

ORINDA AQUATICS
PACIFIC SWIMMING SUMMER FINALE SHORT COURSE MEET
MONDAY, AUGUST 1, 2022
Enter online: <http://ome.swimconnection.com/pc/oapb20220801>



**Each session will close when the estimated timeline before the 1650 free reaches two hours.
Mask-wearing requirements during the meet will be subject to the facility's mandates in-place at the time of the meet.**

SANCTION: Held under USA/Pacific Swimming Sanction Number: **22-102**

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: David Benjamin Head Starter: Clint Benton
Head Marshal: Jonathan Levy Admin Official: Alta Erdenebaatar
Meet Director: Jane Healy (janehealy@msn.com)

LOCATION: Soda Aquatic Center at Campolindo High School – 300 Moraga Road, Moraga, California.

DIRECTIONS: Highway 24 West-take Central Lafayette Exit, turn right on Deer Hill Rd, right on First St, right on Mount Diablo Blvd, left on Moraga Rd, and right on Campolindo Dr. Highway 24 East-take Orinda Exit, turn right on Moraga Way, left on Glorietta Blvd, right on Rheem Blvd, left on Moraga Rd, left on Campolindo Dr. Pool is located behind high school. Parking lot located on left. **Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed. No overnight/RV parking allowed.**

COURSE: Outdoor 25-yard competition pool with up to 8 lanes with electronic timing system. A minimum of 4 additional lanes will be available for warm-down throughout the competition. The minimum water depth as measured in accordance with article 103.2.3 is 10' on the primary start end and 7' on the secondary start end of the competition pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

TIME: The meet will consist of two sessions, offering the same events in the same order for each session. All Athletes will be eligible to swim in both sessions. Session #1 will begin at 11:00 AM. The competition course will be open for warm-ups from 9:30 to 10:45 AM. There will be a break of no more than 45 minutes between completion of the final heat of Session #1 and the start of Session #2.

- RULES:**
- Current USA and Pacific Swimming rules, including Minor Athlete Abuse Prevention Policy (“MAAPP”), and warm-up procedures shall govern the meet. A copy of these procedures will be posted at the Clerk-of-Course. All Athletes age 18 and older must have completed the Athlete Protection Training to be allowed to compete.
 - The local facility’s guidelines, restrictions, and interpretation of the local public health guidelines at the time of the meet, including mask-wearing and social-distancing, 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 MAAPP is a condition of participation in the conduct of this competition.
 - All events are timed finals.
 - The 1650 free events will be limited to the first **8** entrants (women or men) in each session.
 - All events will swim fast to slow. Athletes in the 500 free must provide their own Lap Counters and in the 1650 free must provide their own Timers and Lap Counters.
 - Athletes may compete in a maximum of **5** events per day.
 - All Athletes ages 12 and under should complete competition within four (4) hours.
 - All events are mixed gender events and will be seeded and swum without regard to age and gender.
 - At the discretion of the Meet Referee, and with the concurrence of the Meet Director, certain events may be swum together in a single heat.
 - 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 deck officials must wear their USA Swimming membership cards in a visible manner.

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 consumption 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.
 - **Marshals and signage will indicate areas designated for set-up. Participants who set-up in restricted areas of the pool deck, school campus, or within fire lanes will be required to re-locate.**
 - 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 are exempt per applicable laws.
 - Operation of a drone or any other flying apparatus is prohibited over the venue (pools, athlete/coach area, spectator area and open ceiling locker rooms) any time athletes, coaches, official and/or spectators are present.
 - Only athletes entered in the meet may use the competition or warm-down pool(s) at any time during the meet.
 - No overnight parking is allowed. Facilities will not be available or accessible before or after meet hours.

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 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.

- There is no proof of time required. Entry times should be the athlete's actual short course time and not the minimum standard.
- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- No time conversions shall be accepted.
- Entries with "**NO TIME**" will be rejected.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

CHECK-IN: All Athletes must enter the meet in advance as set forth below. Session #1 will be pre-seeded – no check-in will be required. Session #2 will be deck seeded, allowing any Athlete to modify their pre-entered event line-up by submitting an *Event Add/Delete Form* before the start of the Session #1 1650 free. Athletes may swim a maximum of 5 events for the day.

