

**ALTO INVITATIONAL**  
**PACIFIC SWIMMING Z1N LONG COURSE INVITATIONAL MEET**  
**Saturday April 30 – Sunday May 1, 2022**  
Enter Online: [www.fastswims.com](http://www.fastswims.com)



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **22-044**

*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.

**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:**

<b>Meet Referee:</b> Sylvain Flamant	<b>Head Starter:</b> Katherine Ng-Suen
<b>Meet Marshal:</b> Alec Scott	<b>Admin Official:</b> Stephanie Kuang
<b>Meet Director:</b> Dustin Fukuda – <a href="mailto:altoswimclub@gmail.com">altoswimclub@gmail.com</a>	

**LOCATION:** Foothill College. 12345 El Monte Road, Los Altos Hills 94022

**COURSE:** OUTDOOR 50 meter pool with up to 8 lanes available for competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 4' at the start end and 9" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:**

Saturday - Session 1.	2:30 pm start time. 1:00 – 2:20 pm warm up.
Sunday – Session 2.	8:30 am start time. 7 – 8:20 am warm up.
Sunday – Session 3.	Meet will begin 1 hour after the end time of morning session. Warm Up will run for 50 minutes.

- 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 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 session. Athletes may enter a maximum of 2 sessions for the meet, and may only enter a single session on Sunday (Sunday AM OR Sunday PM).

- 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 Coaches and Officials must wear their USA Swimming membership cards in a visible manner.
- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet. All applicable Santa Clara County, City of Palo Alto 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.

**ATTENTION HIGH SCHOOL ATHLETES:** High school athletes in season need to be Unattached from this meet. It is the athlete's responsibility to be Unattached for this meet. Athletes can declare they are swimming unattached at the meet, if necessary. This does not apply to athletes swimming under 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.

**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 clubs in Zone 1 North. Athletes who are unattached but participating with a club in Z1N are eligible to compete.
- Entries with "**NO TIME**" will be accepted.
- 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.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

**ENTRY FEES:** \$45 per Athlete per session.

**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 the number of Athletes. Please note that the processing fee is a separate fee from the Entry Fees. **Entering online is a convenience, is completely voluntary, and is in no way required or expected of an Athlete by Pacific Swimming.** Deadline for entries will be Monday, April 25<sup>th</sup> at 11:59pm. LATE ENTRIES WILL NOT BE ACCEPTED. All clubs in Z1N are invited to attend.

**CHECK-IN:** The meet will be pre-seeded.

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

**AWARDS:** None.

**ADMISSION:** Free.

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

**EVENT SUMMARY –** All events will be Open Age Group and Mixed Gender.

## **ORDER OF EVENTS**

### **Session 1 – Saturday Afternoon**

1	Mixed	Open	50 Butterfly
2	Mixed	Open	100 Butterfly
3	Mixed	Open	200 Butterfly
4	Mixed	Open	50 Backstroke
5	Mixed	Open	100 Backstroke
6	Mixed	Open	200 Backstroke
7	Mixed	Open	50 Breaststroke
8	Mixed	Open	100 Breaststroke
9	Mixed	Open	200 Breaststroke
10	Mixed	Open	50 Freestyle
11	Mixed	Open	100 Freestyle
12	Mixed	Open	200 Freestyle
13	Mixed	Open	200 IM

### **Session 2 – Sunday Morning**

14	Mixed	Open	50 Butterfly
15	Mixed	Open	100 Butterfly
16	Mixed	Open	200 Butterfly
17	Mixed	Open	50 Backstroke
18	Mixed	Open	100 Backstroke
19	Mixed	Open	200 Backstroke
20	Mixed	Open	50 Breaststroke
21	Mixed	Open	100 Breaststroke
22	Mixed	Open	200 Breaststroke
23	Mixed	Open	50 Freestyle
24	Mixed	Open	100 Freestyle
25	Mixed	Open	200 Freestyle
26	Mixed	Open	200 IM

### **Session 2 – Sunday Afternoon**

27	Mixed	Open	50 Butterfly
28	Mixed	Open	100 Butterfly
29	Mixed	Open	200 Butterfly
30	Mixed	Open	50 Backstroke
31	Mixed	Open	100 Backstroke
32	Mixed	Open	200 Backstroke
33	Mixed	Open	50 Breaststroke
34	Mixed	Open	100 Breaststroke
35	Mixed	Open	200 Breaststroke
36	Mixed	Open	50 Freestyle
37	Mixed	Open	100 Freestyle
38	Mixed	Open	200 Freestyle
39	Mixed	Open	200 IM