

ALTO SWIM CLUB MEET  
PACIFIC SWIMMING SHORT COURSE MEET  
November 13-14, 2021  
Enter Online: [www.fastswims.com](http://www.fastswims.com)



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **21-208**

*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> Dustin Fukuda	<b>Admin Official:</b> Brett Shaug
<b>Meet Director:</b> Lara Hoffman – <a href="mailto:altoswimclub@gmail.com">altoswimclub@gmail.com</a>	

**LOCATION:** Palo Alto High School. 50 Embarcadero Rd, Palo Alto, CA 94301

**COURSE:** OUTDOOR 25 YARD pool with up to 10 lanes available for competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 9' at the start end and 9" at the turn end. The competition course has been certified in accordance with 104.2.2C(4).

**TIME:** Saturday and Sunday are split into Sessions "A" and "B"

Session A 13 & Older Athletes (Saturday & Sunday): 7:00-8:20 am warm up. Meet Begins at 8:30 am.

Session B 12 & Under Athletes (Saturday & Sunday): 12:30-1:20 pm warm up. Meet begins at 1:30 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 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 enter and compete in **3** individual events per day and 1 relay each 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 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.
- Start lanes will only be available for the last 20 minutes in each warm up session.
- A minimum of 1 heat will be provided for the 1000 free and 1650 free events. These events will close, at the meet director's discretion, when the maximum entry numbers are reached. Athletes must provide their own counters and timers for the 1000 and 1650 free.

**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-S 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 swimmer with the registration and times database. The meet host will check all swimmer 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.
- Athletes in the "A" division must have met at least the 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.
- Entry times submitted for this meet will 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.
- The athlete's age will be the age of the swimmer on the first day of the meet.

**ENTRY PRIORITY:** Zone 1 North Athletes from ALTO, DACA, LAMV, LO, MCAC, OCCA, PASA, SUNN entering online must do so by

Wednesday October 27 in order to receive priority acceptance into the meet. No athletes other than those from ALTO, DACA, LAMV, LO, MCAC, OCCA, PASA, SUNN may enter the meet until the preference period has concluded.

**ENTRY FEES:** \$4.50 event for individual entries plus an \$8.00 participation fee per athlete. Relay entry fees are \$9.00. Entries will be rejected if payment is not sent at time of request.

**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 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 Monday, **November 8, 11:59pm**.

Make check payable to: Alto Swim Club

**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 checked in for shall not be penalized.

**AWARDS:** None.

**ADMISSION:** Free.

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

**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. Clubs that do not provide sufficient officials must provide coaches to act in the place of officials.

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)

### ORDER OF EVENTS

#### Saturday November 13- Session A

1	Girls	Open	200 freestyle relay	Boys	2
3	Girls	13 & Over	200 freestyle	Boys	4
5	Girls	13 & Over	50 Butterfly	Boys	6
7	Girls	13 & Over	100 Breaststroke	Boys	8
9	Girls	13 & Over	50 Freestyle	Boys	10
11	Girls	13 & Over	100 Butterfly	Boys	12
13	Girls	13 & Over	50 Backstroke	Boys	14
15	Girls	13 & Over	100 Backstroke	Boys	16
17	Girls	13 & Over	50 Breaststroke	Boys	18
19	Girls	13 & Over	100 IM	Boys	20
21	Mixed	13 & Over	1000 free		
22	Mixed	13 & Over	1650 free		

**Saturday November 13 – Session B**

23	Girls	Open	200 freestyle relay	Boys	24
25	Girls	12 & Under	200 Freestyle	Boys	26
27	Girls	12 & Under	25 Butterfly	Boys	28
29	Girls	12 & Under	50 Butterfly	Boys	30
31	Girls	10 – 12	200 Breaststroke	Boys	32
33	Girls	12 & Under	25 Freestyle	Boys	34
35	Girls	12 & Under	50 Freestyle	Boys	36
37	Girls	10 – 12	200 Backstroke	Boys	38
39	Girls	12 & Under	25 Breaststroke	Boys	40
41	Girls	12 & Under	50 Breaststroke	Boys	42
43	Girls	12 & Under	100 IM	Boys	44
45	Girls	9 – 12	500 Freestyle	Boys	46
47	Girls	12 & Under	100 Butterfly	Boys	48
49	Girls	12 & Under	25 Backstroke	Boys	50
51	Girls	12 & Under	50 Backstroke	Boys	52
53	Mixed	11- 12	1650 Freestyle		

**Sunday November 14 – Session A**

55	Girls	Open	200 Medley Relay	Boys	56
57	Girls	13 & Over	100 freestyle	Boys	58
59	Girls	13 & Over	50 Butterfly	Boys	60
61	Girls	13 & Over	200 Breaststroke	Boys	62
63	Girls	13 & Over	200 IM	Boys	64
65	Girls	13 & Over	50 Freestyle	Boys	66
67	Girls	13 & Over	200 Butterfly	Boys	68
69	Girls	13 & Over	50 Backstroke	Boys	70
71	Girls	13 & Over	400 IM	Boys	72
73	Girls	13 & Over	200 Backstroke	Boys	74
75	Girls	13 & Over	50 Breaststroke	Boys	76
77	Girls	13 & Over	100 IM	Boys	78
79	Mixed	13 & Over	1000 free		
80	Mixed	13 & Over	1650 free		

**Sunday November 14– Session B**

81	Girls	Open	200 Medley Relay	Boys	82
83	Girls	12 & Under	100 Freestyle	Boys	84
85	Girls	12 & Under	25 Butterfly	Boys	86
87	Girls	12 & Under	50 Butterfly	Boys	88
89	Girls	12 & Under	100 Breaststroke	Boys	90
91	Girls	12 & Under	25 Freestyle	Boys	92
93	Girls	12 & Under	50 Freestyle	Boys	94
95	Girls	12 & Under	100 Backstroke	Boys	96
97	Girls	12 & Under	25 Breaststroke	Boys	98
99	Girls	12 & Under	50 Breaststroke	Boys	100
101	Girls	12 & Under	100 IM	Boys	102
103	Girls	10 – 12	400 IM	Boys	104
105	Girls	10 – 12	200 Butterfly	Boys	106
107	Girls	12 & Under	25 Backstroke	Boys	108
109	Girls	12 & Under	50 Backstroke	Boys	110
111	Mixed	11 – 12	1650 Freestyle		

Pacific Swimming – Hosted by Alto Swim Club CBA Meet November 13-14, 2021 Consolidated Entry Form													
Name: Last				First				Middle					
Club Abbr.			UNATT TEAM ABBR				Club Name						
Age			Date of Birth				Sex M F		LSC – (PC, SN)				
USA-#													
Event #	Distance / Stroke					Entry Time			Circle one				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
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						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x 4.50 = \$ _____ Participation Fee                      \$8.00  Total                                              \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													