

**QUICKSILVER SWIMMING
PACIFIC SWIMMING LONG COURSE MEET
END OF SEASON LCM T/F MEET
Friday- Sunday, July 23- 25, 2021**



SANCTION: Held under USA/Pacific Swimming Sanction No. **21-152**

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: Michael Piccardo	Head Starter: Attila Lengyel
	Meet Marshal: Anne Vargas & Esther Guberman	Admin Referee: Curtiss Kikuta
	Meet Director: Mike Greymont	Admin Official (Intersession): Andrew Lam

LOCATION: Gunderson High School Pool, 622 Gaundabert Lane, San Jose, CA 95136

DIRECTIONS: Exit 85 at Santa Teresa, turn left on Santa Teresa, right on Thornwood Drive, right on Chynoweth, and right on Gaundabert Lane. The pool is located at the back of the campus. Parking is available in the solar lot.

COURSE: Outdoor 50m pool with up to 9 lanes available for competition. Up to an additional 8 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 4' 0" at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

TIME: Meet warm-up and start times are estimates by session. Athletes entered in the meet will be emailed warm-up time assignments:

- Friday – 3:00- 4:00pm warm-ups, 4:00pm meet start
- Saturday & Sunday 11 & Over Trials – 7:30- 8:40am warm-ups, 8:45am meet start
- Saturday & Sunday Finals – 3:00pm- 3:55pm warm-ups, 4:00pm meet start (estimated)

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.

- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
- 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.
- Trials and Timed Finals will be swum fast to slow.
- Athletes may compete in 1 individual event on Friday and up to 3 individual events on Saturday and Sunday (not including relays).
- 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 timeline, per the “Four-Hour Rule,” based on the Athletes age and gender, or when the number of entered athletes meets maximum facility capacity as determined by facility and local health restrictions.
- 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.
- Prelims and timed finals will be swim as combined age groups in preliminary heats.
- Friday events are timed finals. Saturday and Sunday events are trials and finals. Finals will be swum as top (9) athletes in 10 & unders, 11-12s, 13-14s and 15 & Over for each gender for all events except the 11 & Over 800 Freestyle, 10 & Under 200 Free and 10 & Under 200 IM are timed finals. The 50 backstroke, 50 breaststroke, and 50 butterfly will be swum in finals for only the 10 & under and 11-12 age groups.
- Athletes must provide their own timers and lap counters for Friday’s individual events and the 11 & over 800 Freestyle.
- Each club may enter A through D relays for each relay event. Relay only athletes must be entered in FastSwims.com by the entry deadline.

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.
- The school district has a masking requirement while on campus. Athletes, volunteers and spectators may be required to wear masks while on campus. Rules for masking and spectators will be announced the week of the meet pending school district-guidelines at the 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, 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 must have an 11-12 BB qualifying time to enter 11 & over events.
- Athletes must have a 10 & under B time to enter 10 & under events. Coach verified times will be accepted.
- Disabled Athletes 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 FEES: \$5.50 per event plus a \$14.00 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. Relay fee is \$16.00 per relay team.

ONLINE ENTRIES: Online entries will be accepted for priority registration for qualified athletes registered with QSS, TCA, ALTO, TIDE, MBSC, SCVS, PEAK, MAKO or unattached athlete members of QSS, TCA, ALTO, TIDE, MBSC, SCVS, PEAK, MAKO through Monday, July 12. Online entries will be accepted for all qualified athletes through Saturday, July 16th on FastSwims. 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 mailed entry. Entering online is a convenience, is completely voluntary, and is in no way required or expected of an Athlete by Pacific Swimming.

TEAMUNIFY ENTRIES: Any entries submitted via TeamUnify must first be both committed and approved by Friday, July 16. Entries that are not committed and approved in TeamUnify are incomplete and shall not be accepted after a session closes.

RELAY ENTRIES: All relay entries must be to the meet director by Friday, July 16. Relay entries must be paid to Quicksilver by first day of meet, Friday July 23, 2021.

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event.

SCRATCHES:

- There is no penalty if an athlete fails to report to the blocks for a preliminary or timed final event.
- Any athlete qualifying for finals in an individual event who does not wish to compete shall scratch within 30 minutes after the results are posted live or electronically. During this period, qualifiers may also notify the referee that they may not intend to compete in finals. In this case, they shall declare their final intention within 30 minutes after the posted live or electronic results of qualifiers following their individual preliminary event.
- Any athlete qualifying for finals in an individual event who fails to report to the blocks in said final race prior to calling the alternate shall be barred from the remainder of any final individual events for that day. Should the athlete have no additional final events for that day they will be barred from their next preliminary event.
- Any Athletes not reporting for or competing in an individual timed final event that they have entered shall not be penalized.

AWARDS: None.

ADMISSION: Restricted to only athletes, coaches, officials and meet personnel.

MISCELLANEOUS: The meet may be Livestreamed on YouTube.

EVENTS

Friday, July 23	
Timed Finals	
1	Mixed 15-Over 200 Medley Relay
2	Mixed 13-14 200 Medley Relay
3	Mixed 11-12 200 Medley Relay
4	Mixed 10 & under 200 Medley Relay
5	Mixed 11 & Over 1500 Free
6	Mixed 10 & Under 400 Free
7	Mixed 11 & Over 400 IM
8	Mixed 10 & under 200 Free Relay
9	Mixed 11-12 200 Free Relay
10	Mixed 13-14 200 Free Relay
11	Mixed 15-Over 200 Free Relay

Note: Events 5,6,7 Athletes must provide their own timers/counters

Saturday, July 24	
Trials	
12	11 & Over 200 Back
113	10 & Under 50 Breast
13	11-12 50 Breast
114	10 & Under 100 Free
14	11 & Over 100 Free
15	11 & Over 200 Breast
116	10 & Under 100 Fly
16	11 & Over 100 Fly
117	10 & Under 50 Back
17	11-12 50 Back
118	10 & Under 200 IM
18	11 & Over 200 IM
120	10 & Under 200 Medley Relay*
19	11 & Over 800 Free*
Finals	
Swum by Age Group & Gender	
12	200 Back
13	50 Breast
14	100 Free
15	200 Breast
16	100 Fly
17	50 Back
18	200 IM
121	Women's 11-12 200 Medley Relay^
122	Men's 11-12 200 Medley Relay^
123	Women's 13-14 200 Medley Relay^
124	Men's 13-14 200 Medley Relay^
125	Women's 15-Over 200 Medley Relay^
126	Men's 15-Over 200 Medley Relay^

Sunday, July 25	
Trials	
27	11 & Over 200 Free
127	10 & Under 200 Free
28	11-12 50 Fly
128	10 & Under 50 Fly
29	11 & Over 100 Breast
129	10 & Under 100 Breast
30	11 & Over 200 Fly
31	11 & Over 100 Back
131	10 & Under 100 Back
132	10 & Under 50 Free
32	11-Over 50 Free
133	10 & Under 200 Free Relay*
33	11 & Over 400 Free
Finals	
Swum by Age Group & Gender	
27	200 Free
28	50 Fly
29	100 Breast
30	200 Fly
31	100 Back
32	50 Free
33	400 Free
134	Women's 11-12 200 Free Relay^
135	Men's 11-12 200 Free Relay^
136	Women's 13-14 200 Free Relay^
137	Men's 13-14 200 Free Relay^
138	Women's 15-Over 200 Free Relay^
139	Men's 15-Over 200 Free Relay^

*Only swum in prelims session.

^Only swum in finals session.