

BURLINGAME AQUATIC CLUB
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
FEBRUARY 5-6, 2022
Enter Online: www.FastSwims.com



PRIORITY Z1N CLUBS: BAC, BSC, BCP, BGC, DACA, DCD, FOG, HDAC, MAV, MLKB, OSC, PPSC, PSL, SOLO, SSF, YEMB

SANCTION: Held under USA/Pacific Swimming Sanction No. **22-020**

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:* Stephanie Kuang *Head Starter:* Ronald Sto Domingo
 Meet Marshal: Loki Hondorff *Admin Official:* Darryl Woo
 Meet Director: Golda Marcus - golda@burlingameaquatics.com

LOCATION: Burlingame High School. 1 Mangini Way, Burlingame, CA, 94010

DIRECTIONS: From 101, take Broadway Exit West. Turn Left on Carolan Ave. Turn Left on Oak Grove Ave. Pool facility will be on your right just past the football field.

COURSE: Outdoor 25 yard pool with up to 10 lanes available for competition. 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 8'0" at the start end and 8'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Saturday and Sunday are split into sessions "A" and "B"

Session A: All 13 & Over Athletes. Warm-ups from 7:30-8:20 AM. Meet begins at 8:30 AM

Session B: All 12 & Under Athletes. Session B will begin one hour after Session A finishes but not before 12:00 PM. Warm-up begins immediately after Session A finishes.

- 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 events per 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 interpretations 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 3 heats will be provided for the 1650 free. The event 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 1650 free.
 - Any 11-12 year old athlete that chooses to enter in the 1650 and 400 IM, must enter in the morning session. That will count as one of their events. They will be allowed to warm up and then swim two more events in their assigned session.

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-S 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-S 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-S 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-S Club Member-Coach.

RACING STARTS: Athletes must be certified by a USA-S member-coach as being proficient in performing a racing start, or must start the race in the water. It is the responsibility of the swimmer or the swimmer’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 swimmers, 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 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 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 in the "A" Division must have met at least 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** with the exception of the 400IM and 1650 free. Athletes must have a "BB" time in order to enter in said events.
- 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 and 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 PRIORITY: Zone 1 North Athletes from **BAC, BSC, BCP, BGC, DACA, DCD, FOG, HDAC, MAV, MLKB, OSC, PPSC, PSL, SOLO, SSF, YEMB** entering online must do so by Wednesday January 19 in order to receive priority acceptance into the meet. Surface mail entries must be postmarked by Monday, January 17 to receive priority acceptance to the meet. No swimmers other than those from **BAC, BSC, BCP, BGC, DACA, DCD, FOG, HDAC, MAV, MLKB, OSC, PPSC, PSL, SOLO, SSF, YEMB** may enter the meet until the preference period has concluded.

ENTRY FEES: \$4.50 event plus an \$8.00 participation fee per Athlete. Entries will be rejected if payment is not sent at time of request.

ONLINE ENTRIES: To enter on-line 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 mail entry. Entering online is a convenience, is completely voluntary, and is in no way required or expected of a swimmer by Pacific Swimming. Online entries will be accepted through Wednesday January 26. Refunds are not available for entries.

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with Athlete's best time. Entries must be postmarked by midnight, Monday, January 24 or hand delivered by 6:30 p.m. Wednesday, January 26. No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Burlingame Aquatic Club

Mail entries to: Meet Director.

PO Box 281

Burlingame, CA 94011

Hand deliver entries to: Meet Director

1 Mangini Way

Burlingame, CA 94010

CHECK-IN: 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: Individual events will be awarded in the A, B, and C Divisions. Ribbons for 1st– 8th place are given within each division to

the following age groups: 6/un, 7-8, 9-10, and 11-12. Athletes 13 years of age and older will not receive ribbons. All awards must be picked up at the meet by club coach or team representative. Awards will not be mailed.

ADMISSION: Free. A two-day program file (PDF) will be emailed to all club coaches prior to the meet.

SNACK BAR & HOSPITALITY: A snack bar serving pre-packaged foods will be available throughout the competition. Coaches and working deck officials will be provided lunch from the snack bar. Hospitality will serve pre-packaged refreshments to timers and volunteer.

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

MINIMUM OFFICIALS: Clubs must follow Z1 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 swimmers entered in session	Trained and carded officials requested
1-10	
11-25	
26-50	
51-75	
76-100	
100 or more	

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13&Over	8 & UN	9-10	11-12	13&Over
25 BK	200 FR	200 IM	200 IM	100 FR	200 IM	100 BK	200 FR
50 FL	100 FL	50 FL	100 BR	50 BR	50 BK	50 BR	50 FR
25 FR	50 BR	200 BR	200 FL	25 FL	100 FR	100 FL	200 BK
		1650 FR	200 BR			50 FR	100 FL
			100 BK			400 IM	100 FR
			1650 FR				400 IM

EVENTS

Saturday February 5 Session A		
Girls Event #	EVENT	Boys Event #
1	13&Over 200 IM	2
3	13-&Over 100 BR	4
5	13&Over 200 FL	6
7	13&Over 200 BR	8
9	13&Over 100 BK	10
11	11&Over 1650 FR	12
Girls Event #	Session B	Boys Event #
13	11-12 200 IM	14
15	9-10 200 FR	16
17	8&Under 25 BK	18
19	11-12 50 FL	20
21	9-10 100 FL	22
23	8&Under 50 FL	24
25	11-12 200 BR	26
27	9-10 50 BR	28
29	8&Under 25 FR	30

Sunday February 6 Session A		
Girls Event #	EVENT	Boys Event #
31	13&Over 200 FR	32
33	13&Over 50 FR	34
35	13&Over 200 BK	36
37	13&Over 100 FL	38
39	13&Over 100 FR	40
41	11&Over 400 IM	42
Girls Event #	Session B	Boys Event #
43	11-12 100 BK	44
45	9-10 200 IM	46
47	8&Under 100 FR	48
49	11-12 50 BR	50
53	9-10 50 BK	54
55	8&Under 50 BR	56
57	11-12 100 FL	58
59	9-10 100 FR	60
61	8&Under 25 FL	62
63	11-12 50 FR	64

*All athletes entering the 1650 FR and the 400 IM must have a minimum entry of the USA Swimming "BB" time standard. Coach verified time is ok. Athletes must provide their own counter and timers.

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

Pacific Swimming – Hosted by Burlingame Aquatic Club SHORT COURSE CBA+ MEET February 5-6, 2022 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				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 8.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													