

PACIFICA SEA LIONS AQUATIC CLUB (PSL)
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
November 9-10, 2024



Zone 1 North Clubs Assigned: BAC, BSC, BCP, BGC, DCD, FOG, MAV, PASA, PPSC, PSL, SSF

Enter Online: <http://ome.fastswims.com>

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-147**

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 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, webcasting, television, psych sheets and live meet results. **The results of this meet may be posted in real time on the Internet on MeetMobile.**

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> Kit Yan	<i>Head Starter:</i> Khai Vu
<i>Meet Marshal:</i> Jenny Chan	<i>Admin Official:</i> Larry Rice
<i>Meet Director:</i> Tim Andonian	meetdirector@pacificasealions.org

LOCATION: Jean E. Brink Pool at Oceana High School, 401 Paloma Ave., Pacifica CA 94044

DIRECTIONS: HWY 1, Exit Paloma Dr. and head east.

COURSE: **INDOOR 25 YARD** pool with up to **7** lanes available for competition. An additional **2-3** 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 **5'0"** at the start end and **5'0"** at the turn end. The Meet Host shall ensure the required course dimensions.

TIME:

- **Session A (All Athletes 11 Years Old & Over):** Meet will begin at **9:00 AM** each day with warm-ups from **7:30 to 8:45 AM** each day. Assigned Group 1 & 2 warm-up times may be assigned by the Meet Host if participant count warrants
- **Session B (All Athletes 12 Years Old & Under):** Meet will begin at **least one hour after the completion of Session A and not before 12:00 PM** each day with warm-ups from **at least 45 minutes before the scheduled start of the session**. Assigned Group 1 & 2 warm-up times may be assigned by the Meet Host if participant count warrants
- **NOTE REGARDING ATHLETES AGES 11-12:** Athletes ages 11-12 may compete in **either** Session A (AM) or Session B (PM), but **not both**. Athletes and families should consult their clubs before entering this meet.

- 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 **3 individual** events each 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.
 - 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.
 - **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner and sign in with Meet Referee or their designee upon arriving at the meet.**
 - **Athletes ages 11-12 may compete in either Session A (AM) or Session B (PM), but not both.**
 - **Entries with ‘No Time (NT)’ will not be allowed. Please provide a coach verified time for seeding purposes.**
 - Entries for session 3 (Saturday PM) 500 Free will be limited to the first 14 entrants (2 heats) in a mixed event.
 - All athletes entered in the 500 Freestyle must provide a **person to time and lap count**. Facility has 5 lap-counters if you do not have your own.
 - USA Swimming requires timers to be 12 years or older
 - No other deck entries or event substitutions will be permitted after the entry deadline has passed
 - To be present on deck, coaches must sign in and provide proof of current good standing USA Swimming membership.
 - Lifeguards, an AED, and first aid will be 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 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 Personal Chairs allowed in the Facility
- ONLY Athletes, Coaches, Officials, and Meet Marshals allowed on the pool deck
- Athletes ONLY in the locker rooms

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
- 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 North Athletes from **BAC, BSC, BCP, BGC, DCD, FOG, MAV, PASA, PPSC, PSL, SSF** entering online must do so by Wednesday October 23rd, 2024 at 11:59 PM in order to receive priority acceptance into the meet. No Athletes other than those from **BAC, BSC, BCP, BGC, DCD, FOG, MAV, PASA, PPSC, PSL, SSF** may enter the meet until the preference period has concluded.

Seeding: Advanced scratches for this meet will be collected using an online submission system(see below). Advanced scratches must be received by 11:59 PM on Friday, November 9. Early submission is appreciated. Day-of scratches will be collected via coaches meeting/paper submission during the warm-up for each session. Day-of scratches must be submitted no later than 40 minutes prior to the competition session start time for each session. Each session will be seeded 30 minutes prior to competition start time.

ENTRY FEES: \$4.50 per event plus an \$10.00 SCY 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 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 will be accepted through **Wednesday, October 30th, 2024 at 11:59 PM.**

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each 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. [Please use this scratch](#) form to notify the meet director of scratches by 11:59 PM on Friday, November 9.

AWARDS: Individual awards will be awarded in the A, B, and C division. Ribbons for First through Eighth place will be given to all 12 and under in the PM sessions of each day. "A" time medals will be given to athletes achieving a new "A" time, regardless of place achieved in the event. Awards for athletes 12 and younger must be picked up at the meet by coaches at the end of each session. Awards will not be mailed. Only first-offered event, of the same events, will be awarded.

