

PACIFIC SWIMMING SHORT COURSE SENIOR 2 PRELIMINARIES & FINALS MEET
HOSTED BY MILPITAS AQUATIC CLUB
DECEMBER 9-11, 2022
Enter Online: <http://www.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **22-151**

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: Debbi Tucker
Meet Marshal: Travis Strangman
Meet Director: Stella Ezre stella@macswimming.org
Head Starter: Carol Cottam
Admin Referee: Christopher Lam

LOCATION: Milpitas High School Pool, 1231 Arizona Ave, Milpitas CA, 95035

DIRECTIONS: From 880-Exit 8B for CA-237/Calaveras Blvd toward Milpitas/Mountain View. Turn Right onto CA-237 E/W Calaveras Blvd. Turn left onto N Abel St and continue onto Jacklin Rd. Turn left onto Arizona Ave. Destination will be on your right.

COURSE: Outdoor 25-yard pool with up to 10 lanes available for competition for prelims. 8 lanes will be used for finals. An additional 6 lanes shall 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 7'6" at the start end and 7'6" at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

TIME: Meet shall begin at 9:00 AM Saturday and Sunday with warm-ups from 7:30 AM to 8:45 AM each day. Finals start time for Saturday and Sunday will be announced at the meet, not within an hour and a half from the conclusion of prelims or before 4pm. FRIDAY AFTERNOON SESSION the meet will begin at 5:30 pm and warm-ups from 4:00 pm to 5:15 pm.

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 shall swim fast to slow, the fastest three preliminary heats of non-distance events will be circle seeded. Distance events will **NOT** be circle seeded.
- Athletes may compete in a maximum of three (3) events per day.
- Friday Night Events will be swum FASTEST TO SLOWEST alternating heats of women and men. The 1650 Freestyle on Saturday and Sunday will be swum FASTEST TO SLOWEST.
- All events shall be Preliminaries/Finals except for the distance events (400 IM, 1000 and 1650 Freestyles).
- Finals Sessions shall include a Bonus Final, Consolation Final, and Championship Final swum in that order.
- The 400IM/1000free/1650free **CANNOT BE A BONUS EVENT**. Athletes need to have the qualifying time for those events.
- 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.
- All Coaches and Officials shall wear their USA Swimming membership cards in a visible manner.
- Lifeguard personnel will be available for first aid.

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.
- Only Athletes, Coaches, Officials, and Volunteers shall be allowed on the pool deck.
- 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.
- Find Parking on street. No parking on school grounds. Please read all signs before parking. Be respectful of the neighborhood. Please note for Friday it is a school day and the school lets out at 3:35pm and traffic will be busy.
- No tents will be permitted on the pool deck.
- No person shall be permitted on school grounds other than the swimming pool and pool parking lot.
- No person shall be permitted to exit or enter the pool area through the gates at the back of the facility.
- No early set up will be permitted

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 under the age of 12 years are not eligible to compete.
- Athletes shall meet the Senior 2 time standard in each individual event entered.
- Athletes may enter up to two (2) bonus events. Athletes shall meet the minimum Senior Open time standard for bonus events.
- 12-year-old Athletes may not enter bonus events.

- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- No time conversions shall be accepted.
- Entries with "NO TIME" shall be rejected.
- The Athlete's age shall be the age of the Athlete on the first day of the meet.

SEEDING: Event seeding shall be in the following order: conforming short course yards, non-conforming long course meters, and non-conforming short course meters. USA Swimming rules 207.11.7B.

SCRATCH RULE PRELIMINARIES: Closing for the Friday session will be Thursday, December 8th at 5:30pm. Closing for the Saturday preliminary session will be Friday, December 10th at 5:30 pm. Coaches must e-mail their scratches to the Meet Referee, Debbi Tucker (dtucker@pacswim.org) and the Admin Referee, Christopher Lam (profchristopher@outlook.com). Closing for the Sunday preliminary session will be on Saturday, December 10th 30 minutes after the start of Saturday's FINALS. The scratch box will be located at the Scratch Desk at the start of the meet on Saturday until the scratch deadline. The penalty for failure to compete in an individual preliminary heat in which such Athlete is entered and has not been scratched will be:

- Barred from the rest of his/her events that day.
- If the Athlete qualifies for a final before missing an event, they may swim that final.
- The Athlete shall not be seeded in any further individual events on succeeding days unless that Athlete declares an intent to swim prior to the close of the scratch box for that day's events.

SCRATCH RULE FINALS: Any Athlete qualifying for any level of finals in an individual event who does not wish to compete shall scratch within 30 minutes after the announcement of qualifiers. The scratch box will be located at the scratch desk at the start of the meet until the scratch deadlines. During this period, qualifiers may also notify the Referee that they may not intend to compete in Bonus, Consolation or Championship Finals. In this case they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual Preliminary Event. In a Preliminaries & Finals meet any Athlete qualifying for a Bonus Final, Consolation Final or Championship Final race in an individual event who fails to show up in said Bonus Final, Consolation Final or Championship Final race prior to calling the alternate shall be barred from further competition for the remainder of the Meet. If the No-Show occurs on the last day that the Athlete is entered in an individual final event in the meet, and no other individual event penalty is applicable, the Athlete shall then be fined \$100.00. The fine shall be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.

ENTRY FEES: \$8.50 per individual event plus an \$8.00 per Athlete participation fee. Entries shall be rejected if payment is not sent at time of request. No refunds shall be made, except mandatory scratch downs.

ONLINE ENTRIES: 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, **November 30, 2022**, to enter online go to www.fastswims.com to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a processing 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 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 Wednesday,

MAILED ENTRIES: Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with the Athlete's best time. Entries shall be entered using the current Pacific Swimming procedure: and postmarked by midnight, Monday, **November 28, 2022**. No late entries shall 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

AWARDS: None.

ADMISSION: Free.

HOSPITALITY: Hospitality available for Coaches, Officials, Timers, and Volunteers. Lunches will be provided for Coaches and working Officials. There **WILL NOT** be a snack bar.

ORDER OF EVENTS

Friday, December 9, 2022		
EVENT #	EVENT	EVENT #
1	400 I.M.	2
3	1000 FREE	4

Saturday, December 10, 2022		
EVENT #	EVENT	EVENT #
5	200 FREE	
	500 FREE	6
7	100 FLY	
	200 BACK	8
9	50 FREE	
	100 BREAST	10
11	200 BREAST	
	200 FLY	12
13	100 BACK	
	100 FREE	14
15	1650 FREE	

Sunday, December 11, 2022		
EVENT #	EVENT	EVENT #
17	500 FREE	
	200 FREE	18
19	200 BACK	
	100 FLY	20
21	100 BREAST	
	50 FREE	22
23	200 FLY	
	200 BREAST	24
25	100 FREE	
	100 BACK	26
27	200 I.M.	28
	1650 FREE	29

Athletes entered in the **1000** and **1650** Freestyle shall provide their own timers and lap counters.
There will be a 10min break before the 1650 Freestyle is started.

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

Pacific Swimming – Hosted by MAC
 SENIOR 2 PRELIMINARIES & FINALS
 December 9-11, 2022
 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 / 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 \$8.50 = \$ _____
 Participation Fee \$8.00
 Total \$ _____

Coach

Athlete's
Address

Home Phone	Cell Phone
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Email