

SOUTH SAN FRANCISCO AQUATIC CLUB
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
JANUARY 13-14, 2024
Enter Online: <http://ome.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **24-006**

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.

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: Kit Yan	Head Starter: Brian Floyd
Meet Marshal: Dan Jumanan	Admin Official: Larry Rice
Meet Director: Edward Toatley – ewtswim@aol.com	

LOCATION: Jean E. Brink Swimming Pool, Oceana High School, 401 Paloma Avenue, Pacifica, CA 94044-2436

DIRECTIONS: From San Francisco/I-280: Take HWY 1 SOUTH into Pacifica. EXIT the POLOMA/FRANCISCO exit. Turn LEFT at the end of the off-ramp stop sign, and cross over the Highway 1 overpass. After the overpass is a stop sign. Continue STRAIGHT/EAST. After the next stop sign, continue EAST half a block. Oceana Pool is the first driveway on your left. Please PARK on the STREET. **From Half Moon Bay:** Take HWY 1 NORTH into Pacifica. EXIT the OCEANA / CLARENDON exit. At the end of the off ramp is a stop sign. Continue STRAIGHT / NORTH for about 1/4 mile along Oceana until you reach the next stop sign. At the stop sign take a RIGHT to the next stop sign. Oceana Pool is the first driveway on your left. Please PARK on the STREET.

COURSE: INDOOR 25 YARD pool with up to Seven (7) lanes available for competition. An additional Two (2) 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 5' at the start end and 5' at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Saturday and Sunday are split into "A" (AM) and "B" (PM) sessions

Session A: All 13 & Over Athletes and 11-12 Girls. Meet Begins at 8:30 AM, Warm-up's from 7:00-8:15 AM.

Session B: All 10 & Under Athletes and 11-12 Boys. The afternoon session will begin one hour after the AM Session finishes but not before 11:30AM. Warm-up begins immediately after the AM Session (Session A) finishes.

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 a **MAXIMUM of 4** events per day.
- All Athletes ages 12 and under should complete competition within four (4) hours.
- Entries will be accepted until the “session time limit” has been reached. The “session time limit” for each session (Session A and/or Session B) is four (4) hours.
- Upon closing entries, the host team and/or Meet Director will promptly, within twenty-four hours (24hrs) of closing, provide the Meet Referee with the draft estimated timeline for review and approval.
- **No entries will be accepted** after the meet has closed.
- If the Meet Referee determines the estimated timeline is excessive and/or that a session is oversubscribed (*e.g.*, exceeds four hours), the Meet Referee may, at his/her sole discretion, require a mandatory scratch down to ensure the fair and efficient running of the meet.
- Additionally, 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.**
- Lifeguards, an AED, and first aid will be available.

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. Further, unaccompanied athletes may NOT enter the pool until such supervision by a USA Swimming Member-Coach has been arranged.

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 period.

- No pets and/or animals are allowed with the exception of certified service animals, and they must check in with the meet director.
- 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. Changing into or out of swimsuits must be done in locker rooms or other designated areas.
- Swim meet patrons must observe and adhere to all posted signs and comply with facility staff requests.
- 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, 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" shall be ACCEPTED for events. (EXCEPTION – 200 Yard Events. An entry time is required for seeding. Coach Verified times shall be accepted)**

- 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.
- The athlete's age will be the age of the athlete on the first day of the meet.
- 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.

ENTRY FEES: Individual: \$4.50 per event plus a \$10.00 SCY 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: You may enter this meet online at FastSwims or by U.S. mail. To enter online go to <http://ome.fastswims.com> to receive an immediate entry confirmation. This method requires creation of a free account and payment by credit card. FastSwims charges a service 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 service fee is a separate fee from the Entry Fees. If you do not wish to pay the service 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, January 3, 2024 and/or until the session reaches the "session time limit." LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.

HYTEK ENTRIES: Clubs may enter with a Hy-Tek compatible entry file to: ewtswim@aol.com with a hard copy and check sent to: SSFAC, P.O. Box 5179, South San Francisco, Calif. 94080 prior to January 1, 2024. Please note, however, Hy-Tek compatible entry files are also subject to the four-hour maximum session time-limit as described above (see Rules).

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely, accurately, and printed clearly with the athlete's best recorded, verifiable times. Entries must be postmarked by midnight, Monday, January 1, 2024, or hand delivered by 6:30 PM Wednesday, January 3, 2024. NO ENTRIES WITH REGISTRATION ERRORS WILL BE ACCEPTED. NO LATE ENTRIES WILL BE ACCEPTED. Requests for confirmation of receipt of entries should include a self-addressed envelope or should be made via an email to ewtswim@aol.com

Make check payable to: South San Francisco Aquatic Club

Mail entries to: SSFAC
P.O. Box 5179
SOUTH SAN FRANCISCO, CA 94080

Hand deliver entries to: Edward Toatley (Between 3:30-6:30pm)
1 West Orange
South San Francisco, Calif.

