

PACIFIC SWIMMING SHORT COURSE SENIOR OPEN MEET
HOSTED BY ORINDA AQUATICS
JANUARY 27 & 28, 2024
Enter Online: <http://ome.fastswims.com>



ENTRIES WILL REMAIN OPEN UNTIL THE ESTIMATED TIMELINE (before the 1650) FOR EACH SESSION REACHES 5 HOURS.
No Friday night set-up allowed. Gates will open each morning at 7:00AM.

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-018**

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 shall 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.

OFFICIALS:
Meet Referee: Jay Rowland
Meet Marshal: Wendy Smith
Meet Director: Hoa On, oapbswimming@gmail.com
Head Starter: Charles Gonzales
Admin Official: Amy Gonzales

LOCATION: Soda Aquatic Center at Campolindo High School: 300 Moraga Road, Moraga, California.

DIRECTIONS: **Highway 24 West**-take Central Lafayette Exit, turn right on Deer Hill Rd, Right on First St, Right on Mount Diablo Blvd, Left on Moraga Rd, and right on Campolindo Dr. **Highway 24 East**-take Orinda Exit, turn right on Moraga Way, left on Glorietta Blvd, right on Rheem Blvd, left on Moraga Rd, left on Campolindo Dr. Pool is located behind high school. Parking lot located on left. **Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed. No overnight/RV parking allowed**

COURSE: Outdoor 25-Yard competition pool with up to 16 lanes equipped with touch pads and push-button back-up. A separate pool may be available for warm-down during the meet. The minimum water depth as measured in accordance with article 103.2.3 is 10' on the primary start end and 7' on the secondary start end of the competition pool. The Meet Host shall ensure required course dimensions.

TIME: Meet begins at 9:00 AM each day. The competition course will be open for warm-ups 7:30 – 8:45 AM.

- RULES:**
- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall 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 shall swim fast to slow.
 - **Athletes in the 400 IM must provide their own timers. Athletes in the 500 free and 1650 Free must provide their own timers and lap counters**
 - **The 1650 will be limited to 30 Athletes per day per gender.**
 - Athletes may compete in a maximum of **four (4) events per day.**
 - If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds shall be made for any mandatory scratches
 - **Entries will remain open until the estimated timeline before the 1650 for each session reaches 5 hours.**
 - All Coaches and Officials shall wear their USA Swimming membership cards in a visible manner.
 - Medical Supervision-lifeguards will be available to participants.

UNACCOMPANIED ATHLETES: Any USA Swimming Athlete-Member competing at the meet shall 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 shall be certified by a USA Swimming member-coach as being proficient in performing a racing start, or shall 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.
 - 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.
 - **Marshals and signage will indicate areas designated for set-up. Anyone set-up in restricted areas of the pool deck, school campus, or within fire lanes will be required to re-locate. All Shelters must be properly secured.**
 - Only athletes entered in the meet may use the competition or warm-down pool(s) at any time during the meet.
 - No overnight parking allowed. Facilities will not be available or accessible before or after meet hours.

- 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 13/Over are eligible to enter this meet. There is no proof of time. Entry times should be the Athlete’s actual time and not the minimum standard.
 - Athletes 11 and 12 years of age shall meet the Senior Open time standard as outlined by Pacific Swimming time verification procedures. **No refunds shall be given if a time cannot be proven.**
 - Athletes under the age of 11 years are not eligible to compete.

- The Athlete's age shall be the age of the Athlete on the first day of the meet.
- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- Entries with **"NO TIME" shall be rejected.**
- Entry times should be in yards, if available. If not available, times in Long Course Meters or Short Course Meters may be entered.

SEEDING: Event seeding will be in the following order: conforming short course yards (SCY), non-conforming long course meters (LCM), and non-conforming short course meters (SCM) - USA Swimming rules 207.11.7B.

CHECK-IN: The meet shall be deck seeded. Athletes shall 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 shall not be allowed to compete in the event.

SCRATCH RULE: Athletes entered in a timed final individual event that is seeded on the deck and who 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 an event will result in being barred from their next individual event in which the athlete is entered that day or the next meet day, whichever occurs first.

