

AC SWIM CLUB SWIM INTO SPRING
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET
APRIL 21-23, 2023
Enter Online: <http://www.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **23-041**

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 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: Andy Downs z3sanctions@pacswim.org **Head Starter:** Irene Alameida
Meet Marshal: Heloisa Young **Admin Official:** Mike Abegg
Meet Directors: Tracy Perlich and Korie Schaeffer treasurer@westsideaquaducks.com

LOCATION: Petaluma Swim Center, 900 E. Washington Street, Petaluma CA 94952

DIRECTIONS: From US 101, exit East Washington Street; travel westbound for ¼ mile, turn left at Ellis Street. The Swim Center is visible from East Washington Street. Please park in the parking lot section next to Washington Street (around "Java Hut") or behind the Swim Center. Parking at the Swim Center is for Coaches and Officials only. **There are no drop-offs in the parking lot.**

COURSE: OUTDOOR 50 METER pool with up to 7 lanes available for competition. An additional 120 foot lane will be available for warm-up/warm down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 14'0" 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: Friday's session will begin at 5:00pm, with warm-ups from 3:30-4:45pm. Saturday and Sunday sessions will begin at 9:00am each day, with warm ups from 7:30-8:45am.

ATTENTION HIGH SCHOOL ATHLETES: High School Athletes in season must 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).

- RULES:**
- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall 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.
 - Athletes may compete in 1 event on Friday and a maximum of 4 events per day on Saturday and Sunday.
 - The meet will be capped at 400 athletes.
 - All athletes ages 12 and under should complete competition within four (4) hours.
 - Entries shall be accepted until the number of splashes exceeds the estimated time line, per the “Four-Hour Rule,” based on the athlete’s age and gender or until the meet cap is met.
 - If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down, subject to the provisions of Pacific Swimming Rules and Regulations.
 - At the discretion of the Meet Referee, events and heats may be combined.
 - All events will be swum in event order and in a “FAST to SLOW” sequence with the options of reversing the sequence at the discretion of the Meet Referee and Meet Director.
 - The 800 Free, 1500 Free, 400 IM, 400 Free may be swum in alternating heats of girls and boys or seeded combining girls & boys, and the 1500 will be limited to the first 28 entrants.
 - Athletes entering the 800 Free, 1500 Free, and/or Open events (200 Breast, 400 IM, 200 Fly, 200 Back, or 400 Free) must meet the minimum time standard. Time standards are listed in SCY, but LCM times may be used to prove eligibility and for seeding. Events shall be seeded pursuant to Rule 207.11.7.
 - Athletes entering the 800 and 1500 Free events shall provide their own timers and lap counters. Athletes entered in the 400 Free and 400 IM shall provide their own timers.
 - Coaches are lifeguards, 1 lifeguard will be on duty during the meet. The coaches will be back up in an emergency.
 - **All coaches and deck officials shall display their current USA Swimming membership cards in a visible manner.**

UNACCOMPANIED ATHLETES: Any USA Swimming athlete-member competing at the meet shall 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: Any athlete entered in the meet shall be certified by a USA Swimming member-coach as being proficient in performing a racing start, or shall start each race from within the water. When unaccompanied by a USA Swimming member coach, 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 in all areas of the meet venue at all times: on the pool deck, in the locker rooms, in spectator seating or standing areas, and in all areas used by athletes during the meet and 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 shall be properly secured.
 - Deck changes are prohibited.
 - No pets allowed on deck, other than service assistance animals.
 - 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. (\$10 surcharge shall be added to the regular registration fee). Duplicate registrations shall be refunded by mail.

- Athletes in the "A" Division shall have met at least the listed USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division shall have met at least the listed "B" minimum time standard. All entry times slower than the "B" time standard shall be in the "C" Division.

- Entries with "**NO TIME**" shall be **ACCEPTED** with the exception of the 800 Free, 1500 Free, and Open 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 athlete shall meet standards for the 17-18 age group.

- The Athlete's age on the first day of the meet shall determine the athlete's age for the entire meet.

ENTRY FEES: \$4.50 per event plus a \$14.00 participation fee per athlete. Entries shall be rejected if payment is not sent at time of request. No refunds shall be made except mandatory scratch downs.

