

**ALTO SWIM CLUB ROCK THE BLOCKS INVITATIONAL  
PACIFIC SWIMMING SHORT COURSE INVITATIONAL MEET  
MARCH 29 - 30, 2025  
INVITED CLUBS: AC, ALTO, BAC, LO, MAC, TCA, TIDE**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **25-040**

*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.**

**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:**

<b>Meet Referee:</b> Sylvain Flamant	<b>Head Starter:</b> Sam Tang
<b>Meet Marshal:</b> Prabjot Jaaj	<b>Admin Referee:</b> Stephanie Kuang
<b>Meet Director:</b> Suma Ramadas - <a href="mailto:altomeetdirector@gmail.com">altomeetdirector@gmail.com</a>	

**LOCATION:** Gunn High School - 780 Arastradero Road, Palo Alto CA 94306

**COURSE:** Outdoor heated 25 YARD pool with up to 10 lanes available for competition. An additional 4 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:** Saturday / Sunday Prelims: Competition will begin at 8:30 AM with warm-ups from 7 – 8:20 AM.  
Saturday / Sunday Finals: Competition will begin no earlier than 3 PM with warm ups lasting for 1 hour prior to the start of finals.

**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.

- Athletes may compete in 3 individual events per day.
- Athletes may compete in a maximum of 2 relays per day.
- All individual events shall be Prelims and Finals with the exception of the 400 IM/500 Free
- Entries with NO TIME; will be accepted, with the exception of the 200 Free, 200 Breast, 200 Fly, 200 Back, the 400 IM and 500 Free.
- Prelims will be swum fastest to slowest. Prelims events may be combined and / or swum mixed age. The fastest 3 heats of each event will be circle seeded with exception of any events identified as timed finals.
- FINALS: There will be a Championship final (10 spots) for each event (by age group). The top 10 finalists will be seeded in finals unless scratched during the appropriate time. Athletes will have 30 minutes after the results of their completed events are announced in which to scratch or declare their intent to scratch. Athletes will be seeded in finals unless they scratch.
- Alternates who get called into finals will not be penalized for missing.
- 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.
- Entries will be accepted until the maximum timeline is reached.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- Medical Information: First-aid kits and AED will be available on the pool deck. Further Medical support available via 911.

**ATTENTION HIGH SCHOOL ATHLETES:** If you are a High School Athlete in season, you need to be Unattached from this meet. It is the Athlete’s responsibility to be Unattached from this meet. You 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 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.
- Pets, with the exception of WORKING (and documented) service animals are prohibited on-site.

**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.

- Meet is open to qualified athletes from AC, ALTO, BAC, LO, MAC, TCA and TIDE. Unattached athletes participating with AC ALTO, BAC, LO, MAC, TCA, and TIDE are eligible to compete.
- Entries with NO TIME will be accepted (exception 200 Free, 200 Breast, 200 Fly, 200 Back, 400 IM and 500 Free. see rules)
- 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.
- The Athlete’s age will be the age of the Athlete on the first day of the meet.

**ENTRY FEES:** Flat fee per athlete per day: Saturday \$60, Sunday \$60.

**HYTEK ENTRIES:** Entries will be accepted via hy-tek file only (one entry submission per club). Entries will be accepted until Wednesday, March 19, 2025 or until capacity has been reached, whichever is sooner. Each club will submit a single check payment for their club entry no later than the first day of competition, Saturday March 29, 2025.

**CHECK-IN:** The meet shall be pre-seeded.

**SCRATCHES:** PRELIMS and TIMED FINALS

- Advanced scratches shall be collected using online submission via an email link distributed by the Meet Director. Early submission is appreciated.
- Athletes not reporting for or competing in an individual preliminary or timed final event that they have checked in for/entered shall not be penalized.
- FINALS: There will be a Championship final (10 spots) for each event (by age group). The top 10 finalists will be seeded in finals unless scratched during the appropriate time. Athletes will have 30 minutes after the results of their completed events are announced in which to scratch or declare their intent to scratch. Athletes will be seeded in finals unless they scratch.
- Alternates who get called into finals will not be penalized for missing
- A missed final swim from an athlete will incur a \$100 penalty charge to the club.

**AWARDS:** Medals will be awarded to the Top 3 finishers in each age group.

**ADMISSION:** Free

**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 (for every 25 athletes)

**EVENT SUMMARY - Saturday March 29, 2025**

Saturday March 29 - PRELIMS		
<i>Prelims will be swum combined age group</i>		
Event #	Event	Event #
1	200 Free Open	2
3	50 Breast Open	4
5	200 Fly Open	6
7	100 Back Open	8
9	50 Fly Open	10
11	200 Breast Open	12
13	50 Free Open	14
15	400 IM 11 & Over TIMED FINALS	16

Saturday March 29 - FINALS		
Event #	Event	Event #
1	10 and under 200 free	2
	11 - 12 200 free	
	13 - 14 200 free	
	15 and over 200 free	
3	10 and under 50 breast	4
	11 - 12 50 breast	
	13-14 50 breast	
	15 and over 50 breast	
5	12 and under 200 fly	6
	13 - 14 200 fly	
	15 and over 200 fly	
7	10 and under 100 back	8
	11 - 12 100 back	
	13 - 14 100 back	
	15 and over 100 back	
9	10 and under 50 fly	10
	11 - 12 50 fly	
	13-14 50 fly	
	15 and over 50 fly	
11	12 and under 200 breast	12
	13 - 14 200 breast	
	15 and over 200 breast	
13	10 and under 50 free	14
	11 - 12 50 free	
	13 - 14 50 free	
	15 and over 50 free	
17	8 and under 100 free relay	18
19	10 and under 200 free relay	20
21	11 - 12 200 free relay	22
23	13 - 14 200 free relay	24
25	15 & Over 200 free relay	26

**EVENT SUMMARY – Sunday March 30, 2025**

Sunday March 30 - PRELIMS		
<i>Prelims will be swum combined age group</i>		
Event #	Event	Event #
27	100 Breast Open	28
29	100 Fly Open	30
31	50 Back Open	32
33	200 IM Open	34
35	100 Free Open	36
37	200 Back Open	38
39	100 IM Open	40
41	500 Free 11 & Over TIMED FINALS	42

Sunday March 30 - FINALS		
Event #	Event	Event #
27	10 and Under 100 breast	28
	11 and over 100 breast	
	13 - 14 100 breast	
	15 and over 100 breast	
29	10 and under 100 fly	30
	11 - 12 100 fly	
	13 - 14 100 fly	
	15 and over 100 fly	
31	10 and under 50 back	32
	11 - 12 50 back	
	13-14 50 back	
	15 and over 50 back	
33	10 and under 200 IM	34
	11 - 12 200 IM	
	13 - 14 200 IM	
	15 and over 200 IM	
35	10 and under 100 free	36
	11 - 12 100 free	
	13 - 14 100 free	
37	15 and over 100 free	38
	12 and Under 200 back	
	13 - 14 200 back	
	15 and over 200 back	
39	10 and Under 100 IM	40
	11 and over 100 IM	
	13 - 14 100 IM	
	15 and over 100 IM	
43	8 and under 100 medley relay	44
45	10 and under 200 medley relay	46
47	11 - 12 200 medley relay	48
49	13 - 14 200 medley relay	50
51	15 & Over 200 medley relay	52