

MONTEREY BAY SWIM CLUB
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
February 25-26, 2023
Enter Online: <http://www.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **23-024**

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 the Internet 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: Brett Shaug	Head Starter: Csaba Andrejka
Meet Marshal: Christopher Rodgers	Admin Official: Sachi Itow
Meet Director: Christina Carr Rodgers	mbscmeetdirector@gmail.com

LOCATION: Hartnell College 156 Homestead Road, Salinas, CA

DIRECTIONS: From US-101 South: Take the Main St. exit toward Salinas. Stay straight to go onto N Main St/CA-183 S. N Main ST/ CA-183 becomes Salinas St. Turn Right onto W Alisal St. Turn right onto Homestead Ave. From US-101 North: Take the John St. exit. Turn left onto John ST. Turn right onto Monterey St. Turn Left onto E Alisal St. Turn right onto Homestead Ave.

COURSE: OUTDOOR 25 YARD pool with up to 10 lanes available for competition. An additional 8 lanes will 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 14 'at the start end and 4'6" at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

TIME: Meet will begin at **9:00AM** each day with warm-ups from **7:30AM to 8:45AM** each day. A special warm-up time for 8 and under Athletes only will be held from **8:30AM to 8:45AM**

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.
- 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 will swim fast to slow.
- Athletes may compete in 4 events per day.
- All Athletes ages 12 and under should complete competition within four (4) hours.
- 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.
- 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.
- The First Aid Station will be located at the announcers table. The AED machine is located near the mens locker room.
- Athletes entered in the 400 IM/500 Free must have achieved a USA-S Motivational “B” time for their age group/gender-Coach verified times will be accepted. NO TIME entries will NOT be excepted.
- Athletes may enter the 1000 with their best 500 yards time. Athletes must have achieved a minimum 13-14 USA-S “B” time standards in the 500 in order to enter the 1000. No Time entries will NOT be excepted. Coach Verified times shall be accepted.

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.
- No tents/Ez-Ups allowed on deck. Tents may not be on campus landscaping or blocking walkways or entry/exit ways.

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 in the "A" Division must have met at least USA Swimming Motivational "A" 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.
- Entries with "NO TIME" will be accepted except for 400IM, 500 and 1000 Free (see Rules section)
- 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.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such Athletes must have met standards for the 17-18 age group.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

ENTRY PRIORITY: Zone 1 South will have a one-week (7 day) priority of entries when online entries open. All other zones are invited to enter after the priority period ends.

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 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, **February 15, 2023**.

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 midnight, Monday, **February 13, 2023**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Monterey Bay Swim Club

Mail entries to: CHRISTINA RODGERS
24725 Lower Trail
Carmel, CA 93923

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. 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 will not be seeded in the event.

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

AWARDS: Individual events: Ribbons will be awarded to the 1st – 8th place finishers, for each event designated as an age group event. (9-10, 11-12, 13-14, 15-18). Awards will be available for pickup by the coaches, or a club representative, the last day of the meet. No awards will be mailed.

ADMISSION: Free.

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.

MINIMUM OFFICIALS: Requested Officials Provided

EVENT SUMMARY

SATURDAY				SUNDAY			
10 & U	11-12	13-18	11&UP	10 & U	11-12	13-18	OPEN
200 Free	200 Free	200 Free	400 IM	200 IM	200 IM	200 IM	500 Free
50 Free	100 Back	100 Back	1000 Free	100 Breast	100 Breast	100 Breast	
100 Fly	200 Breast	200 Breast		100 Free	50 Fly	200 Back	
100 IM	50 Free	50 Free		50 Back	200 Back	100 Free	
50 Breast	100 Fly	100 Fly			100 Free	200 Fly	
	100 IM				200 Fly		
	50 Breast				50 Back		

SATURDAY, FEBRUARY 25		
EVENT #	EVENT	EVENT #
1	13-18 200 Free	2
3	11-12 200 Free	4
5	10&U 200 Free	6
7	13-18 100 Back	8
9	11-12 100 Back	10
11	10&U 100 Back	12
13	13-18 200 Breast	14
15	11-12 200 Breast	16
17	13-18 50 Free	18
19	11-12 50 Free	20
21	10&U 50 Free	22
23	13-18 100 Fly	24
25	11-12 100 Fly	26
27	10&U 100 Fly	28
29	11-12 100 IM	30
31	10&U 100 IM	32
33	10&U 50 Breast	34
35	11-12 50 Breast	36
37	11&Up 400 IM	38
39/40	11&Up 1000 Free-MIXED	39/40

SUNDAY, FEBRUARY 26		
EVENT #	EVENT	EVENT #
41	13-18 200 IM	42
43	11-12 200 IM	44
45	10&U 200 IM	46
47	13-18 100 Breast	48
49	11-12 100 Breast	50
51	10&U 100 Breast	52
53	11-12 50 Fly	54
55	10&U 50 fly	56
57	13-18 200 Back	58
59	11-12 200 Back	60
61	13-18 100 Free	62
63	11-12 100 Free	64
65	10&U 100 Free	66
67	13-18 200 Fly	68
69	11-12 200 Fly	70
71	10&U 50 Back	72
73	11-12 50 Back	74
75	OPEN 500 Free	76

Athletes entered in the 400 IM/500 Free must have achieved a USA-S Motivational "B" time for their age group/gender. Coach Verified Times will be accepted. No Time entries will NOT be accepted.

The 1000 Free will be limited to the first 30 entries received. Athletes may enter the 1000 with their best 500 yards time. Athletes must have achieved a minimum 13-14 USA-S "B" time standards in the 500 in order to enter the 1000. No Time entries will NOT be accepted. Coach Verified times shall be accepted.

Athletes in the 400 IM/500 Free/1000 Free must provide their own timers
Athletes in the 500 Free/1000 Free must provide their own Lap Counters

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by Monterey Bay Swim Club
 SHORT COURSE CBA+
 February 25 & 26, 2023
 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
		: .	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 \$ _____

Coach

Athlete's
Address

Home Phone	Cell Phone
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Email