

ALTO SWIM CLUB
ALTO SUMMER SWELTER INVITATIONAL – SUNDAY
PACIFIC SWIMMING LONG COURSE MEET
JULY 17, 2022



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

Invited: All Zone 1 North Clubs

SANCTION: Held under USA/Pacific Swimming Sanction No. **22-095**

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: Mette Graversen | Head Starter: Sylvain Flamant |
| Meet Marshal: Maddie Wittkowsk | Admin Official: Stephanie Kuang |
| Meet Director: Joe Brinkman - (altoswimclub@gmail.com) | |

LOCATION: Sunnyvale Swim Complex @ Fremont High School, 1283 Sunnyvale-Saratoga Ave., Sunnyvale, CA 94087

COURSE: Outdoor heated 50-meter, 9 lane pool with up to 8 lanes available for competition. At least 1 lane 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 13'0" at the start end and 4'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Sunday Session 1: Competition will begin at 9 AM with warm ups beginning at 7:30 AM.

Sunday Session 2: Competition will begin at no earlier than 12 PM with no less than 45 minutes of open warm up provided at the conclusion of Session 1. Start time will be communicated by the Meet Ref and Host Team.

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.
- 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.

- Athletes may compete in up to **three (3)** events per day.
- All Athletes ages 12 and under should complete competition within four (4) hours.
- All events are timed finals with the exception of the “50 Shoot Out” swum at the conclusion of the session.
- If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Refunds will be issued to the participating clubs for any mandatory scratches.
- Entries will be accepted until the timeline reaches the limits listed above.
- All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.
- All applicable Santa Clara County, City of Palo Alto and State of California Public Health requirements for protection against Covid-19 will apply. All persons in the facility must be masked, with the exceptions of athletes during warm up, warm down, and actual competition. The meet director and meet referee may remove any individual who does not comply.
- Athletes must provide their own timers for the 400 IM / 400 free.

50 SHOOT OUT: • 50 Shoot Out: there will be a “Top 4 Shoot Out” at the conclusion of each session.

- The Top 4 athletes for each of the 50s will be seeded in the Shoot Out. Athletes will be seeded in the 50 Shoot Out unless they scratch. Athletes who are seeded into the 50 Shoot Out and miss an event will have a \$50 penalty.

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.

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 **Zone 1 North** Clubs. Athletes who are unattached but participating with a **Zone 1 North** club are eligible to compete.
- Entries with "**NO TIME**" **will be accepted, with the exception of the 400 IM and 400 Free.**
- 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.

ENTRY FEES: \$45 flat fee per athlete per day.

ENTRIES: To enter online go to <https://fastswims.com/> to receive an immediate entry confirmation. This method requires creation of a free account and 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. Online entries will be accepted through **Sunday July 10 at 11:59 PM**. Refunds are not available for entries.

CHECK-IN: The meet shall be pre-seeded.

SCRATCHES: Any Athletes not reporting for or competing in an individual timed final or prelim event that they have entered shall not be penalized. Any known scratches should be communicated to the meet hosts by Friday, July 15, 2022. Athletes who are seeded into the 50 Shoot Out and miss an event will have a \$50 penalty.

AWARDS: None.

ADMISSION: Free.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

MINIMUM OFFICIALS: Each club must provide officials for each session according to the number of athletes entered in that session, following the table below. Clubs that do not provide sufficient officials must provide coaches to act in the place of officials.

| Club Athletes entered in session | Trained and carded officials requested |
|---|---|
| 1-10 | 0 |
| 11-25 | 1 |
| 26-50 | 2 |
| 51-75 | 3 |
| 76-100 | 4 |
| 100 or more | 5 (+1 for every additional 25 athletes) |

EVENT SUMMARY – Sunday July 17

Session 1 – LONG COURSE METERS

| Event # | Gender | Age Group | Stroke / Distance | Age Group | Gender | Event # |
|---------|--------|-----------|-------------------|-----------|--------|---------|
| 1 | Girls | Open | 200 free | Open | Boys | 2 |
| 3 | Girls | Open | 50 fly | Open | Boys | 4 |
| 5 | Girls | Open | 100 fly | Open | Boys | 6 |
| 7 | Girls | Open | 200 fly | Open | Boys | 8 |
| 9 | Girls | Open | 50 back | Open | Boys | 10 |
| 11 | Girls | Open | 100 back | Open | Boys | 12 |
| 13 | Girls | Open | 200 back | Open | Boys | 14 |
| 15 | Girls | Open | 400 IM | Open | Boys | 16 |
| 17 | Girls | Open | 50 breast | Open | Boys | 18 |
| 19 | Girls | Open | 100 breast | Open | Boys | 20 |
| 21 | Girls | Open | 200 breast | Open | Boys | 22 |
| 23 | Girls | Open | 200 IM | Open | Boys | 24 |
| 25 | Girls | Open | 50 free | Open | Boys | 26 |
| 27 | Girls | Open | 100 free | Open | Boys | 28 |
| 29 | Girls | Open | 400 free | Open | Boys | 30 |
| 103 | Girls | Open | 50 fly – Top 4 | Open | Boys | 104 |
| 109 | Girls | Open | 50 back – Top 4 | Open | Boys | 110 |
| 117 | Girls | Open | 50 breast – Top 4 | Open | Boys | 118 |
| 125 | Girls | Open | 50 free – Top 4 | Open | Boys | 126 |

**** All 400 Free and 400 IM athletes must enter a seed time (coach verified time is okay) for proper seeding purposes.**

EVENT SUMMARY – Sunday July 17

Session 2 – LONG COURSE METERS

| Event # | Gender | Age Group | Stroke / Distance | Age Group | Gender | Event # |
|---------|--------|-----------|-------------------|-----------|--------|---------|
| 31 | Girls | Open | 200 free | Open | Boys | 32 |
| 33 | Girls | Open | 50 fly | Open | Boys | 34 |
| 35 | Girls | Open | 100 fly | Open | Boys | 36 |
| 37 | Girls | Open | 50 back | Open | Boys | 38 |
| 39 | Girls | Open | 100 back | Open | Boys | 40 |
| 41 | Girls | Open | 50 breast | Open | Boys | 42 |
| 43 | Girls | Open | 100 breast | Open | Boys | 44 |
| 45 | Girls | Open | 200 IM | Open | Boys | 46 |
| 47 | Girls | Open | 50 free | Open | Boys | 48 |
| 49 | Girls | Open | 100 free | Open | Boys | 50 |
| 51 | Girls | Open | 400 free | Open | Boys | 52 |
| 133 | Girls | Open | 50 fly – Top 4 | Open | Boys | 134 |
| 137 | Girls | Open | 50 back – Top 4 | Open | Boys | 138 |
| 141 | Girls | Open | 50 breast – Top 4 | Open | Boys | 142 |
| 147 | Girls | Open | 50 free – Top 4 | Open | Boys | 148 |

**** All 400 Free and 400 IM athletes must enter a seed time (coach verified time is okay) for proper seeding purposes.**