

2023 PACIFIC SWIMMING SPRING AGE GROUP CHAMPIONSHIPS

Hosted by SANTA CLARA SWIM CLUB

MARCH 10-12, 2023

Enter Online: <http://www.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **23-027**

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:

<i>Meet Referee:</i> Mike Piccardo	<i>Head Starter:</i> Paul Reidl
<i>Meet Marshal:</i> Joe Javernick	<i>Admin Referee:</i> Mary Ruddell
<i>Meet Director:</i> Julie Corrigan- jcorrigan@santaclaraswimclub.org	

LOCATION: GEORGE F. HAINES INTERNATIONAL SWIM CENTER, 2625 PATRICIA DR, SANTA CLARA, CA 95051

DIRECTIONS: From Highway 101, exit south on Lawrence Expressway or Bowers Avenue. Turn left at Homestead Road. Turn left at Las Palmas Drive. Proceed to Patricia Drive and turn left. - Or - Exit Highway 101 on San Tomas Expressway. Turn right on Homestead Road. Turn right on Las Palmas. Proceed to Patricia Drive and turn left. There is limited free parking in the parking lot and adjoining streets. Do not park in the library parking lot you will be ticketed.

COURSE: OUTDOOR 25 YARD pool with two courses (up to 18 lanes) to be used for preliminary competition; a 10-lane course will be used for finals. An additional 6 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 4'6" 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: The meet will begin at 9:00am each day with warm-ups from 7:30-8:50am. The Finals sessions will begin no earlier than 4:00pm, but not less than one hour after the conclusion of preliminaries sessions OR immediately after the distance events (whichever is later). The facility/gate will open at 7:00am each day.

WARM-UP: For preliminary sessions, the warm-up time will be split. Swimmers aged 12&U will warm-up from 7:30-8:10am (Pace and Sprint lanes will open at 7:50am); Swimmers aged 13-14 will warm-up from 8:10-8:50am (Pace and Sprint lanes will open at 8:30am).

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 the MAAPP policy is a condition of participation in the conduct of this competition.
- All individual events are preliminaries and finals except the 1000 and 1650 Freestyle events.
- All preliminary events will swim fast to slow with the fastest three heats circle seeded.
- Athletes may compete in a maximum of three (3) events per day and a maximum of seven (7) individual events for the entire meet, plus relays.
- The 1000 and 1650 Freestyle events are timed finals held at the conclusion of the last prelims event and before the start of the Finals sessions. All age groups will be combined for seeding and will run fast to slow (alternating heats of girls and boys if event is swum in a single course). Athletes shall provide their own timers and lap counters. Check-in for the 1000 and 1650 Freestyle events will close at 11:00 am on the day they are to be swum.
- Athletes can qualify for (seeded in this order) the 1650 Freestyle with a 1650 SCY, 1500 LCM, 1500 SCM, 1000 SCY, 800 LCM or 800 SCM time. Athletes can qualify for (seeded in this order) the 1000 Freestyle with a 1000 SCY, 800 LCM, 800 SCM, 1650 SCY, 1500 LCM, or 1500 SCM time.
- Athletes in the 500 Freestyle and 400 IM must provide their own timers and lap counters (500 Free) during prelims.
- Preliminary events will be swum as combined age groups (10 & U, 11-12 and 13-14).
- Championship Finals only with the Top 10 athletes in 10 & U, 11, 12, 13 and 14-year-old age groups qualifying for each final.
- 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.**
- All officials should be LSC certified at Level 2 for their position to officiate at this meet. Level 1 Officials having the recommendations (in writing) to work their position by their Zone Official’s Chair may be accepted to officiate.
- AED is available on the pool deck. Lifeguard and/or First Aid/CPR certified personnel will be available throughout the meet.

RELAYS: All relay events are timed finals and will be swum at the conclusion of the last finals event each day. Relays will be seeded fast to slow. Entries must be submitted by the entry deadline. Relay entries will not be accepted without an entry time. NO deck entered relays will be allowed. **Relay only athletes must be entered on a spreadsheet with the Athletes’ names, genders, birthdates, ages, and registration #s and emailed to support@fastswims.com.** All information must be included on the relay only entry list in order to be eligible to swim on relays. Clubs may enter a maximum of two (2) relays per event.

