

PACIFICA SEA LIONS AQUATIC CLUB (PSL)
"PUMPKIN SPICE LATTE" SHORT COURSE C/B/A+ MEET
NOVEMBER 12-13, 2022
Enter Online: <http://www.fastswims.com>



Zone 1 North Clubs Assigned: BAC, BSC, BCP, BGC, DCD, FOG, HDAC, MAV, MLKB, OSC, PPSC, PSL, SOLO, SSF, SUNN, YEMB

SANCTION: Held under USA/Pacific Swimming Sanction No. **22-141**

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.

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 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> Kit Yan	<i>Head Starter:</i> Jimmy Hong
<i>Meet Marshal:</i> Dana Wilson	<i>Admin Official:</i> Darryl Woo
<i>Meet Director:</i> Jenson Wong, meetdirector@pacificasealions.com	

LOCATION: Jean E. Brink Pool at Oceana High School, 401 Paloma Ave., Pacifica CA 94044

DIRECTIONS: From San Francisco/I-280: Take HWY 1 SOUTH into Pacifica. Take exit 506 toward Paloma Ave/Francisco Blvd. 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. Jean E. Brink Pool is the first driveway on your left. From Half Moon Bay: Take HWY 1 NORTH into Pacifica. Take exit 505B for Clarendon Rd/Oceana Blvd. 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. Jean E. Brink Pool is the first driveway on your left.

PARKING: There is a traffic circle for drop-off but very little parking near the entrance to the pool. Please observe posted placards and no-parking (red) zones. The nearest parking is on the street, and there are also TWO PARKING LOTS above the pool (entrances on Oceana, north of Paloma on the right; and on Paloma, past the pool on the left). Please be respectful of the neighbors when parking.

COURSE: INDOOR 25 YARD pool with up to 7 lanes available for competition. An additional 2-3 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 5'0" at the start end and 5'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: **Session A (All Athletes 11 Years Old & Over):** Meet will begin at **9:00 AM** each day with warm-ups from **7:30 to 8:50 AM** each day. Assigned Group 1 & 2 warm-up times may be assigned by the Meet Host if participant count warrants
Session B (All Athletes 12 Years Old & Under): Meet will begin **at least one hour after the completion of Session A and not before 12:00 PM** each day with warm-ups from **at least 45 minutes before the scheduled start of the session**. Assigned Group 1 & 2 warm-up times may be assigned by the Meet Host if participant count warrants
NOTE REGARDING ATHLETES AGES 11-12: Athletes ages 11-12 may compete in **either** Session A (AM) or Session B (PM), but **not both**. Athletes and families should consult their clubs before entering this meet

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 **3 individual** events and **1 relay** event per day, or 4 total 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 timeline, 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 Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- **Athletes ages 11-12 may compete in either Session A (AM) or Session B (PM), but not both**
- Coach-verified times will be accepted for the 500 Free, 1000 Free, 1650 Free and 400 IM for seeding purposes
- Entries for the 13-Over 500 Free (Saturday AM) will be limited to the first 14 entrants (2 heats) of each gender (14 female, 14 male)
- Entries for the 9-10 500 Free (Saturday PM) will be limited to the first 7 entrants (1 heat) of each gender (7 female, 7 male)
- Entries for the 11-12 400 IM (Sunday AM) will be limited to the first 7 entrants (1 heat) of each gender (7 female, 7 male)
- Entries for the 1000 Free and 1650 Free will be limited to the first 7 entrants, regardless of gender. **If the event fills, athletes with qualifying times may contact meetdirector@pacificalions.com before November 2, 2022** to be placed on an alternate list.
- **All athletes entered in either the 1000 Free (Saturday) or 1650 Free (Sunday) must positively check-in by email to meetdirector@pacificalions.com 7 PM on Friday, November 11 to be seeded.** After 7 PM on Friday November 11, athletes on the alternate list will be given the option to substitute an event from the same session in favor of swimming the 1000 Free or 1650 Free at no additional cost
- All athletes entered in the 1000 Free (Saturday AM), 500 Free (Saturday PM) & 1650 Free (Sunday AM) must provide their own timers and lap counters
- No other deck entries or event substitutions will be permitted after the entry deadline has passed
- Mixed Gender Relays (Sunday) shall consist of 2 female and 2 male athletes only

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.
 - Pets, excluding working service animals, are strictly prohibited in all areas of the meet venue.
 - No camping and no outside chairs inside the facility

- 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**" will be **ACCEPTED, except for 400 IM, 500 Freestyle, 1000 Freestyle, and 1650 Freestyle events (See RULES)**
 - 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.
 - 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 PRIORITY: Zone 1 North Athletes from **BAC, BSC, BCP, BGC, DCD, FOG, HDAC, MAV, MLKB, OSC, PPSC, PSL, SOLO, SSF, SUNN, YEMB** entering online must do by 11:59pm Wednesday Oct 26 in order to receive priority acceptance to the meet. Surface entries must be postmarked by Monday October 24 in order to receive priority acceptance to the meet. No athletes other than those from **BAC, BSC, BCP, BGC, DCD, FOG, HDAC, MAV, MLKB, OSC, PPSC, PSL, SOLO, SSF, SUNN, YEMB** may enter the meet until the priority period has closed.

ENTRY FEES: \$4.50 per event plus an \$8.00 participation fee per Athlete. Relay entries are \$9.00. 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 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, **November 2, 2022**.

