session only | | 11-12 Girls AM Session only | |
| Event # | Event | Event # | Event |
| 1 | 11-12 Girls 200 Free | 24 | 11-12 Girls 200 IM |
| 2 | Mixed 13/up 200 Breast | 25 | Mixed 13/up 200 Fly |
| 3 | 11-12 Girls 100 IM | 26 | 11-12 Girls 50 Back |
| 4 | Mixed 13/up 200 Free | 27 | Mixed 13/up 100 Back |
| 5 | 11-12 Girls 50 Fly | 28 | 11-12 Girls 50 Breast |
| 6 | Mixed 13/up 200 IM | 29 | Mixed 13/up 100 Breast |
| 7 | 11-12 Girls 100 Breast | 30 | 11-12 Girls 100 Back |
| 8 | Mixed 13/up 100 Fly | 31 | Mixed 13/up 200 Back |
| 9 | 11-12 Girls 50 Free | 32 | 11-12 Girls 100 Free |
| 10 | Mixed 13/up 50 Free | 33 | Mixed 13/up 100 Free |
| | | | |
| | | | |
| SESSION B | | SESSION B | |
| 11-12 Boys PM Session only | | 11-12 Boys PM Session only | |
| Event # | Event | Event # | Event |
| 11 | 11-12 Boys 200 Free | 34 | 11-12 Boys 200 IM |
| 12 | Mixed 9-10 200 Free | 35 | Mixed 9-10 200 IM |
| 13 | 11-12 Boys 50 Fly | 36 | 11-12 Boys 50 Back |
| 14 | Mixed 10/un 50 Fly | 37 | Mixed 10/un 50 Back |
| 15 | Mixed 8/un 25 Back | 38 | Mixed 8/un 25 Fly |
| 16 | 11-12 Boys 100 IM | 39 | 11-12 Boys 50 Breast |
| 17 | Mixed 10/un 100 IM | 40 | Mixed 10/un 50 Breast |
| 18 | 11-12 Boys 100 Breast | 41 | Mixed 8/un 25 Free |
| 19 | Mixed 9-10 100 Breast | 42 | 11-12 Boys 100 Back |
| 20 | Mixed 8/Un 25 Breast | 43 | Mixed 9-10 100 Back |
| 21 | 11-12 Boys 50 Free | 44 | 11-12 Boys 100 Free |
| 22 | Mixed 10/un 50 Free | 45 | Mixed 10/un 100 Free |

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

| Pacific Swimming – Hosted by South San Francisco Aquatic Club Short Course C/B/A+ Sept. 21-22, 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 | | | | |
| | | | | | | : . | | | 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 \$ 10.00 Total \$ _____ | | | | | | | | | | | | | |
| Coach: | | | | | | | | | | | | | |
| Athlete's Address | | | | | | | | | | | | | |
| Home Phone | | | | | | | Cell Phone | | | | | | |