ENTRY FEES: \$7.00 per individual event plus a \$10.00 per Athlete participation fee. Entries shall be rejected if payment is not sent at time of request. No late entries shall be accepted. No refunds shall 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, January 17, 2024 or until the meet reaches capacity, whichever comes first.**

MAILED OR HAND DELIVERED ENTRIES: Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with Athlete's best time. Entries shall be entered using the current Pacific Swimming procedure: and postmarked by midnight, **Saturday, January 13, 2024** or hand delivered by 6:30 p.m. **Saturday, January 13, 2024 or until the meet reaches capacity, whichever comes first.** Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: [Orinda Aquatics](#)

Mail/Hand deliver entries to: [Hoa On-2332 27th Ave Oakland, CA 94601](#)

AWARDS: None.

ADMISSION: Free. Printed programs will be available for working Coaches and Officials only. Seedings and results may be posted on Meet Mobile.

HOSPITALITY: Hospitality available for Coaches, Officials, Timers, and Volunteers. Lunch will be provided for Coaches and working Officials. There will be a snack bar.

ORDER OF EVENTS

| WOMEN'S EVENTS | | | | MEN'S EVENTS | | | |
|-----------------------------------|----------|----|--------------------------|-------------------------------|----------|----------|--|
| Senior Open Time Standards | | | | Senior Open Time Standards | | | |
| SCY | LCM | | | SCY | LCM | | |
| Saturday, January 27, 2024 | | | | | | | |
| 2:19.99 | 2:39.49 | 1 | 200 Free (women) | | | | |
| | | | 200 IM (men) | 2 | 2:23.29 | 2:45.49 | |
| 2:32.99 | 2:55.79 | 3 | 200 Back | 4 | 2:20.69 | 2:41.39 | |
| 1:10.69 | 1:19.99 | 5 | 100 Fly | 6 | 1:03.89 | 1:12.69 | |
| 29.99 | 34.29 | 7 | 50 Free | 8 | 26.89 | 30.19 | |
| 2:56.39 | 3:21.19 | 9 | 200 Breast | 10 | 2:40.49 | 3:04.09 | |
| 5:32.89 | 6:18.79 | 11 | 400 IM (women) | | | | |
| | | | 500 Free (men) | 12 | 5:47.89 | 5:12.79 | |
| 21:27.19 | 22:09.69 | 13 | 1650 Free (women) | | | | |
| Sunday, January 28, 2024 | | | | | | | |
| 2:36.79 | 3:00.29 | 15 | 200 IM (women) | | | | |
| | | | 200 Free (men) | 16 | 2:08.39 | 2:27.89 | |
| 2:34.89 | 2:55.89 | 17 | 200 Fly | 18 | 2:22.29 | 2:41.49 | |
| 1:10.79 | 1:22.29 | 19 | 100 Back | 20 | 1:04.69 | 1:15.49 | |
| 1:04.99 | 1:14.09 | 21 | 100 Free | 22 | 58.69 | 1:07.39 | |
| 1:21.99 | 1:33.89 | 23 | 100 Breast | 24 | 1:13.59 | 1:25.49 | |
| 6:12.69 | 5:34.69 | 25 | 500 Free (women) | | | | |
| | | | 400 IM (men) | 26 | 5:07.69 | 5:51.59 | |
| | | | 1650 Free (men) | 28 | 20:13.29 | 20:43.39 | |

**Athletes in the 500 Free must provide own timers and lap counter.
Athletes in the 1650 Free must provide own timers and lap counter.**

Athletes in the 400 IM must provide their own timers.

All events swim fastest to slowest

Athletes aged 11&12 must meet the Senior Open Time Standards

Time standards may be found at: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by Orinda Aquatics
 SENIOR OPEN
 January 27-28, 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 / SCM |
| | | : . | SCY / LCM / SCM |
| | | : . | SCY / LCM / SCM |
| | | : . | SCY / LCM / SCM |
| | | : . | SCY / LCM / SCM |
| | | : . | SCY / LCM / SCM |
| | | : . | SCY / LCM / SCM |
| | | : . | SCY / LCM / SCM |
| | | : . | SCY / LCM / SCM |
| | | : . | SCY / LCM / SCM |
| | | : . | SCY / LCM / SCM |
| | | : . | SCY / LCM / SCM |

of entries _____ x \$7.00 = \$ _____
 Participation Fee \$10.00
 Total \$ _____

Coach

Athlete's Address

| | |
|------------|------------|
| Home Phone | Cell Phone |
|------------|------------|

Email