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 shelters (tents, ez-ups, etc) or chairs (other than stadium seats) are allowed in the stadium seating area. You will be asked to remove your chairs from the meet.
- No cell phone, computer or tablet use is allowed in any bathroom or changing room as per USA Swimming Safe Sport.
- No pets/animals allowed at the meet other than certified service animals.

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 USA Swimming 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.

- Meet is open only to Pacific Swimming Athletes.
- Athletes shall have met the PC Age Group Championship time standard in every event entered. Entries with "**NO TIME**" will be **REJECTED**.
- 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 first day of the meet.

PROOF OF TIME: Proof of time will be required for this meet per Pacific Swimming rule Section 4.C.2. All entry times will be verified against the USA Swimming SWIMS database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. If a time cannot be proven prior to the meet, the athlete shall not be allowed to check-in for the event until the entry time has been proven. When possible, the coaches shall be notified of the athletes who have not proven their entry time. No refunds shall be given if a time cannot be proven. Athletes will be barred from competing in any event with non-verifiable entry time; no refunds will be given. Qualifying times must be achieved prior to the stated entry deadline.

ENTRY FEES: \$8.00 per event plus an \$8.00 participation fee per Athlete; \$20 per relay. Relay only athletes are not required to pay the participation fee. All entry fees need to be included with entry. 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, March 1, 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. Relay entry forms must be filled out separately. Entries must be postmarked by midnight, Monday, February 27, 2023, or hand delivered by 4:30 pm Wednesday, March 1, 2023. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Santa Clara Swim Club

Mail entries to: Meet Director, International Swim Center, 2625 Patricia Dr, Santa Clara, CA 95051

SEEDING: Event seeding shall be in the following order: SCY, LCM, SCM – USA Swimming rule 207.11.7B. See Rules for distance events seeding.

CHECK-IN: The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event will close more than 30 minutes before the scheduled start of the session. Close of check-in for remaining events will 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: Pacific Swimming scratch rules shall be enforced. A copy shall be posted at the clerk-of-course.

- Athletes entered in a preliminary individual event in a Preliminaries and Finals meet that is deck seeded who have checked in for that event, shall compete in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to compete in an event shall result in being barred from their next preliminary individual event.
- Any athlete qualifying for finals in an individual event who does not wish to compete shall scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that they may not intend to compete in finals. In this case, they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event.
- Any athlete qualifying for finals in an individual event who fails to report to the blocks in said final race prior to calling the alternate shall be barred from the remainder of any final events for that day. Should the athlete have no additional final events for that day they will be barred from their next preliminary event.
- 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 will be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment
- Athletes entered in a timed final event that is Deck Seeded who have checked in for that event, shall compete in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to compete in an event shall result in being barred from their next preliminary individual event.

AWARDS: Medals will be given to athletes finishing in the Top 3 in individual events. Ribbons will be given to athletes finishing 4-10. Relays: medals will be awarded to the Top 3 relays in each event. High Point Awards will be given to the highest individual point scorer in each age group and gender (10 &U, 11, 12, 13, 14).

Athletes are responsible to pick up their awards at the completion of finals. No awards will be mailed.

SCORING: Individual Event Scoring (Top 10): 11 – 9 – 8 – 7 – 6 – 5 – 4 – 3 – 2 – 1
Relay Event Scoring (Top 10): 22–18–16–14–12–10 –8 –6 – 4– 2

ADMISSION: Free.

OFFICIALS: Briefing will occur one hour before the start of both Trials and Finals. Official's dress for Trials is white polo shirt/blouse, blue pants (shorts are OK), or a blue skirt/skort, and closed white athletic shoes. Finals is white polo shirts/blouse, blue long pants or skirts/skorts, and closed white athletic shoes. Shirts must be tucked-in. If it is raining, stay warm and dry. All officials must be LSC certified at Level 2 for their positions to officiate at this meet. Level 1 Officials having the recommendations (in writing) to work their positions by their Zone Official's Chair may be accepted to officiate.

MISCELLANEOUS:

- No overnight parking is allowed. Facilities will not be provided after meet hours.
- A snack bar vendor may be available during the meet.
- Hospitality will be available for coaches and officials working the meet.

