

COAST VALLEY AQUATICS LEAGUE
CLOSED SHORT COURSE CHAMPIONSHIP
PACIFIC SWIMMING TIMED FINALS & T/F MEET
AUGUST 4-6, 2023
INVITED CLUBS: **ACSC, CRUZ, GGST, MAKO, MBSC, SBA, SEA**



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

SANCTION: Held under USA/Pacific Swimming Sanction No. **23-100**

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, of 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:

Meet Referee: Brett Shaug	Head Starter: Frank Suchomel
Meet Marshal: Peter Hall	Admin Official: Sachi Itow
Co-Meet Director: Ken Fittro backstrider@aol.com and Mike Fujii sbacoachmike@gmail.com	

LOCATION: BALER AQUATIC CENTER, River Pkwy and San Benito St, HOLLISTER CA 95023

DIRECTIONS: From South of Hollister: Take 101 N to Hwy 156 East. Go right on Union Rd, go left at San Benito Street (first light). Pool is on left, about ½ mile. From North of Hollister: Take 101 S to Hwy 25 East. Go right on San Benito Street, go through town. Pool will be on your right after you pass Nash Road. It is recommended to use your favorite map app to get into Hollister, as accidents can cause delays on our 2 lane highways.

COURSE: OUTDOOR 25 YARD pool with up to 10 lanes available for competition. An additional 8 lanes will be available for warmup/cool down throughout the competition. Eight Lanes will be seeded for **Finals and Consolation Finals. Colorado Timing System will be used.** The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 6'7" at the shallow end and 12'6" at the deep end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming

TIME: Officials and Coaches meeting will be conducted prior to each day's meet start time. On Friday, the Meet will begin at **3:30 PM** and warm-ups are from 2:00pm to 3:15pm. On Saturday and Sunday the Meet will begin at **9:00 AM** each day with warm-ups from **7:30 to 8:45 AM** each day. A special warm-up time for 8 and under athletes only will be held from **8:30-8:45 AM**.

	WARM-UP	MEET BEGINS
FRIDAY	2:00 PM	3:30 PM
SATURDAY/SUNDAY	7:30 AM	9:00 AM

- RULES:**
- Current USA and Pacific Swimming, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0) and CVAL by-laws will govern the meet. Pacific Swimming warm-up procedures will be in effect. 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 2.0"), 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 six (6) individual events total, including Friday events. Athletes may compete in a **Maximum of (3) individual events and on (1) relay event per day.**
 - All 6/UN events, All 8/UN events, and All relay events will be timed finals. All other events will be conducted with preliminary heats and finals, with the "A" Championship Final followed by the "B" Consolation Final
 - All events will be seeded and swum fastest to slowest. The fastest three heats will be circle seeded in all events except events listed as timed finals.
 - A club may have an unlimited number of entries per individual event. A club may have only one scoring relay per relay event # designated in advance as the "A" relay.
 - **The 9/10, 8/UN, and 6/UN relays are the last events of the preliminary sessions on Saturday and Sunday.**
 - For FINALS the 15-18 Age group will split into 15/16 and 17/18 for all events except for the 15/18 relays.
 - All FINALS on Saturday and Sunday will begin no sooner than 1 hour after the completion of the last preliminary Heat.
 - A lane vacated in a final heat due to a scratch or no-show shall be filled by the next fastest athlete from the consolation heat and the vacated consolation lane will be filled by the first alternate athlete without reseeding the lanes. Pacific Swimming Scratch Procedures will be in effect for this meet. A copy will be at the Scratch Desk.
 - Athletes competing in the 500 Freestyle must provide their own lap counters.
 - **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner at all times while on deck.**
 - All participants will follow the Facility Safety Guidelines which will be emailed to all Teams prior to the meet and which will be announced prior to the meet.
 - Lifeguards will be present on deck and AED is available onsite. First aid is available to all participants. Hazel Hawkins Memorial Hospital is located at 911 Sunset Dr, Hollister, CA 95023 (831-637-5711); a 6 minute drive, 1.2 miles away from Hollister High School.

UNACCOMPANIED ATHLETES: Any USA-S 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-S 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-S 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-S Club Member-Coach.

RACING STARTS: Athletes must be certified by a USA-S 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 or 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.
 - No pets allowed on deck, other than service assistance animals.

