

ALBANY ARMADA AQUATICS  
PACIFIC SWIMMING SHORT COURSE DISTANCE MEET  
FEBRUARY 12, 2022

Enter Online: <https://ome.swimconnection.com/PC/AAA20220212>



**UPDATED FACILITY RESTRICTIONS: All individuals age 5 and over must provide proof of vaccination to enter the facility.**

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **22-021**

*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.

**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> David Benjamin	<b>Head Starter:</b> Tom Cross
<b>Meet Marshal:</b> Richard McNamara	<b>Admin Official:</b> Angela Cardenas
<b>Meet Director:</b> Carol Nip, <a href="mailto:meetdirector@albanyarmada.com">meetdirector@albanyarmada.com</a>	

**LOCATION:** Albany Aquatic Center, 1311 Portland Ave., Albany, CA, 94706

**DIRECTIONS:** From Highway 80, take Buchanan exit and head east. Make a left on San Pablo Ave. Make a right on Portland Ave. There is no parking lot at this site and parking in the surrounding neighborhood is very limited. Please be courteous to our neighbors and do not block driveways, park in red zones, or over designated parking markers. Parking tickets will be issued to violators.

**COURSE:** Outdoor 25 yard pool with up to 7 lanes available for competition. Two additional lanes will be available in the outdoor pool 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 competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** Meet will begin at **9:00 AM** with warm-ups from **7:30 to 8:45 AM** each day.

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures, including the Minor Athlete Abuse Prevention Policy (MAAPP) 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 applicable 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 the MAAPP policy 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.
- All events are timed finals.
- All events will swim fast to slow.
- Athletes may compete in two (2) events per day.
- **All Athletes entered in Events 3 and 4 (Girls and Boys 500 FR) should complete competition within four (4) hours. Events 1 (400 IM), 5 (1000 FR), and 7 (1650 FR) are open events and are not subject to the four-hour rule. Athletes entered in these events should not expect to complete competition within four hours.**
- **Events 1 (400 IM), 5 (1000 FR) and 7 (1650 FR) are mixed gender events. Girls and boys will be seeded by entry time without regard to gender. Athletes may expect to swim in heats with both girls and boys without a buffer lane.**
- **To maintain a reasonable timeline, Event 1 (400 IM) will be limited to 16 heats, Events 3 (Girls 500 FR) will be limited to three heats, Event 4 (Boys 500 Free) will be limited to three heats, Event 5 (1000 FR) will be limited to 6 heats, and Event 7 (1650 FR) will be limited to 5 heats. Entries will not be accepted once these limits have been reached.**
- At the discretion of the Meet Referee, events and heats may be combined without regard to age or 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.
- Athletes in the 500 FR, 1000 FR, and 1650 FR must provide their own lap counters.
- **Masks must be worn indoors at all times, including in restrooms and locker rooms (when not showering).**

**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.

**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, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail.

- As to Athletes entered in Events 3 & 4 (9-10 500 FR): athletes in the “BB” Division must have met at least USA Swimming Motivational “BB” 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.
- To enter Event 1 (400 IM), Event 5 (1000 FR) and Event 7 (1650 FR), the Athlete must have achieved a USA Swimming Motivational 11-12 “B” minimum time standard in that event. There will be no awards to Athletes in these events.
- 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.
- The Athlete’s age will be the age of the Athlete on the day of the meet.

**ENTRY PRIORITY:** Meet entries will not be accepted any earlier than *Monday, January 10th*. Entries from members of “year-round” Zone 2 clubs in good standing postmarked or entered online by 11:59 PM on *Friday, January 22nd* will be given 1<sup>st</sup> priority acceptance. All entries from Zone 2, all other Pacific LSC Zones and other LSC’s, either postmarked, entered online, or hand delivered by the entry deadline will be considered in the order they are received.

**\*\* NOTE:** Athletes who falsify their entry form by listing a club to which they are not legitimately associated will be rejected from the meet. Further, entry fees will not be refunded and they may be referred to the Pacific Swimming Review Committee for disciplinary action.

**ENTRY FEES:** \$4.50 per event plus an \$8.00 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 <https://ome.swimconnection.com/PC/AAA20220212> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per Athlete plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing 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 **February 6th** or until the meet has reached capacity, whichever comes first.

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with Athlete’s best time. Entries must be postmarked by Monday, January 31st, or hand delivered by **8:00 PM, Sunday February 6th**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Albany Armada Aquatics**

**Mail entries to:** Helen Garcia  
PO Box 5479  
Richmond, CA 94805

**Hand deliver entries to:** Miriam Benjamin  
**On the pool deck at:** 1311 Portland Ave  
Albany, CA 94706  
Between 4:00 PM and 8:00 PM

**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. Prior to 10:30 AM, close of check-in for each event shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. **Close of check-in for all remaining events for that day shall be at 10:30 AM.** Athletes who do not check in will not be seeded and will not be allowed to compete in that event. Athletes who wish to scratch from an event after the close of check-in are requested to inform the Referee on the starting end of the competition course.

**SCRATCHES:** Any athletes not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

**AWARDS:** None.

**ADMISSION:** Free. A program will be available for a fee.

**SNACK BAR & HOSPITALITY:** A snack bar 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. Any items left outside the facility overnight will not be secure or guarded. Please do not leave anything overnight. Set up will be available starting at 7:00 a.m. on the first day of the meet, no earlier. 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:** The Meet Referee shall conduct an inventory of Officials and shall compare the number of athletes entered against the number of Officials that worked representing each club per day of the meet. Those clubs who have not provided sufficient Officials in a day of the meet, in accordance with the table below, will be fined \$100 per missing Official per day.

<b>Number of athletes entered in meet per club per day</b>	<b>Number of trained and carded officials required</b>
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 Athletes over 100	+1

## EVENT SUMMARY

SATURDAY	
9-10	Open
500 FR	400 IM
	1000 FR
	1650 FR

## EVENTS

Saturday, February 12th		
Event #	Event	Event #
1	Mixed Gender Open 400 IM	--
3 (Girls)	9-10 500 Free	4 (Boys)
5	Mixed Gender Open 1000 Free	--
7	Mixed Gender Open 1650 Free	--

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>. To enter the 400 IM, 1000 FR or 1650 FR, athletes must have achieved a USA Swimming Motivational 11-12 "B" minimum time standard in that event.

Athletes in the 500 Free, 1000 Free, and 1650 Free must provide their own lap counters.

Pacific Swimming – Hosted by **AAA**  
**ALBANY ARMADA AQUATICS DISTANCE MEET**  
**FEBRUARY 12, 2022**  
 Consolidated Entry Form

Name: Last	First	Middle
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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      \$ 8.00 Total                              \$ _____
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Coach
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Athlete's Address
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Home Phone	Cell Phone
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Email
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