ADMISSION: Free. A Meet Program with Heats & Lanes will be emailed through FastSwims

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar featuring healthy options and tasty classics (including spam musubi) 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. All participating clubs are expected to provide lane timers based upon the number of athletes registered to swim each day. Club timing lanes will be assigned and coaches will be notified of assignments during the week prior to the meet.

MINIMUM OFFICIALS:

Club Athletes entered in session	Trained and carded Officials requested
1-10	1
11-25	2
26-50	3
51-75	4
76-100	5
100 or more	6

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12 (AM)	13 & OVER	8 & UN	9-10	11-12 (AM)	13 & OVER
25 FR	50 FR	200 FR	200 FR	25 BR	100 FR	100 FR	100 FR
25 FL	100 FL	100 FL	100 FL	25 BK	50 BR	100 BR	100 BR
50 FR	50 BK	100 BK	100 BK	100 FR	100 BK	200 BK	200 BK
50 BK	100 BR	200 BR	200 BR	50 BR	50 FL	200 FL	200 FL
100 IM	100 IM	100 FR	100 FR	50 FL	50 FR	50 FR	50 FR
25 BK	25 BK	200 IM	200 IM	50 FR	25 FL	400 IM	400 IM
25 BR	25 BR	50 FR	50 FR	25 FL	25 FR	100 IM	100 IM
100 FR	100 FR	50 FL	50 FL	25 FR	100 BR	50 BR	50 BR
50 FL	50 FL	50 BK	50 BK	50 BK	50 BK	100 BK	100 BK
50 BR	100 BK	100 BR	100 BR	100 IM	100 FL	100 FL	100 FL
	50 BR				100 IM		
	200 IM	11-12 (PM)				11-12 (PM)	
	500 FR	50 FR				100 FR	
		100 FL				50 BR	
		50 BK				100 BK	
		100 BR				50 FL	
		100 IM				200 FL	
		100 FR				50 FR	
		50 FL				100 BR	
		100 BK				50 BK	
		50 BR				200 BK	
		200 BR				100 FL	
		200 IM				100 IM	
		500 FR					

EVENTS

SESSION 1	
SATURDAY, NOVEMBER 9	
EVENT #	EVENT
1	Mixed 11-Over 200 Free
2	Mixed 11-Over 100 Fly
3	Mixed 11-Over 100 Back
4	Mixed 11-Over 200 Breast
5	Mixed 11-Over 100 Free
6	Mixed 11-Over 200 IM
7	Mixed 11-Over 50 Free
8	Mixed 11-Over 50 Fly
9	Mixed 11-Over 50 Back
10	Mixed 11-Over 100 Breast

SESSION 3	
SUNDAY, NOVEMBER 10	
EVENT #	EVENT
27	Mixed 11-Over 100 Free
28	Mixed 11-Over 100 Breast
29	Mixed 11-Over 200 Back
30	Mixed 11-Over 200 Fly
31	Mixed 11-Over 50 Free
32	Mixed 11-Over 400 IM
33	Mixed 11-Over 100 IM
34	Mixed 11-Over 50 Breast
35	Mixed 11-Over 100 Back
36	Mixed 11-Over 100 Fly

SESSION 2	
SATURDAY, NOVEMBER 9	
EVENT #	EVENT
11	Mixed 8-Under 25 Free
12	Mixed 8-Under 25 Fly
13	Mixed 12-Under 50 Free
14	Mixed 9-12 100 Fly
15	Mixed 12-Under 50 Back
16	Mixed 9-12 100 Breast
17	Mixed 12-Under 100 IM
18	Mixed 10-Under 25 Back
19	Mixed 10-Under 25 Breast
20	Mixed 12-Under 100 Free
21	Mixed 12-Under 50 Fly
22	Mixed 9-12 100 Back
23	Mixed 12-Under 50 Breast
24	Mixed 11-12 200 Breast
25	Mixed 9-12 200 IM
26	Mixed 9-12 500 Free

SESSION 4	
SUNDAY, NOVEMBER 10	
EVENT #	EVENT
37	Mixed 8-Under 25 Breast
38	Mixed 8-Under 25 Back
39	Mixed 12-Under 100 Free
40	Mixed 12-Under 50 Breast
41	Mixed 9-12 100 Back
42	Mixed 12-Under 50 Fly
43	Mixed 11-12 200 Fly
44	Mixed 12-Under 50 Free
45	Mixed 10-Under 25 Fly
46	Mixed 10-Under 25 Free
47	Mixed 9-12 100 Breast
48	Mixed 12-Under 50 Back
49	Mixed 11-12 200 Back
50	Mixed 9-12 100 Fly
51	Mixed 12-Under 100 IM

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