ONLINE ENTRIES: To enter on-line go to <http://www.fastswims.com> and receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service fee, 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, April 12, 2023** or until the entry cap is reached or the projected timeline for 12 and under athletes exceeds four hours. See Rules. **LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.**

MAILED ENTRIES: Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with athlete's best time. Entries shall be postmarked by midnight April 10, 2023. **LATE ENTRIES WILL NOT BE ACCEPTED.** Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Aquaducks, Inc.

Mail entries to: Meet Director Tracy Perlich or Korie Schaeffer

PO Box 1084

Petaluma, CA 94953

Check-In: The meet shall be deck seeded. Athletes shall check in at the Clerk-of-Course. **Friday**, no event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for all remaining events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. **Saturday** and **Sunday**, no event shall be closed more than 30 minutes before the scheduled start of the session. Prior to 10:00 am, close of check-in for all remaining events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. **ALL REMAINING EVENTS FOR THAT DAY SHALL CLOSE AT 10:00 am.** Athletes who do not check in shall not be seeded and shall 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. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

AWARDS: Ribbons will be awarded to 1st through 8th place finisher for each event and age group. 10 & Under events will be awarded as 8 & Under and 9-10 age groups. 13 & Over events will be awarded as 13-14, 15-16, and 17-18 age groups. Athletes aged 19 & Over will not be awarded. Open events will not be awarded (200 Breast, 400 IM, 200 Fly, 200 Back, 400 Free) and neither will the 800 Free or 1500 Free events. **All awards will be mailed to Clubs supplying a self-addressed, postage paid, envelope. If no envelope provided, your Club will not receive awards.**

ADMISSION: Free.

SNACK BAR & HOSPITALITY: Hospitality will be available for Coaches, Officials, Timers, and Volunteers. Lunches will be provided for Coaches and working Officials. There will be a snack bar. **PLEASE BRING REFILLABLE WATER BOTTLES TO THE MEET.** No single use water will be available for purchase.

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

MINIMUM OFFICIALS: At least seven days prior to the start of the meet, meet management (Meet Director and/or Meet Referee) shall contact a representative from each club participating in the meet, and provide a preliminary inventory of the officials that club is required to provide for each session. Each club shall, by the start of the meet, provide to the Meet Director or designee a list of Officials who have agreed to represent that club during each session of the meet.

At the meet, meet management shall conduct an inventory of officials, and shall compare the number of athletes entered in each session by each club with the number of officials present representing each club. If meet management certifies that a club has not provided sufficient officials for any session of the meet in accordance with the table below, excluding finals in a prelims and finals meet, the club shall be fined \$100 per missing official per session of the meet.

| 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 |

*Zone 3 shall include assigned and working Colorado, Intermediary/ Chief Timing Judge, and Computer operator in the count of officials for a session although these positions are not carded. Zone 3 shall accept Trainees in the count of officials for up to two sessions. Clubs may use officials "borrowed" from other clubs, or unattached officials at the meet who agree, to fulfill their obligation under the rule.

EVENT SUMMARY

| Friday, April 21, 2023 | | | | | | | |
|---------------------------|------------|-----------|-----------|---------------------------|------------|------------|------------|
| 11 & Over | | | | 12 & Under | | | |
| 800 Free* | | | | 200 IM | | | |
| 1500 Free* | | | | 200 Free | | | |
| Saturday, April 22, 2023 | | | | Sunday, April 23, 2023 | | | |
| Open Events (9 & Over) | 10 & Under | 11-12 | 13 & Over | Open Events (9 & Over) | 10 & Under | 11-12 | 13 & Over |
| 200 Breast* | 100 Back | 100 Back | 100 Back | 200 Fly* | 50 Back | 50 Back | 100 Breast |
| 400 IM* | 50 Breast | 50 Breast | 200 Free | 200 Back* | 100 Breast | 100 Breast | 200 IM |
| | 50 Free | 50 Free | 50 Free | 400 Free* | 50 Fly | 50 Fly | 100 Free |
| | 100 Fly | 100 Fly | 100 Fly | | 100 Free | 100 Free | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

*Athletes entering Open events (200 Breast, 400 IM, 200 Fly, 200 Back, or 400 Free) must be age 9 & Over and meet the minimum time standard listed in the table of events.

