

FOG/SSF/DCD/HDAC  
PACIFIC SWIMMING SHORT COURSE QUAD MEET  
AUGUST 21-22,2021  
Enter Online: <http://www.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **21-167**

*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 their 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:** Ron Sto. Domingo      **Head Starter:** Sam Tang  
**Meet Marshal:** Sabrina Andreatchi      **Admin Official:** Stephanie Kuang  
**Meet Director:** John Dahlz, [jdahlz@siprep.org](mailto:jdahlz@siprep.org)

**LOCATION:** Herbst Natatorium, St. Ignatius College Preparatory 2001 37th Avenue, SF, CA, 94116

**DIRECTIONS:** From North of SF, take US-101 S to San Francisco, merge onto Pacific Coast Highway/CA-1 S via Exit 438 toward 19th Ave/Golden Gate park, Turn right onto Lincoln way, Turn left onto 37th ave. From Eastbay, take I-80 W, merge onto US-101 S via Exit 1A on the left toward San Jose, merge onto I-280 S via Exit 431 toward Daly City, take the Monterey Boulevard Exit 52, Stay straight to go onto Monterey blvd which becomes Santa Clara Ave, turn left onto Saint Francis Blvd and pass through the roundabout, Saint Francisco Blvd becomes Sloat Blvd, turn right onto 37th ave. From South of SF, take I-280 N, take CA-1 N Exit 49B on the left toward 19th Avenue/Golden Gate Bridge, merge onto Junipero Serra Blvd, turn left onto Sloat blvd, turn right onto 37th avenue.

**COURSE:** Indoor 25 yard pool with up to 6 lanes available for competition. An additional 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 13' 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 be divided into 2 sessions.

*Morning session* will be Silver and Bronze athletes. Begin at 9:00 AM each day with warm-ups from 8:00 to 8:50 AM each day. A maximum of two (2) athletes shall be permitted per warm-up lane. The athletes shall start from opposite ends of the pool.

*Afternoon session* will be Platinum and Gold athletes. Begin at 12:30 PM each day with warm-ups from 11:30 to 12:20 PM each day. A maximum of two (2) athletes shall be permitted per warm-up lane. The athletes shall start from opposite ends of the pool.

- 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 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 4 events per day.
  - All Athletes ages 12 and under should complete competition within four (4) hours.
  - Entries will be accepted until the number of splashes exceeds the estimated time line, per the “Four-Hour Rule,” based on the Athletes age and gender.
  - 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 applicable San Francisco County, City of San Francisco 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.
  - **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**

**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.

**UNACCOMPANIED ATHLETES:** Any USA Swimming Athlete-Member competing at the meet must be accompanied by a USA Swimming Member-Coach for the purpose of 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.

- 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 Fog Swimming, South San Francisco Aquatic Club, Daly City Dolphins, and Highlands Dolphins Aquatic Club. Athletes who are unattached but participating with Fog Swimming, South San Francisco Aquatic Club, Daly City Dolphins, or Highlands Dolphins Aquatic Club 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 Athletes 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:** \$4.00 per event plus an \$8.00 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:** To enter online go to [www.fastswims.com](http://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 **August 16th, 2021**.

**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. Entries must be hand delivered by 6:30 PM 5 days prior to first day of competition, August 16th. No late entries will be accepted.

**Make check payable to: St. Ignatius College Preparatory**

**Hand deliver entries to: St. Ignatius College Preparatory**

**2001 37th Ave**

**San Francisco, CA 94116**

**RELAYS:** \$9.00 per relay. Relay teams will be accepted prior to the start of the meet. Coaches may enter relay teams via [fastswims.com](http://fastswims.com) or may submit relays to Meet Director prior to the start of the meet with a check. Only athletes competing in individual events may participate in relays.

**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.

**EVENT SUMMARY:**

SATURDAY		MORNING SESSION	
		SUNDAY	
12 & Under	13 & UP	12 & Under	13 & UP
200 IM	200 IM	100 FL	100 FL
100 BR	100 BR	50 BR	
50 FR	50 FR	100 BK	100 BK
200 Medley Relay	200 Medley Relay	200 Free Relay	200 Free Relay
100 IM		50 FL	
	200 BK	100 FR	100 FR
50 BK		200 BR	200 BR
200 FR	200 FR	500 FR	500 FR

SATURDAY		AFTERNOON SESSION	
		SUNDAY	
12 & Under	13 & UP	12 & Under	13 & UP
200 IM	200 IM	100 FL	100 FL
100 BR	100 BR	50 BR	
50 FR	50 FR	100 BK	100 BK
200 Medley Relay	200 Medley Relay	200 Free Relay	200 Free Relay
100 IM		50 FL	
	200 BK	100 FR	100 FR
50 BK		200 BR	200 BR
200 FR	200 FR	400 IM	400 IM

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

**ORDER OF EVENTS**

		<b>SATURDAY AM</b>	<b>Silver and Bronze</b>
1	Mixed	200 IM	OPEN
2	Mixed	100 BR	OPEN
3	Mixed	50 FR	OPEN
4	Mixed	200 Medley Relay	OPEN
5	Mixed	100 IM	12 & Under
6	Mixed	200 BK	OPEN
7	Mixed	50 BK	12 & Under
8	Mixed	200 FR	OPEN
		<b>SATURDAY PM</b>	<b>Gold and Platinum</b>
9	Mixed	200 IM	OPEN
10	Mixed	100 BR	OPEN
11	Mixed	50 FR	OPEN
12	Mixed	200 Medley Relay	OPEN
13	Mixed	100 IM	12 & Under
14	Mixed	200 BK	OPEN
15	Mixed	50 BK	12 & Under
16	Mixed	200 FR	OPEN
		<b>SUNDAY AM</b>	<b>Silver and Bronze</b>
17	Mixed	100 FL	OPEN
18	Mixed	50 BR	12 & Under
19	Mixed	100 BK	OPEN
20	Mixed	200 Free Relay	OPEN
21	Mixed	50 FL	12 & Under
22	Mixed	100 FR	OPEN
23	Mixed	200 BR	OPEN
24	Mixed	400 IM	OPEN
		<b>SUNDAY PM</b>	<b>Gold and Platinum</b>
25	Mixed	100 FL	OPEN
26	Mixed	50 BR	12 & Under
27	Mixed	100 BK	OPEN
28	Mixed	200 Free Relay	OPEN
29	Mixed	50 FL	12 & Under
30	Mixed	100 FR	OPEN
31	Mixed	200 BR	OPEN
32	Mixed	400 IM	OPEN

Pacific Swimming – Hosted by Fog Swimming  
 Short Course Quad Meet  
 August 21/22, 2021  
 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 \$4.00 = \$ _____
Participation Fee                      \$ 8.00
Total                                      \$ _____

Coach

Athlete's  
Address

Home Phone	Cell Phone
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Email