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 for an event will not be seeded and will not be allowed to compete in that 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: Ribbons for 1st through 8th place for individual events in the A, B, and C divisions: 8 & under and 9/10 . No ribbons for athletes 11 and over. Standard “A” medals awarded to athletes achieving NEW “A” times in each event regardless of place achieved in the event. All awards to be picked up by coaches at end of each session. Awards will not be mailed out.

ADMISSION: Free. A 2-day program will be available for a reasonable fee.

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: Clubs MUST follow Zone 1 North rules for providing officials. Each club MUST provide officials for each session according to the number of athletes entered in that session, following the table below. Officials Athletes will not be charged an entry fee as long as they are not entered on FASTSWIM, DO NOT enter these Athletes on FASTSWIM, hand or email enter them to Edward Toatley.

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 and up (1 for every 25 swimmers)

EVENT SUMMARY

SATURDAY					SUNDAY				
8 & UN	9-10	11-12	13 & 14	15 & O	8 & UN	9-10	11-12	13 &14	15 & O
50 BK	200 FR	200 FR	200 BR	200 BR	50 FL	200 IM	200 IM	200 FL	200 FL
25 FL	50 FL	50 FL	100 FL	100 FL	25 BK	50 BK	50 BK	100 BK	100 BK
25 FR	50 FR	50 FR	50 FR	50 FR	25 BR	50 BR	50 BR	100 BR	100 BR
50 BR	100 BR	100 BR	200 FR	200 FR	100 FR	100 BK	100 BK	200 BK	200 BK
100 IM	100 IM	100 IM	200 IM	200 IM	50 FR	100 FR	100 FR	100 FR	100 FR

ORDER OF EVENTS

NOTE: To enter the 200-yard events Athletes should provide a seed time (coach verified time is okay) for proper seeding purposes.

SATURDAY, Jan. 13th		
SESSION A		
Girls		Boys
EVT #	Event	EVT #
1	11-12 200 FR	
3	13-14 200 BR	4
5	15-O 200 BR	6
7	11-12 100 IM	
9	13-14 200 Fr	10
11	15-O 200 Fr	12
13	11-12 50 Fly	
15	13-14 200 IM	16
17	15-O 200IM	18
19	11-12 100 Breast	
21	13-14 100 Fly	22
23	15-O 100 Fly	24
25	11-12 50 Free	
27	13-14 50Free	28
29	15-O 50 Free	30
SESSION B		
Girls		Boys
EVT #	Event	EVT#
31	10-UN 200 FR	32
	11-12 200 FR	34
35	8-U 50 BK	36
37	9-10 50 Fly	38
	11-12 50 Fly	40
41	8-UN 25 Fly	42
43	9-10 100 IM	44
	11-12 100IM	46
47	8-UN 100 IM	48
49	9-10 100 Breast	50
	11-12 100 Breast	52
53	8-UN 50 Breast	54
55	9-10 50 FR	56
	11-12 50 FR	58
59	8-UN 25 FR	60

SUNDAY, Jan. 14th		
SESSION A		
Girls		Boys
EVT #	Event	EVT #
61	11-12 200 IM	
63	13-14 200 FL	64
65	15-O 200 FL	66
67	11-12 50 Back	
69	13-14 100 Back	70
71	15-O 100 Back	72
73	11-12 50 Breast	
75	13-14 100 Breast	76
77	15-O 100 Breast	78
79	11-12 100 Back	
81	13-14 200 Back	82
83	15-O 200 Back	84
85	11-12 100 Free	
87	13-14 100 Free	88
89	15-O 100 Free	90
SESSION B		
Girls		Boys
EVT #	Event	EVT #
91	10-U 200 IM	92
	11-12 200 IM	94
95	8-U 50 FL	96
97	9-10 50 Back	98
	11-12 50 Back	100
101	8-UN 25 Back	102
103	9-10 50 Breast	104
	11-12 50 Breast	106
107	8-UN 25 Breast	108
109	9-10 100 Back	110
	11-12 100 Back	112
113	8-UN 100 Free	114
115	9-10 100 Free	116
	11-12 100 Free	118
119	8-UN 50 Free	120

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

Pacific Swimming – Hosted by South San Francisco Aquatic Club
 Short Course C/B/A+
 January 13-14, 2024
 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 \$ 10.00
 Total \$ _____

Coach

Athlete's
Address

Home Phone	Cell Phone
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