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

**ORDER OF EVENTS
Friday, April 21, 2023**

| GIRLS EVENT # | Event Description and Age Group | BOYS EVENT # |
|--------------------------|---|-------------------------|
| 1 | 12 & Under 200 IM | 2 |
| 3 | 12 & Under 200 Free | 4 |
| 5 | 11 & Over 800 Free* (14:48.09 1000 free SCY) | 6 |
| 7 | 11 & Over 1500 Free* (24:53.99 1,650 free SCY) | 8 |

*Athletes must provide their own timers and lap counters for the 800 Free and 1500 Free.

* The 800 Free and 1500 Free may be swum in alternating heats of girls and boys or seeded combining girls & boys, and the 1500 will be limited to the first 28 entrants.

*Athletes entering the 11& Over 800 or 1500 Free must meet the minimum time standard.

Saturday April 22, 2023

| GIRLS EVENT # | Event Description and Age Group | BOYS EVENT # |
|----------------------|--|---------------------|
| 9 | Open 200 Breast* (3:20.89 SCY) | 10 |
| 11 | 13 & Over 100 Back | 12 |
| 13 | 11-12y 100 Back | 14 |
| 15 | 10 & Under 100 Back | 16 |
| 17 | 13 & Over 200 Free | 18 |
| 19 | 11-12y 50 Breast | 20 |
| 21 | 10 & Under 50 Breast | 22 |
| 23 | 13 & Over 50 Free | 24 |
| 25 | 11-12y 50 Free | 26 |
| 27 | 10 & Under 50 Free | 28 |
| 29 | 13 & Over 100 Fly | 30 |
| 31 | 11-12y 100 Fly | 32 |
| 33 | 10 & Under 100 Fly | 34 |
| 35 | Open 400 IM* (6:24.19 SCY) | 36 |

Sunday April 23, 2023

| GIRLS EVENT # | Event Description and Age Group | BOYS EVENT # |
|----------------------|--|---------------------|
| 37 | Open 200 Fly* (2:59.99 SCY) | 38 |
| 39 | Open 200 Back* (2:56.59 SCY) | 40 |
| 41 | 11-12y 50 Back | 42 |
| 43 | 10 & Under 50 Back | 44 |
| 45 | 13 & Over 100 Breast | 46 |
| 47 | 11-12y 100 Breast | 48 |
| 49 | 10 & Under 100 Breast | 50 |
| 51 | 13 & Over 200 IM | 52 |
| 53 | 11-12y 50 Fly | 54 |
| 55 | 10 & Under 50 Fly | 56 |
| 57 | 13 & Over 100 Free | 58 |
| 59 | 11-12y 100 Free | 60 |
| 61 | 10 & Under 100 Free | 62 |
| 63 | Open 400 Free* (7:08.79 SCY) | 64 |

*Athletes must provide their own timers for the 400 IM and 400 Free.

*The 400 IM and 400 Free may be swum in alternating heats of girls and boys or seeded combining girls & boys.

*Athletes entering Open events (200 Breast, 400 IM, 200 Fly, 200 Back, or 400 Free) must be age 9 & Over and meet the minimum time standard.

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

Pacific Swimming – Hosted by AC Swim Club
 (Coordinated by Petaluma Swim Boosters (Aquaducks, Inc.))
 C/B/A+
 April 21-23, 2023
 Consolidated Entry Form

| | | |
|-------------|-------|--------|
| Name: Last, | First | Middle |
|-------------|-------|--------|

| | | |
|------------|-----------------|-----------|
| Club Abbr. | UNATT CLUB ABBR | Club Name |
|------------|-----------------|-----------|

| | | | |
|-----|---------------|--------------|----------------|
| Age | Date of Birth | Sex M F | LSC – (PC, SN) |
|-----|---------------|--------------|----------------|

| | | | | | | | | | | | | | | | |
|-------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| USA-# | | | | | | | | | | | | | | | |
|-------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|

| Event # | Distance / Stroke | Entry Time (Entries shall be seeded as SCY times; the meet will be conducted as LCM) | 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 \$14.00 |
| Total \$ _____ |

| |
|-------|
| Coach |
|-------|

| |
|--------------------|
| Athlete's Address: |
|--------------------|

| | |
|------------|------------|
| Home Phone | Cell Phone |
|------------|------------|

| |
|-------|
| Email |
|-------|