

MILPITAS AQUATIC CLUB
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
MARCH 22-24, 2024
Enter Online: <http://ome.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **24-047**

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 at 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.

MEET PERSONNEL:

Meet Referee: Bob Armbruster	Head Starter: Csaba Andrejka
Meet Marshal: Felicia Zamora	Admin Official: Mette Graversen
Meet Director: Stella Ezrre	Contact: stella@macswimming.org

LOCATION: Morgan Hill Dennis Kennedy Aquatic Center, 16200 Condit Road, Morgan Hill, CA 95037

DIRECTIONS: From Southbound Highway 101: take Dunne Avenue exit, go left and cross over 101, go right at the first street (traffic light), Condit Road. Pool is on left, about ¼ mile. From Northbound Highway 101: Take Tennant Avenue exit, go right and make an immediate left onto Condit Road. Pool is on the right.

Parking: Park in the main paved lot of the facility, the EAST side of Conduit Road, and the main large lot on the south side of the facility (side with the solar panels). Do not park at the House of Thunder Harley Davidson Dealership or Patio World. Those lots are for their patrons only and vehicles will be towed at your expense. Please secure vehicles and contents as the City of Morgan Hill, the Morgan Hill Aquatics Center, or Pacific Swimming will take **ANY** responsibility to damage or theft to any vehicles or personal belongings.

COURSE: Outdoor 25-yard pool with up to 16 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 shallow end and 13'0" at the deep end. The Meet Host shall ensure the required course dimensions.

TIME: Meet will begin on Friday at 5:00 PM with warmups from 3:30 until 4:45 PM. Meet will begin at 9:00 AM Saturday and Sunday 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 8:00 – 8:45 AM both in the instructional pool and 2 reserved start lanes in the competition pool.

- 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. No paddles, snorkels or other breathing devices, boards, or fins, or the use of any other practice equipment is prohibited in the competition course or in the warm up pool.
 - 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.
 - Athletes in the 400 IM and 500 FREE must bring their own timers and lap counters.
 - All events shall swim fast to slow.
 - Athletes may compete in **MAXIMUM 1** event on Friday.
 - Athletes may compete in **MAXIMUM 3** events Saturday and Sunday.
 - 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.
 - 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 Officials must wear their USA Swimming membership cards in a visible manner.
 - Lifeguards will be present at the competition pool during warmups and competition. First Aid station will be available.

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 at check-in. 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. No staking of tents on grass areas is permitted.
 - 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.
 - Parking lot adjacent to the pool will be for working officials only (along Condit Road).
 - Congregation of spectators/athletes shall not be allowed behind the timing areas. Viewing may be done on the sides of the pool deck and across from the starting areas.
 - Animals other than Certified Service Animals are not permitted inside the facility at any time.

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 be **ACCEPTED (Exception – 500 Free/400 IM. See below bullet point)**.
- Entry Times for the 500 free and 400 IM need to be coach verified. NT 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.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

ENTRY PRIORITY: Zone 1 South will have priority of entry for (seven 7) days upon opening the meet entries.

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 Wednesday, **March 13, 2024**.

MAILED DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with the Athlete's best time. Entries must be postmarked by midnight, Monday **March 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: Milpitas Aquatic Club

Mail entries to: Kyler Vanswol

754 The Alameda Apt. 2325

San Jose, CA 95126

CHECK-IN: DECK SEEDED: 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 will not be seeded in the 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 will be awarded from 1st – 8th place for each event by gender in age groups (10-U, 11-12, 13 and Over). No awards given for athletes 19 years of age and older. Note: Awards will be separated and handed to clubs AFTER the completion of competition on Sunday.

ADMISSION: Free. A program will be available online

SNACK BAR & HOSPITALITY: A food truck may be available for food to purchase for athletes and families. Hospitality will be available for 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.

SCHEDULE OF EVENTS

Friday, March 22, 2024		
EVENT#	EVENT	EVENT#
1	10 & UN 200 IM	2
3	11 & Over 400 IM*	4
5	500 Free – Open**	6

Saturday, March 23, 2024			Sunday, March 24, 2024			
EVENT #	EVENT	EVENT #		EVENT #	EVENT	EVENT #
7	13 Over 200 IM	8		39	13 Over 200 Free	40
9	11-12 200 IM	10		41	11-12 200 Free	42
11	11-12 200 Back	12		43	10 Under 200 Free	44
13	10 Under 100 IM	14		45	13 Over 200 Breast	46
15	13 Over 100 Back	16		47	11-12 200 Breast	48
17	11-12 100 Back	18		49	10 Under 100 Breast	50
19	10 Under 50 Back	20		51	13 Over 200 Back	52
21	13 Over 100 Fly	22		53	11-12 100 IM	54
23	11-12 100 Fly	24		55	10 Under 100 IM	56
25	10 Under 100 Fly	26		57	13 Over 100 Free	58
27	13 Over 100 Breast	28		59	11-12 100 Free	60
29	11-12 100 Breast	30		61	10 Under 100 Free	62
31	10 Under 50 Breast	32		63	11-12 50 Free	64
33	11-12 200 Fly	34		65	10 Under 50 Free	66
35	10 Under 50 Fly	36		67	13 Over 50 Free	68
37	13 Over 200 Fly	38				

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

****Athletes must provide their own timers for the 400 IM.***

Athletes must have a Certified 'B' Time or a coach validated 'B' Time. NT Not Allowed

*****Athletes must provide their own timers and lap counters for the 500 Free.***

Athletes must have a Certified 'B' time or a qualified 'B' Time. NT Not Allowed.

Pacific Swimming – Hosted by Milpitas Aquatics
 SHORT COURSE CBA+
 March 22-24, 2024
 Consolidated Entry Form

Name: Last First Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M F	LSC – (PC, SN)
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USA-#													
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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
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Email