ORDER OF EVENTS

Friday, March 10, 2023			
Girls	Age	Event	Boys
1	10&U	200 IM	2
3	12	200 IM	4
	11		
5	14	200 IM	6
	13		
7	10&U	100 Back	8
9	12	100 Back	10
	11		
11	14	100 Back	12
	13		
13	10&U	50 Free	14
15	12	50 Free	16
	11		
17	14	50 Free	18
	13		
19	10&U	50 Fly	20
21	12	50 Fly	22
	11		
23	10&U	500 Free*	24
25	12	500 Free*	26
	11		
27	14	500 Free*	28
	13		

Saturday, March 11, 2023			
Girls	Age	Event	Boys
35	12	100 IM	36
	11		
37	10&U	100 IM	38
39	12	200 Breast	40
	11		
41	14	200 Breast	42
	13		
43	10&U	100 Fly	44
45	12	100 Fly	46
	11		
47	14	100 Fly	48
	13		
49	12	200 Back	50
	11		
51	14	200 Back	52
	13		
53	10&U	100 Free	54
55	12	100 Free	56
	11		
57	14	100 Free	58
	13		
59	12	50 Breast	60
	11		
61	10&U	50 Breast	62
63	14	1000 Free**	64
	13		
	12		
	11		

Sunday, March 12, 2023			
Girls	Age	Event	Boys
71	10&U	200 Free	72
73	12	200 Free	74
	11		
75	14	200 Free	76
	13		
77	10&U	50 Back	78
79	12	50 Back	80
	11		
81	14	200 Fly	82
	13		
83	12	200 Fly	84
	11		
85	14	100 Breast	86
	13		
87	12	100 Breast	88
	11		
89	10&U	100 Breast	90
91	14	400 IM*	92
	13		
93	12	400 IM*	94
	11		
95	14	1650 Free**	96
	13		
	12		
	11		

Relays*** (at conclusion of Finals)			
29	10&U	200 Free Relay	30
31	11-12	200 Free Relay	32
33	13-14	200 Free Relay	34

Relays*** (at conclusion of Finals)			
65	10&U	200 Medley Relay	66
67	11-12	200 Medley Relay	68
69	13-14	200 Medley Relay	70

Relays*** (at conclusion of Finals)			
97	11-12	400 Free Relay	98
99	13-14	400 Free Relay	100

*500 Free and 400 IM Athletes will provide their own timers and lap counters (500 Free).

**1000 and 1650 Free events will swim after the conclusion of the last preliminary event and before the start of the finals sessions. Athletes in these events will provide their own timers and lap counters.

***All Relay Events will be held at the conclusion of Finals sessions, fast to slow.

Events will be swum by age group designations above during preliminaries and separated into single ages during finals.

Time standards are located on the Pacific Swimming website: www.pacswim.org/swim-meet-times/standards

Pacific Swimming – Hosted by Santa Clara Swim Club
Spring Age Group Championships
March 10-12, 2023
 Consolidated Entry Form

Name: Last First Middle			
LSC	Club Code	Club Name	
Age	Date of Birth	USA Swimming Registration Number	Gender M F
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
Total number of entries _____ x \$8.00 = \$ _____ Participation Fee \$ 8.00 TOTAL DUE \$ _____			
Coach			
Athlete Address			
Phone		Email	

PLEASE PRINT CLEARLY AND FILL OUT COMPLETELY.

Entry times must meet the PC Age Group Championship time standards in each event

Relay Entry Form

Club Name	LSC	Club Code

200 Free Relay – Friday, March 10, 2023

AGE GROUP	GENDER	EVENT #	EVENT NAME	A TEAM	B TEAM

200 Medley Relay – Saturday, March 11, 2023

AGE GROUP	GENDER	EVENT #	EVENT NAME	A TEAM	B TEAM

400 Free Relay – Sunday, March 12, 2023

AGE GROUP	GENDER	EVENT #	EVENT NAME	A TEAM	B TEAM

RELAY ONLY ATHLETES

CLUB NAME		LSC	CLUB ABBREVIATION																	
AGE	NAME (LAST, FIRST, MI)	GENDER	USA-S REGISTRATION NUMBER																	
		M F																		
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Email a spreadsheet to support@fastswims.com
 that includes a list of RELAY ONLY ATHLETES
 *AGE
 *Date of Birth
 *Last Name, First Name MI
 *Gender
 *USA Swimming Registration Number