

HILLS HURRICANE SWIMMING/PIEDMONT SWIM TEAM  
VETERANS DAY INVITE  
PACIFIC SWIMMING SHORT COURSE INVITATIONAL MEET  
NOVEMBER 11, 2023  
INVITED CLUBS: AAA, HILL, MONT, PST



Enter Online: <https://ome.swimconnection.com/PC/PSTHILL20231111>

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-137**

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 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: *Markus Daene*                      Head Starter: *Lola Hanacek*  
Meet Marshal: *Stefan Bill*                                      Admin Official: *Lisa Kaplan*  
Meet Director: *Portia Soderberg, [tooantsy@gmail.com](mailto:tooantsy@gmail.com) &*  
*Jeanne Sohn, [meetdirector@piedmontswimteam.org](mailto:meetdirector@piedmontswimteam.org)*

**LOCATION:** Trefethen Aquatic Center, Mills College at Northeastern University in Oakland, California. Mills is located immediately off of Highway 580 in Oakland at the junction of 580 (MacArthur Freeway) and Highway 13 (Warren Freeway).

**DIRECTIONS: From 580 East:** Take the second MacArthur Blvd. exit (after High St.). Bear right onto MacArthur Blvd. The Mills gate is immediately ahead on your left. **From 580 West:** Take the MacArthur/High St. exit just after the junction with Highway 13. Turn left at the stop sign and proceed under the freeway overpass. Turn left at the light onto MacArthur Blvd. The Mills gate is immediately ahead on your left.

**COURSE:** 25-yard, outdoor heated pool with up to 8 lanes used for competition. Separate lanes for warm-up and warm-down. The minimum water depth, measured in accordance with Article 103.2.3, is 7'3" at the start end and 7'3" feet at the turn end. The meet host shall ensure required course dimensions.

**TIME: SATURDAY** – The meet begins at 10:00 am. Warm ups shall be from 9:00am – 9:50am

- 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 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"), 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 **five (5) events**.
  - All events will be pre-seeded.
  - All athletes 12 and under should complete competition within four hours.
  - All events will swim fast to slow.
  - All events are timed finals.
  - Entries will be accepted until the number of splashes exceeds the estimated timeline per the four hour rule and per facility usage time.
  - Pacific Swimming has a No Tech Suit Policy for all 12 & Under Athletes.
  - 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.
  - Lifeguards will be available to provide medical assistance to all participants.
  - **All coaches and deck officials shall display their USA Swimming membership cards in a visible manner. Deck Pass may also be used to prove registration status.**

**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 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 shall be properly secured.
  - Changing into or out of swimsuits other than in locker rooms or other designated areas is 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.
  - 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 electronic devices, including but not limited to film and digital camera, cell phones, tablets, and Google Glass, is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in the ejection from the swimming pool facility by the meet referee or his/her designee.
  - 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 BEHIND THE STARTING BLOCKS 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.

- The meet is only open to athletes attached to or in training with the following Clubs: **AAA, HILL, MONT, and PST.**
- Entries with "NO TIME" shall be accepted.
- 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.

***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: \$35.00 per athlete.** No refunds shall be made.

**ONLINE ENTRIES: All individual entries shall be submitted online.** To online go to <https://ome.swimconnection.com/PC/PSTHILL20231111> 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. Online entries shall be accepted until **11:59pm on Wednesday, November 1, 2023** unless the meet reaches capacity prior to that date and time. Please ensure that the athlete's name and date of birth in Swim Connection match what is shown on the athlete's USA Swimming Registration Card.

**SCRATCHES/CHECK-IN:** The meet shall be pre-seeded with no scratches required. There is no check-in on deck. Athletes shall not be penalized for missing an event. No refunds will be made for no-show.

**AWARDS:** None

**ADMISSION:** Free. This meet should be posted on MEET MOBILE. Printed programs will be available for Officials and Coaches Only.

**SNACK BAR:** No food sales will be available.

**HOSPITALITY:** Coaches and Officials will be provided food, snacks, and refreshments.

Schedule of Events

<b>Saturday, November 11, 2023</b>		
<b>GIRLS #</b>	<b>EVENTS</b>	<b>BOYS #</b>
1	11 & Over 200 IM	2
3	10 & Under 100 IM	4
5	13 & Over 100 Back	6
7	9-12 50 Back	8
9	8 & Under 25 Back	10
11	13 & Over 100 Fly	12
13	9-12 50 Fly	14
15	8 & Under 25 Fly	16
17	13 & Over 100 Breast	18
19	9-12 50 Breast	20
21	8 & Under 25 Breast	22
23	13 & Over 100 Free	24
25	9-12 50 Free	26
27	8 & Under 25 Free	28