

PIEDMONT SWIM TEAM  
PST/HILL/AAA  
PACIFIC SWIMMING ZONE 2 SHORT COURSE TRI MEET  
July 11, 2021



**Entry Deadline: July 1, 2021 at 11:59 PM**

**SANCTION:** Held under the sanction of USA Swimming/Pacific Swimming Sanction No. **21-141**

*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.*

*The local facilities guidelines restrictions and interpretation of local public health guidelines shall be followed at this meet.*

**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 Athlete's legal 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, webcasting, 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, restrooms 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:**

<b>Meet Referee:</b> <i>Peter McNamara</i>	<b>Head Starter:</b> <i>Germaine Hunter</i>
<b>Meet Marshal:</b> <i>Amy Aubrecht</i>	<b>Administrative Official:</b> <i>Matt Arnold</i>
<b>Meet Director:</b> <i>Stefan Bill</i> ( <a href="mailto:stefan@piedmontswimteam.org">stefan@piedmontswimteam.org</a> )	

**LOCATION:** Encinal Swim Center. 230 Central Avenue, Alameda, California 94501.

**DIRECTIONS: From Highway I-580 West (Oakland)** – Take Exit 19D (I-980 to I-880/Downtown Oakland) and continue onto I-980 W. Take Exit 1C (12th Street) and merge onto Brush St. Turn left onto 5th St. Use left two lanes to keep left onto ramp to Alameda and merge onto Webster Street Tube. Continue onto Webster St, turn right onto Atlantic Ave/Ralph Appezato Memorial Pkwy. Turn left onto 3rd St. Pool will be on the right (0.6 mi).

**From Highway I-580 East/I-80 West (Berkeley)** – Take Exit 8B (I-880 Alameda/San Jose), then keep right for I-880 South Alameda/San Jose and continue onto I-880 S. Take Exit 42 (Broadway/Alameda) and at the first stoplight turn right onto 5th St (signs for Alameda/Broadway). Keep slight right to stay on 5th St. Use left two lanes to keep left onto ramp to Alameda and merge onto Webster Street Tube. Continue onto Webster St, turn right onto Atlantic Ave/Ralph Appezato Memorial Pkwy. Turn left onto 3rd St. Pool will be on the right (0.6 mi).

**COURSE:** OUTDOOR 25-yard pool with up to 6 lanes available for competition. An additional 3 lanes will be available for warm-up/warm-down throughout the competition. 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 7 feet at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** The competition will begin at **1:30 PM**, with warm-ups from **12:30 PM to 1:15 PM**.

**RULES:**

- Current USA Swimming and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be available at the Clerk-of-Course.
- **A site-specific Facility Safety Plan that complies with all health and safety mandates and guidelines of USA Swimming, Pacific Swimming, the State of California, and County of Alameda will be enforced. The Facility Safety Plan will be communicated prior to the meet.** A copy of the plan will be available at the Clerk-of-Course.
- Athletes will warm up/warm down in assigned team-designated lanes.
- 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 up to four (4) individual events per day plus relays.
- All athletes ages 12 and under should complete competition within four (4) hours.
- The 1650 is limited to 4 athletes per club.
- Entries will be accepted until the number of athletes exceeds the Facility Safety Plan capacity or until the entry deadline, whichever is sooner.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Refunds will be made via TeamUnify for any mandatory scratches.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- At the Meet Referee’s discretion, events and heats may be combined without regard to age, gender, distance or stroke.

**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 without the use of the backstroke ledge. 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 are prohibited in all areas of the venue.
- No glass containers are allowed in the venue.
- No propane heater is permitted except for snack bar/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.
- **All individuals inside the facility shall follow current Alameda County Public Health Guidelines for COVID-19, which can be found on the Alameda County website [<https://covid-19.acgov.org/index>]. Guidelines will be published and announced to all participants three days prior to the meet.**

**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.

- **TRI COMPETITION:** Competition is between **Piedmont Swim Team (PST), Hills Hurricane Swimming (HILL) and Albany Armada Aquatics (AAA)**. Athletes who are unattached but participating with **PST, HILL or AAA** 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.
- Age on the first day of the meet will be the Athlete’s age for the entire meet.

**ENTRY FEES:** **\$30 flat fee** per athlete. HILL and AAA will submit a team check to PST on the first day of the meet for all of their entries. Athletes from PST will be billed with their monthly dues. No refunds will be made, except in the case of mandatory scratch downs.

**ONLINE ENTRIES:** **All entries will be made through TeamUnify.** All entries submitted must be confirmed no later than **July 1, 2021 at 11:59 PM.** Entries that are not confirmed are incomplete and shall not be accepted after the entry deadline or after capacity has been reached, whichever is sooner.

**CHECK-IN:** The meet will be **pre-seeded.** Athletes do not need to check in and should report directly to the Ready Room no sooner than two heats prior to the athlete’s race.

**SCRATCHES:** Any athletes not reporting for or competing in an individual timed final event that they have entered shall not be penalized. Athletes do not need to notify the Referee nor report to the starting blocks to declare the athlete’s intent not to swim.

**PROGRAM:** A program with seeding assignments will be made available electronically prior to the start of meet.

**AWARDS:** None.

**ADMISSION:** Admission into the facility will be limited to entered athletes, meet personnel (e.g., invited officials, timers, meet-operations), and facility staff for each session. Spectators will not be admitted into the facility due to capacity restrictions. Spectators may be able to observe athletes via livestream. The link to the livestream will be provided prior to the start of the meet.

**OFFICIALS:** **Officials must be invited to work at this meet.** Invitations to officiate will be emailed no later than July 3, 2021. Only officials who are invited and accepted will be admitted into the facility.

**ORDER OF EVENTS**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
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EVENT #		EVENT #
1	OPEN 1650 FREE	2
3	OPEN 200 IM	4
5	OPEN 100 FLY	6
7	OPEN 100 BACK	8
9	OPEN 200 FREE	10
11	OPEN 200 BREAST	12
13	OPEN 200 FLY	14
15	OPEN 100 FREE	16
17	OPEN 200 BACK	18
19	OPEN 100 BREAST	20
21	Open 50 FREE	22

**ESTIMATED SCHEDULE: (Sunday) July 11, 2021**

	Session 1
<b>Warm-up</b>	12:30 PM – 1:15 PM
<b>Competition Start</b>	1:30 PM