- 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.
- Please read the facility guidelines and safety protocols
- 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.
- **Only Coaches, Athletes, Officials, Timers, and Meet Staff are allowed within the Starting Blocks area, 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.

- This meet is only open to qualified athletes, belonging to a CVAL Club (Aptos-Cabrillo Swim Club (ACSC); Gilroy Gators Swim Team (GGST); Santa Cruz Aquatics (CRUZ); Monterey Bay Swim Club (MBSC), San Benito Aquatics (SBA); Seaside Aquatic Club (SEA); and South Valley Makos (MAKO)).
- Registered USA Swimming Athletes participating on other USA Swimming clubs may participate on a CVAL club if they have declared themselves unattached prior to their first CVAL Meet, have swum exclusively at their CVAL team practices and meets during the regular league season, and meet any other requirements placed upon USA Swimming Athletes participating in CVAL events.
- Athletes 19 years of age and over may swim preliminary events only and will not score points.
- Individual Entries with "NO TIME" will be ACCEPTED. Relays must have an entry time.
- 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.
- The athlete's age will be the age of the athlete on the first day of the meet.

ENTRY FEES: \$6.00 per individual event plus an \$8.00 participation fee per athlete. Relay entries are \$16.00 Fees must be included with entries. RELAYS WILL BE PAID FOR BY CREDIT CARD IN [FastSwims.com](http://ome.fastswims.com). NO REFUNDS will be made, except as noted in the relay entries or mandatory scratch downs.

ONLINE ENTRIES: You may enter this meet online or by U.S. mail. To enter online go to <http://ome.fastswims.com> to receive and immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service fee, 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 Sunday, July 30th, 2023 at 11:59 PM.** LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS. **RELAY ENTRIES CAN BE ENTERED ONLINE THROUGH MONDAY, JULY 31st, 2023 11:59PM at <http://ome.fastswims.com>**

MAILED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athlete's best time. Mailed or hand delivered Entries must be postmarked by midnight, **Wednesday, July 26, 2023** or hand delivered to same address by 6:30 p.m. **Wednesday, July 26, 2023.** No late entries will be accepted. Requests for confirmation of receipt of mailed entries should include a self-addressed stamped envelope.

RELAY ENTRIES: All relays are timed finals. **RELAY ENTRIES SHOULD BE ENTERED ONLINE by, Monday July 31st, 2023, 11:59PM.** **COACHES MUST MAKE EVERY EFFORT COMPLETE THEIR RELAYS ONLINE** with FASTSWIMS entry form. RELAYS WILL BE PAID FOR BY CREDIT CARD IN FASTSWIMS.COM. **TEAMS CAN ENTER ANY NUMBER OF RELAYS, BUT ONLY THE "A" DESIGNATED RELAY WILL SCORE. IF A CLUB DOES NOT ENTER THEIR RELAYS ONLINE, RELAY ENTRIES WILL BE ACCEPTED BY 10:00AM ON SATURDAY AND SUNDAY OF THE MEET** Payment must be made for the relays at this time. Relay athletes must swim in their respective age groups. Refunds to the CLUB Head Coach will be made for relays that are scratched before the relay card submission deadline.

COACHES' RELAY: The COACHES' RELAY is an exhibition event (unofficial) and will be on SUNDAY, before Finals begin.

Make check payable to: CVAL

Mailed entries sent to: Ken Fittro 1513 Hilby Avenue Seaside, CA 93955

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 individual 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 seeded and will not be allowed to compete in that event.

SCRATCHES:

- Any athletes not reporting for or competing in an individual times final event that they have checked in for shall not be penalized.
- Athletes entered in a preliminary individual event in a Trials and Finals meet 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 in an event will result in being barred from their next preliminary individual event.
- Any athlete qualifying for any level of finals in an individual event who does not wish to compete must scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that may not intend to compete in consolation finals or finals. In this case, they must declare their final intention within 30 minutes after the announcement of qualifiers following their 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 shall be barred from the remainder of any final events for that day, excluding relays. Should the athlete have no additional final events for that day they will be barred from their next preliminary event.

AWARDS: CVAL Medals: 1st- 8th place in individual events and 1st-7th in relay events. CVAL Ribbons: 9th-16th place in individual events. Special Awards: High Point boy and girl in each age group. Team Trophies: 1st-7th place.

