

Last Chance Far Westerns – Hosted by Quicksilver Santa Cruz
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
MARCH 18-19th, 2023
Enter Online: <http://www.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **23-035**

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:

Meet Referee: Bob Armbruster	Head Starter: Trevor Gillis
Meet Marshal: Lucas Salles-Cunha	Admin Official: Mike Piccardo
Meet Director: Michael Greymont mgreymont@mhgcg.com 408-891-2948	

LOCATION: Soquel High School – 401 Soquel San Jose Rd, Soquel, CA

DIRECTIONS: From San Jose area, 17 South to Hwy 1 South. Take Exit 437, continue to Bay/Porter Street. Left on Oneill Lane to Soquel Ave. From Watsonville area, Hwy 1 North take Exit 437. Take a right on Porter Street, then Left on Oneill Lane. Follow to Soquel Ave.

COURSE: Outdoor 25 yard by 40 meter pool with up to 8 lanes available for competition. An additional 4 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 7'0" at the start end and 7'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Meet will begin at 9:00 AM with warm-ups 7:30 AM to 8:45 AM. There will be a dedicated section for 10 and Under warm up from 8:00-8:45 AM.

RULES:

- Current USA and Pacific Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP") 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 fastest to slowest.
- Athletes may compete in 4 (four) events per day.
- All Athletes ages 12 and under should complete competition within four (4) hours.
- 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.
- Competition will be capped at 500 Swimmers per session.
- All Coaches and Deck Officials must wear their USA Swimming membership cards in a visible manner.
- First aid is located at the office on the start side of the pool.

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 heaters are permitted except for snack bar/meet operations.
- 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.
- Congregation of spectators/athletes shall not be allowed behind the timing areas. Viewing may be done on the sides of the pool deck and across from the starting areas.
- Animals other than **Certified Service Animals** are not permitted inside the facility at any time.

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.

- Entries with "NO TIME" will be Accepted, except for distance events noted below in events.
- 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 South will have a 7 day priority entry to this meet from the day of opening.

ENTRY FEES: \$4.50 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. Relays are \$9.00 per relay team entry.

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 Friday March 10th, 2023.

MAILED 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, March 6th, 2023. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed stamped envelope or email address provided on form.

Make check payable to: Quicksilver Swimming

Mail entries to: Quicksilver Swimming, Attn: Michael Greymont 409 Tennant Ave, STE 423, Morgan Hill, CA 95037

CHECK-IN: The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. Close of check-in for all individual events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. No event shall be closed more than 30 minutes before the scheduled start of the session. Athletes who do not check in 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 shall not be penalized.

AWARDS: Eight places will be awarded in each age group for 8-Under, 9-10, 11-12, 13-14, 15-18 age groups. No awards given for athletes 19 years of age and older. Note: Individual awards must be picked up after the meet, no distribution of awards will occur after the meet, either hand delivery or mail unless prior arrangements have been made. The athlete's awards will be available to a club representative at the end of the competition. "A" medals shall be awarded to the athletes achieving new "A" times.

ADMISSION: Free. A downloadable PDF of the complete program shall be available free of charge.

SNACK BAR & HOSPITALITY: A snack bar and/or food trucks may be available throughout the competition. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

MISCELLANEOUS: Facilities will not be provided after meet hours.

EVENTS

Saturday March 18 th , 2023		
EVENT #	EVENT	EVENT #
1	13-Over 200 IM	2
3	11-12 200 IM	4
5	10-Under 200 IM	6
7	13-Over 100 Back	8
9	11-12 100 Back	10
11	10 Under 100 Back	12
13	10 Under 50 Back	14
15	13-Over 100 Fly	16
17	11-12 100 Fly	18
19	10 Under 100 Fly	20
21	10 Under 50 Fly	22
23	13 Over 100 Breast	24
25	11-12 100 Breast	26
31	10 Under 50 Breast	32
33	13 Over 200 Fly	34
35	11-12 200 Fly	36
37	10 Under 500 Free**	38
39	11-12 500 Free**	40
41	13-Over 500 Free**	42

Sunday March 19 th , 2023		
EVENT #	EVENT	EVENT #
43	13-Over 200 Free	44
45	11-12 200 Free	46
47	10 Under 200 Free	48
49	13-Over 200 Breast	50
51	11-12 200 Breast	52
53	10 Under 100 Breast	54
55	13 Over 200 Back	56
57	11-12 100 IM	58
59	10 Under 100 IM	60
61	13 Over 100 Free	62
63	11-12 100 Free	64
65	10 Under 100 Free	66
67	13-Over 50 Free	68
69	11-12 50 Free	70
71	10 Under 50 Free	72
73	11-12 1650 Free**	74
75	13-Over 1650 Free**	76

****For these Events, Athletes MUST have their own timers and counters.**

****For these Events, Athletes MUST have a "B" time and/or a qualified coach watch time NT NOT ALLOWED**

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

Pacific Swimming – Quicksilver Swimming
 Last Chance Far Westerns Short Course C/B/A
 March 18-19th, 2023
 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
		: .	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