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. Entries must be postmarked by midnight, Monday **October 31** or hand delivered by 6:30 p.m. Wednesday, **November 2**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Pacifica Sea Lions Aquatic Club

Mail entries to: PSL c/o Jenson Wong, PO Box 405, Pacifica, CA 94044

Hand deliver entries to: PSL Coaches or Board Member 401 Paloma Ave., Pacifica CA 94044 before 7:00pm

CHECK-IN: The meet shall be pre-seeded, with the exception of the 1000 Free and the 1650 Free (see above). 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 checked in for/entered shall not be penalized. All scratches shall be sent to meetdirector@pacificalions.com

AWARDS: Individual awards will be awarded in the A, B, and C division. Ribbons for First through Eighth place will be given to the following age groups: 6 & under, 7-8, 9-10, 11-12. Athletes 13 years of age and older will not receive ribbons. "A" time medals will be given to athletes achieving a new "A" time, regardless of place achieved in the event. Awards for athletes 12 & younger must be picked up at the meet by coaches at the end of each session. Awards will not be mailed.

ADMISSION: Free. A **Meet Program with Heats & Lanes will be emailed through FastSwims**

SNACK BAR & HOSPITALITY: A snack bar featuring healthy options and tasty classics 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. **All participating clubs are expected to provide lane timers based upon the number of athletes registered to swim each day. Club timing lanes will be assigned and coaches will be notified of assignments during the week prior to the meet.**

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.

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

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13 & OV	8 & UN	9-10	11-12	13 & OV
100 FR RELAY	200 FR RELAY	200 FR RELAY	200 FR RELAY	100 M RELAY	200 M RELAY	200 M RELAY	200 M RELAY
100 FR	100 FR RELAY	500 Free	500 Free*	50 FR	100 M RELAY	400 IM****	400 IM
25 FR	100 FR	200 FL	200 FL	50 BR	200 FR	200 BR	200 BR
25 BR	25 FR	200 BK	200 BK	25 BK	50 FR	200 FR	200 FR
50 BK	100 BR	100 BR	100 BR	25 FL	50 BR	100 FL	100 FL
50 FL	25 BR	100 FR	100 FR		100 BK	100 BK	100 BK
100 IM	50 BK	100 IM	100 IM		25 BK	50 BR	50 BR
	50 FL	50 FL	50 FL		100 FL	50 FR	50 FR
	100 IM	50 BK	50 BK		25 FL	200 IM	200 IM
	500 FR***	1000 FR**	1000 FR**		200 IM	1650 FR*****	1650 FR*****

EVENTS

SATURDAY NOVEMBER 12		
Session 1 (AM)		
EVENT #	EVENT	EVENT #
1	11-Ov 200 Free Relay	2
3	11-Ov 500 Free*	4
5	11-Ov 200 Fly	6
7	11-Ov 200 Back	8
9	11-Ov 100 Breast	10
11	11-Ov 100 Free	12
13	11-Ov 100 IM	14
15	11-Ov 50 Fly	16
17	11-Ov 50 Back	18
19	Mixed 11-Ov 1000 Free**	X

SUNDAY NOVEMBER 13		
Session 1 (AM)		
EVENT #	EVENT	EVENT #
41	Mixed 11-Ov 200 Medley Relay	X
43	11-Ov 400 IM****	44
45	11-Ov 200 Breast	46
47	11-Ov 200 Free	48
49	11-Ov 100 Fly	50
51	11-Ov 100 Back	52
53	11-Ov 50 Breast	54
55	11-Ov 50 Free	56
57	11-Ov 200 IM	58
59	Mixed 11-Ov 1650 Free*****	X

* **500 Free** Maximum 14 Female, 14 Male **13-Ov** entrants

** **1000 Free** Maximum 7 **Combined** entrants

Mixed relays shall consist of **2 female & 2 male** athletes

**** **400IM** Maximum 7 Female, 7 Male **11-12** entrants

***** **1650 Free** Maximum 7 **Combined** entrants

Session 2 (PM)		
EVENT #	EVENT	EVENT #
21	9-12 200 Free Relay	22
23	10-Un 100 Free Relay	24
25	12-Un 100 Free	26
27	10-Un 25 Free	28
29	9-12 100 Breast	30
31	10-Un 25 Breast	32
33	12-Un 50 Back	34
35	12-Un 50 Fly	36
37	12-Un 100 IM	38
39	9-12 500 Free***	40

Session 2 (PM)		
EVENT #	EVENT	EVENT #
61	Mixed 9-12 200 Medley Relay	X
63	Mixed 10-Un 100 Medley Relay	X
65	9-12 200 Free	66
67	12-Un 50 Free	68
69	12-Un 50 Breast	70
71	9-12 100 Back	72
73	10-Un 25 Back	74
75	9-12 100 Fly	76
77	10-Un 25 Fly	78
79	9-12 200 IM	80
81	11-12 200 Breast	82

*** **500 Free** Maximum 7 Female, 7 Male **9-10** entrants

Mixed relays shall consist of **2 female & 2 male** athletes

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

Pacific Swimming – Hosted by PSL
 SHORT COURSE CBA+
 November 12-13, 2022
 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 \$ 8.00
Total \$ _____

Coach

Athlete's Address

Home Phone	Cell Phone
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Email