SCORING: Individual to 16 places: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
Relay events to 7 places: 40, 34, 32, 30, 28, 26, 24

ADMISSION: Free. Coaches will be provided a meet program via email upon the closing of the meet.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers. **Picnic areas are available outside of the facility**

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

SPECIAL EXHIBITION EVENT: AS AGREED UPON BY THE HEAD COACHES IN THE LEAGUE, THERE WILL BE AN EXHIBITION EVENT SWUM ON FRIDAY AT THE END OF EVENT 8, BOYS 500 FREE. THIS WILL BE AN OPEN EXHIBITION EVENT FOR THE 200 BREASTSTROKE EVENT 101 FOR GIRLS AND EVENT 102 FOR BOYS. THE EXHIBITION IS OPEN TO ALL SWIMMERS 11 AND OLDER. SWIMMING THE EVENT WILL COUNT AGAINST THE 6 SWIMS COUNT, AND WILL NOT BE A SCORED EVENT. ENTRIES WILL BE ON DECK BEFORE THE MEET ON FRIDAY.

EVENT SUMMARY

	6/UN	8/UN	9/10	11/12	13/14	15/18
FRIDAY			200 FREE	500 FREE *200 BREAST	500 FREE *200 BREAST	500 FREE *200 BREAST
SATURDAY	100 IM 50 FREE 25 BACK	100 IM 50 FREE 25 BACK	100 IM 50 FREE 50 BACK	200 IM 100 FREE 50 BACK 50 FLY	200 IM 100 FREE 100 BACK 100 FLY	200 IM 100 FREE 100 BACK 100 FLY
SATURDAY RELAYS	100 MIXED MED RELAY	100 MED RELAY	200 MED RELAY	200 MED RELAY	200 MED RELAY	200 MED RELAY
SUNDAY	25 FREE 25 BREAST 25 FLY	25 FREE 25 BREAST 25 FLY	100 FREE 50 BREAST 50 FLY	200 FREE 50 BREAST 50 FREE 100 IM	200 FREE 100 BREAST 50 FREE	200 FREE 100 BREAST 50 FREE
SUNDAY RELAYS	100 MIXED FREE RELAY	100 FREE RELAY	200 FREE RELAY	200 FREE RELAY	200 FREE RELAY	200 FREE RELAY

*NON-SCORED EXHIBITION EVENT

ORDER OF EVENTS

FRIDAY, AUGUST 4, 2023		
EVENT #	EVENT	EVENT #
1	9-10 200 FREE	2
3	11-12 500 FREE	4
5	13-14 500 FREE.	6
7	15-18 500 FREE	8
101	OPEN 200 BREAST – EXHIBITION	102

SATURDAY, AUGUST 5, 2018		
EVENT # GIRLS	EVENT	EVENT # BOYS
9	9-10 100 I.M.	10
11	11-12 200 I.M.	12
13	8/UN 100 I.M.	14
15	13-14 200 I.M.	16
17**	15-18 200 I.M.	18**
19	9-10 50 FREE	20
21	11-12 100 FREE	22
23	8/UN 50 FREE	24
25	13-14 100 FREE	26
27**	15-18 100 FREE	28**
29	9-10 50 BACK	30
31	11-12 50 BACK	32
33	8/UN 25 BACK	34
35	13-14 100 BACK	36
37**	15-18 100 BACK	38**
39	11-12 50 FLY	40
41	13-14 100 FLY	42
43**	15-18 100 FLY	44**
	RELAYS	
45*	6/UN 100 MIXED MEDLEY RELAY	---
47	8/UN 100 MEDLEY RELAY	48
49	9-10 200 MEDLEY RELAY	50
51	11-12 200 MEDLEY RELAY	52
53	13-14 200 MEDLEY RELAY	54
55	15-18 200 MEDLEY RELAY	56

SUNDAY, AUGUST 5, 2018		
EVENT # GIRLS	EVENT	EVENT # BOYS
57	9-10 100 FREE	58
59	11-12 200 FREE	60
61	8/UN 25 FREE	62
63	13-14 200 FREE	64
65**	15-18 200 FREE	66**
67	9-10 50 BREAST	68
69	11-12 50 BREAST	70
71	8/UN 25 BREAST	72
73	13-14 100 BREAST	74
75**	15-18 100 BREAST	76**
77	9-10 50 Fly	78
79	11-12 50 FREE	80
81	8/UN 25 Fly	82
83	13-14 50 FREE	84
85**	15-18 50 FREE	86**
87	11-12 100 I.M.	88
	RELAYS	
89*	6/UN 100 MIXED FREE RELAY	---
91	8/UN 100 FREE RELAY	92
93	9-10 200 FREE RELAY	94
95	11-12 200 FREE RELAY	96
97	13-14 200 FREE RELAY	98
99	15-18 200 FREE RELAY	100