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

ENTRY FEES: \$4.50 per event plus an \$8.00 participation fee. Entries will be rejected if payment is not sent at time of request. No refunds will be made except for mandatory scratch-downs.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/OAPB20220801> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% of the total Entry Fees. 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 **Wednesday, July 27, 2022, or until the meet reaches capacity, whichever comes first.**

MAILED OR HAND DELIVERED ENTRIES: Entries must be submitted on the attached consolidated entry form, which must be filled out completely and legibly with Athlete's best times and delivered with payment in-full. **Paper entries will be accepted if postmarked by Monday, July 25, 2022, or hand delivered by 6:30PM Wednesday, July 27, 2022, or until the meet has reached capacity, whichever comes first.** Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: **Orinda Aquatics**

Mail/Hand deliver entries to: **Jane Healy, 15 Pimentel Court, Moraga, CA 94556**

AWARDS: None.

ADMISSION: Free. Printed meet programs will be available to working Coaches and Officials only. Seedings and results may be posted on Meet Mobile.

SNACK BAR & HOSPITALITY: Orinda Aquatics Snack Shack will not be open for this meet. Limited hospitality will be provided to Coaches and working Officials throughout the meet, and lunch will be provided to them.

ORDER OF EVENTS

Monday, August 1, 2022 Session #1			Monday, August 1, 2022 Session #2	
EVENT #	EVENT	AGE RESTRICTIONS	EVENT #	EVENT
1	*500 FREE	open	101	*500 FREE
2	200 IM	open	102	200 IM
3	50 FLY	12&under	103	50 FLY
4	100 FLY	open	104	100 FLY
5	200 FLY	11&over	105	200 FLY
6	50 BREAST	12&under	106	50 BREAST
7	100 BREAST	open	107	100 BREAST
8	200 BREAST	11&over	108	200 BREAST
9	50 FREE	open	109	50 FREE
10	100 FREE	open	110	100 FREE
11	200 FREE	open	111	200 FREE
12	50 BACK	12&under	112	50 BACK
13	100 BACK	open	113	100 BACK
14	200 BACK	11&over	114	200 BACK
15	400 IM	11&over	115	400 IM
16	100 IM	12&under	116	100 IM
17	**1650 FREE	11&over	117	**1650 FREE

* Athletes in the 500 free must provide their own Lap Counters.

** Athletes in the 1650 free must provide their own Timers and Lap Counters.

PACIFIC SWIMMING – HOSTED BY ORINDA AQUATICS
Summer Finale Short Course Meet
August 1, 2022
Consolidated Entry Form

NAME (Last, First, MI):

LSC Code: _____

CLUB ABBR:	IF UNATT Team Abbrev:	CLUB NAME:
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AGE	DATE OF BIRTH	AMOUNT PAID \$
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USA Swimming REG #	<table border="1" style="width:100%; height: 30px; border-collapse: collapse;"> <tr> <td style="width:5%;"></td><td style="width:5%;"></td><td style="width:5%;"></td><td style="width:5%;"></td><td style="width:5%;"></td><td style="width:5%;"></td><td style="width:5%;"></td><td style="width:5%;"></td><td style="width:5%;"></td><td style="width:5%;"></td><td style="width:5%;"></td><td style="width:5%;"></td><td style="width:5%;"></td><td style="width:5%;"></td><td style="width:5%;"></td><td style="width:5%;"></td><td style="width:5%;"></td><td style="width:5%;"></td> </tr> </table>																		

SEX: Boy Girl	Age Group:
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EVENT #	PLEASE CIRCLE DISTANCE/STROKE	ENTRY TIME
	SCY/LCM	: .
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	SCY/LCM	: .
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Participation Fee = **\$40.00**
Total Amount Due _____

**Coach
Name:**

**Athlete
Address:**

**Contact
Phone #:**

**Contact
Email:**

Checks payable to Orinda Aquatics