

**CROW CANYON COUNTRY CLUB SHARKS  
PACIFIC SWIMMING SHORT COURSE INTRASQUAD TIME TRIAL MEET  
NOVEMBER 21-22, 2020**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **20-076**

*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:**      **Meet Referee:** Markus Daene      **Head Starter:** Christopher Lam  
                                 **Meet Marshal:** Ariana Saghafi      **Admin Official:** Angela Cardenas  
                                 **Meet Director:** Kent Lockyer [kentlockyer@me.com](mailto:kentlockyer@me.com)

**LOCATION:** Carondelet Aquatic Center – 3737 Valley Vista Road Walnut Creek CA 94598

**DIRECTIONS:** From 680 go east on Ygnacio Valley Road, Take a right on Oak Grove Road and then a left on Valley Vista Road. From 24, go east on Ygnacio Valley Road, Take a right on Oak Grove Road and then a left on Valley Vista Road.

**COURSE:** OUTDOOR 25 yard pool with up to 10 lanes available for competition. Additional warm-up will be provided during breaks within the session. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 7 feet at the start end and 12 feet at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** The meet will be conducted in 3 sessions each day. Session 1 warm-ups from 9:00 AM to 9:30 AM. Session 2 warm-ups from 11:00 AM to 11:30 AM. Session 3 warm-ups from 1:00 PM to 1:30 PM. Time trial events will start shortly after warm-ups are completed. A maximum of three (3) athletes shall be permitted per warm-up lane. The athletes shall start from opposite ends of the 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.
- 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 events will be pre-seeded.

- All events are timed finals.
- All events will swim fast to slow.
- Athletes may compete in a **Maximum of 3** events per day.
- All Athletes ages 12 and under should complete competition within four (4) hours.
- All athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.
- 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, or when the number of entered athletes meets the maximum capacity as determined by local health restrictions.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- At the discretion of the Meet Referee, different events and genders may swim combined.
- **All Participants will follow the Facility Safety Guidelines which will be communicated to all Participants prior to the meet and will be announced prior to the meet.**

**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.
- Meet is open only to qualified athletes registered with **Crow Canyon Country Club Sharks**. Athletes who are unattached but participating with **Crow Canyon Country Club Sharks** are eligible to compete.
- Entries with "**NO TIME**" will be **ACCEPTED**.
- Disabled Athletes 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** There will be no entry fee charged for this meet.

**ENTRIES:** All entries for events will be made by The Crow Canyon Country Club Sharks coaching staff by November 15, 2020 by

request of the athletes. Entries will be accepted up to the number of athletes that can be accommodated per the facility restrictions. Session, Heat and Lane assignments will be communicated prior to the start of the meet

**CHECK-IN:** The meet shall be pre-seeded. Athletes shall report to the competition staging area at their scheduled time for each event.

**SCRATCHES:** Any Athletes not reporting for or competing in an individual timed final event that they have entered shall not be penalized.

**AWARDS:** None.

**ADMISSION:** There will only be admission for listed participants.

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

**EVENTS OFFERED:** 50 FR, 100 FR, 200 FR, 500 FR, 50 BK, 100 BK, 200 BK, 50 BR, 100 BR, 200 BR, 50 FL, 100 FL, 200 FL, 200 IM, 400 IM  
Not all events may be offered each day depending on entries. The offered events each day will be announced prior to the meet.