***6/UN MIXED RELAYS MAY CONSIST OF 4 BOYS OR 4 GIRLS OR ANY COMBINATION OF BOYS AND GIRLS.**

ALL 6/UN AND 8/UN EVENTS ARE TIMED FINALS EVENTS

RIBBONS AND MEDALS FOR 6/UN AND 8/UN ARE AWARDED AT THE STARTING BLOCKS FOLLOWING THE LAST MORNING RELAYS

**** FOR FINALS: THE 15/18 AGE GROUP WILL SPLIT INTO 15/16 AND 17/18 FOR ALL EVENTS EXCEPT FOR THE 15/18 RELAYS**

COAST VALLEY AQUATICS LEAGUE
 CLOSED SHORT COURSE MEET
 AUGUST 4-6, 2023
 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				
# of entries _____ x \$6.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													

CLUB RELAY ENTRIES

RELAYS: ENTRIES MUST BE ENTERED ONLINE by, 11:59PM, MONDAY, July 31, 2023. Enter the entry time in the appropriate time field of the online relay entry form for each relay team. **EACH CVAL TEAM** may enter as many relays per age-group/gender per team as they choose; **but the "A RELAY TEAM" is the ONLY SCORING RELAY. The "A Relay" MUST have an entry time.**

Relay Entry cards confirming the relay entries for the entire meet will be ready for pick up by each CVAL club on the first day of the meet. Relay scratches or time changes are accomplished by returning the Relay Entry cards to the Clerk of Course by the ANNOUNCED time each day having relay events. When there are no scratches or time changes, there is no need to turn in the Relay Entry card. **Refunds will be made to the club for any relay entries scratched prior to the deadline that entry cards are due back to the Clerk of the Course for that day of the relay event.**

Relay Event cards containing the heat and lane assignments and all the eligible athletes for the relay for all 10 and under relays will be ready for pick up one hour before the estimated start of the Relay for that day. Relay Event cards containing the heat and lane assignments and all the eligible athletes for the relay for all 11 and-over relays will be ready for pick up before the start of finals each day. **The order of the athletes must be listed on the Relay Event card prior to the start of the heat.**

No deck entered relay teams will be accepted. No deck entered relay athletes will be accepted.

Any athlete who is not entered in an individual event or is unattached is not eligible to participate in a relay.

COACHES MAY USE THE FOLLOWING RELAY ENTRY CARD FOR THEIR OWN NOTE-TAKING.

RELAYS MUST BE ENTERED ONLINE:

TEAM RELAY ENTRY FORM ROUGH DRAFT			
CLUB NAME:		CLUB ABBREVIATION:	
SATURDAY Relay Event		SUNDAY Relay Event	
Entry Time		Entry Time	
45	6/un 100 Mixed Medley Relay	89	6/un 100 Mixed Free Relay
47	8/un 100 Girls Medley Relay	91	8/un 100 Girls Free Relay
48	8/un 100 Boys Medley Relay	92	8/un 100 Boys Free Relay
49	9/10 200 Girls Medley Relay	93	9/10 200 Girls Free Relay
50	9/10 200 Boys Medley Relay	94	9/10 200 Boys Free Relay
51	11/12 200 Girls Medley Relay	95	11/12 200 Girls Free Relay
52	11/12200 Boys Medley Relay	96	11/12 200 Boys Free Relay
53	13/14200 Girls Medley Relay	97	13/14 200 Girls Free Relay
54	13/14 200 Boys Medley Relay	98	13/14 200 Boys Free Relay
55	15/18 400 Girls Medley Relay	99	15/18 400 Girls Free Relay
56	15/18 400 Boys Medley Relay	100	15/18 400 Boys Free Relay
Number of Relay Entries:		X \$16.00 =\$ _____ .00	
Designate all Relays with Alpha differentiation. "A RELAYS" MUST HAVE AN ENTRY TIME. Times for additional relays may have a Time or NT and must be indicated in the appropriate Time Box for each intended relay entry ONLINE.			