

**SUNNYVALE SWIM CLUB MILE INVITATIONAL
PACIFIC SWIMMING SHORT COURSE INVITE MEET
FRIDAY, APRIL 21, 2023**



INVITED CLUBS/SITES: SUNN, HDAC, LAMV, DACA, LO, BAC, OSC, and PASA Sites: Rinconada, Alpine, Menlo, Foothills

This meet is swimming one event, the 1650 yard freestyle.

SANCTION: Held under USA/Pacific Swimming Sanction No. **23-054**

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 at www.FastLaneTek.com and on the Meet Mobile App.**

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:** Brian Floyd **Head Starter:** Evan Bigall
Head Marshal: Yannick Gullierm **Admin Official:** Danielle Mina
Meet Director: Sachin Kajarekar (meet.director@sunn.org)

LOCATION: Sunnyvale Swim Complex @ Fremont High School, 1283 Sunnyvale Saratoga Rd, Sunnyvale, CA 94087

DIRECTIONS: From Highway 280, exit N. De Anza Blvd. (Sunnyvale-Saratoga Ave.), travel north on Sunnyvale-Saratoga Ave until it reaches Fremont Ave. The pool is between the school's main entrance and the football field. There are two parking lots. Parking lot in the front of Fremont High School will be held for meet officials and swim coaches. A second larger parking lot (with solar panels) for participants is available on the west side of the school campus off Fremont Ave.

COURSE: Outdoor 50-meter by 25-yard heated pool. Ten (10) competition lanes and 3 warm-up/cool-down lanes during competition and one pace lane. 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). Colorado Timing System will be used.

TIME: Friday, April 21, 2023
Warm-ups: 4:00 - 4:45 PM
Meet Start: 5:00 PM

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 events are timed finals.
- All events will swim fast to slow.
- 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.
- Seeding will be done by entry time only, regardless of age or sex.
- Athletes may compete in **only 1 event and 1 heat.**
- A maximum of 80 Athletes total (male and female, 8 heats total) will be accepted. Clubs/Sites are limited to no more than 10 athletes per team. Spots that are not used will be given to clubs that would like to bring more athletes.
- Competition will be completed within four (4) hours.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**
- All Athletes shall provide their own timers and lap counters.
- Lifeguards will be available to assist with medical issues.

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 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.
- **No personal tents/EZ-ups will be allowed on the pool deck.**

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.

- Meet is open to qualified athletes from **SUNN, HDAC, LAMV, DACA, LO, BAC, OSC, and PASA Sites: Rinconada, Alpine, Menlo, Foothills.** Athletes who are unattached but participating with one of these clubs are eligible to compete.

- Athletes must have met at least USA Swimming Motivational 13-14 "BB" 1650/1000/500-yard freestyle time for their gender.
- Entries with **"NO TIME" will be REJECTED.**
- 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.

ENTRIES: Entries must be received by 11:59 PM, **Friday, April 14, 2023**

Entry Directions:

1. Hy-Tek event file will be sent to each invited club.
2. Club enters athletes and exports to an entries file.
3. Email the entries file to coachbob@sunn.org.
4. Online entries are not accepted.

ENTRY FEES: \$15.00 per Athlete, which covers the participation fee, event fee, and a facility fee. **A single check per club should be hand-delivered on the day of the meet.** No refunds will be made.

Make check payable to: Sunnyvale Swim Club

CHECK-IN: The meet will be pre-seeded. Heat and lanes will be sent to each club prior to the meet.

SCRATCHES: Any athletes not reporting for or competing in an individual timed final event that they have entered shall not be penalized.

AWARDS: No awards will be given.

ADMISSION: Free.

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

EVENT and ESTIMATED TIMELINE

EVENT	HEAT	Estimated Start
1650 yard Freestyle, boys & girls* (Heats will be seeded by entry time ONLY, regardless of age or gender)	1	5:00 pm
	2	5:22 pm
	3	5:44 pm
	4	6:06 pm
	5	6:28 pm
	6	6:50 pm
	7	7:12 pm
	8	7:34 pm