

PALO ALTO STANFORD AQUATICS
PACIFIC SWIMMING LONG COURSE INTRASQUAD MEET (5:00PM)
FEBRUARY 27, 2021
Enter Online: <http://DKSWIM.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **21-019**

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.**

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:* JAMES HONG *Head Starter:* EVAN BIGALL
Meet Marshal: SHIRLY EARLEY *Admin Official:* LARRY RICE
Meet Director: KEITH EARLEY (PASADKSMetDirector@gmail.com)

LOCATION: Fremont Hills Country Club 12889 Viscaino Place, Los Altos Hills, CA 94022

DIRECTIONS: From US101 take San Antonio Rd SW. Continue as the road becomes E. Charleston and then Arastradero Rd. Turn Left onto Purissima Rd. Turn Left onto Viscaino Rd, then Right onto Viscaino Pl and into the pool parking lot. From I-280 take exit for Page Mill Rd towards Arastradero Rd. Turn Right onto Purissima Rd, left onto Viscaino Rd, then Right onto Viscaino Pl.

COURSE: OUTDOOR 50 METER pool with up to 8 lanes available for competition. There will be no additional lanes for warm up/down during the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 10' at the start end and 3'6" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Meet will start at **5:00 PM and will end before 7:00pm.**

RULES:

- Warm Up will not be available for this meet, athletes will be allowed to swim down for a 50 after each race.
- 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 are timed finals.

- All events will swim fast to slow.
- Athletes may compete in **3** events at this meet- coaches may require a scratch down to meet timeline requirements.
- All Athletes ages 12 and under should complete competition within two (2) hours.
- Entries will be accepted until Friday, February 19 at 5pm.
- 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 local facilities guidelines, restrictions, and interpretation of the local public health guidelines shall be followed at 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 Snack Bar or Hospitality will be provided at this meet.
- All shelters must be properly secured.
- Deck Changes are prohibited. Please come and leave in suit.
- 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.
- FHCC Members may watch from specific designated areas, but nonmembers will not be allowed on property, with the exception of meet volunteers. We may be able to offer LIVESTREAM Services via YouTube. More details forthcoming.

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 **Palo Alto Stanford Aquatics**. Athletes who are unattached but participating with **Palo Alto Stanford Aquatics** 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.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such Athlete 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 FEES: A **\$20** per athlete will be charged to participate in this meet and will be charged to the athlete's account.

TEAMUNIFY ENTRIES: Any entries submitted via TeamUnify must be finalized by February 19, 2021. Coaches will confirm entries. Please add times in the comment section, which will be added by the coaches.

NO OTHER FORM OF ENTRIES WILL BE ACCEPTED.

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the bull-pen 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: FHCC Members may watch from specific designated areas, but nonmembers will not be allowed on property, with the exception of meet volunteers. We may be able to offer LIVESTREAM Services via YouTube. More details forthcoming.

MISCELLANEOUS:

- No overnight parking is allowed. Facilities will not be provided after meet hours.
- Fremont Hills Country Club is a Private Member-Only facility. Nonmembers are invited to participate only in sanctioned Meet Activities.
- Parents are asked to PARK when dropping off or picking up their athletes.

EVENT SUMMARY:

Event 1	Mixed 11 and Above	100 meter Freestyle
Event 2	Mixed 11 and Above	200 meter Individual Medley
Event 3	Mixed 11 and Above	100 meter Backstroke
Event 4	Mixed 11 and Above	50 meter Freestyle
Event 5	Mixed 11 and Above	200 meter Freestyle
Event 6	Mixed 11 and Above	100 meter Breaststroke
Event 7	Mixed 11 and Above	100 meter Butterfly
Event 8	Mixed 11 and Above	400 meter Freestyle

*Meet will end at 7:00pm whether events are completed or not. Coaching Staff will have the final decision on end time.

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