

PIEDMONT SWIM TEAM  
PACIFIC SWIMMING ZONE 2 SHORT COURSE INTRA-SQUAD TIME TRIAL  
(Sunday) March 28, 2021



Enter Online: [www.piedmontswimteam.org](http://www.piedmontswimteam.org)  
Entry Deadline: March 14, 2021 at 11:59 PM

**SANCTION:** Held under the sanction of USA Swimming/Pacific Swimming Sanction No. **21-039**

*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.*

*The local facilities guidelines restrictions and interpretation of local public health guidelines shall be followed at this meet.*

**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 time trial, the Athlete or Athlete's legal guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this time trial. Such information and imagery may include, but is not limited to, photographs, video, webcasting, television, psych sheets and live time trial results. **The results of this time trial may be posted in real time on the internet.**

**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, restrooms 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.

**TIME TRIAL PERSONNEL:** Meet Referee: Christopher Lam                      Head Starter: David Kaplan  
Meet Marshal: Amy Aubrecht                                      Administrative Official: Matt Arnold  
Meet Director: Stefan Bill ([stefan@piedmontswimteam.org](mailto:stefan@piedmontswimteam.org))

**LOCATION:** Encinal Swim Center. 230 Central Avenue, Alameda, California 94501.

**DIRECTIONS: From Highway I-580 West (Oakland)** – Take Exit 19D (I-980 to I-880/Downtown Oakland) and continue onto I-980 W. Take Exit 1C (12th Street) and merge onto Brush St. Turn left onto 5th St. Use left two lanes to keep left onto ramp to Alameda and merge onto Webster Street Tube. Continue onto Webster St, turn right onto Atlantic Ave/Ralph Appezato Memorial Pkwy. Turn left onto 3rd St. Pool will be on the right (0.6 mi).

**From Highway I-580 East/I-80 West (Berkeley)** – Take Exit 8B (I-880 Alameda/San Jose), then keep right for I-880 South Alameda/San Jose and continue onto I-880 S. Take Exit 42 (Broadway/Alameda) and at the first stoplight turn right onto 5th St (signs for Alameda/Broadway). Keep slight right to stay on 5th St. Use left two lanes to keep left onto ramp to Alameda and merge onto Webster Street Tube. Continue onto Webster St, turn right onto Atlantic Ave/Ralph Appezato Memorial Pkwy. Turn left onto 3rd St. Pool will be on the right (0.6 mi).

**COURSE:** OUTDOOR 25-yard pool with up to 6 lanes available for competition. An additional 4 lanes will be available for warm-up/warm-down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 7 feet at the start end and 7 feet at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** Session 1 will begin at **2:15 PM**, with Session 1 warm-ups from **1:30 PM to 2:05 PM**. Session 2 will begin at **the conclusion of Session 2 warm-ups**, with Session 2 warm-ups beginning after the conclusion of Session 1 but no sooner than 3:45 PM. Session 2 warm-ups will be at least 35 minutes.

- RULES:**
- Current USA Swimming and Pacific Swimming rules and warm-up procedures will govern the time trial. A copy of these procedures will be available at the Clerk-of-Course.
  - **A site-specific Facility Safety Plan that complies with all health and safety mandates and guidelines of USA Swimming, Pacific Swimming, the State of California, and County of Alameda will be enforced. The Facility Safety Plan will be communicated prior to the time trial.** A copy of the plan will be available at the Clerk-of-Course.
  - Athletes will warm up and swim with their assigned camp cohorts.
  - All applicable adults participating in or associated with this time trial 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 up to four (4) time trials per day.
  - All athletes ages 12 and under should complete competition within four (4) hours.
  - Entries will be accepted until the number of athletes exceeds the Facility Safety Plan capacity or until the entry deadline, whichever is sooner.
  - If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Refunds will be made via TeamUnify for any mandatory scratches.
  - **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
  - At the Meet Referee’s discretion, events may be combined by age, gender, distance, and/or stroke.
  - By the authority of the Referee, the announced arrangement of heats in any event may be added or altered to the extent of consolidating heats.

**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 Swimming athlete-member competing at the time trial 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 time trial 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 time trial 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 without the use of the backstroke ledge. 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 time trial and during warm-up periods.
  - Sale and use of alcoholic beverages are prohibited in all areas of the venue.
  - No glass containers are allowed in the venue.
  - No propane heater is permitted except for snack bar/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.
- **Per Alameda County Department of Public Health guidance, face coverings shall be worn in the facility except for athletes swimming and entering/leaving the pool.**
- As per California Department of Public Health (CDPH) Guidance Related to Outdoor and Indoor Youth and Recreational Adult Sports (2021-02-19), there is no maximum number of athletes per lane within camp cohorts so long as proper physical distancing is maintained. Coaches and/or marshals shall monitor and limit the number of athletes per lane to the extent of maintaining such proper physical distancing.
- All individuals shall maintain proper physical distancing within the facility. **Exception:** Lane timers, provided that they are within the same camp cohort and while wearing face coverings, may temporarily be within close physical proximity amongst those within their camp cohort to observe the finish per 102.17.3B. Lane timers shall maintain physical distancing from those outside their cohort while performing their timing duties described in 102.17.

**ELIGIBILITY:** • Athletes must be current members of USA Swimming and enter their name and registration number on the time trial 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 time trial (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail.

- **CLOSED COMPETITION:** Competition is open exclusively among athletes of **Piedmont Swim Team**. Athletes who are unattached but participating with **Piedmont Swim Team** are eligible to compete.
- **Session 1** is open to athletes in **PST Camps 1 and 4**. **Session 2** is open to athletes in **PST Camps 2 and 3**.
- Entries with **“NO TIME”** will be **ACCEPTED**.
- Disabled athletes are welcome to attend this time trial and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.
- Age on the first day of the time trial will be the Athlete’s age for the entire time trial.

**ENTRY FEES:** **\$40 flat fee** per athlete. Entry fee will be billed with athlete monthly dues. No refunds will be made, except in the case of mandatory scratch downs.

**ONLINE ENTRIES:** All entries will be made through the **Piedmont Swim Team TeamUnify website ([www.piedmontswimteam.org](http://www.piedmontswimteam.org))**. Entries submitted via TeamUnify must be confirmed no later than **March 14, 2021 at 11:59 PM**. Entries that are not confirmed in TeamUnify are incomplete and shall not be accepted after the entry deadline or after capacity has been reached, whichever is sooner.

**CHECK-IN:** The time trial will be **pre-seeded**. Athletes do not need to check in at the Clerk of Course and should report directly to the Ready Room no sooner than two heats prior to the athlete’s race.

**SCRATCHES:** Any athletes not reporting for or competing in an individual timed final event that they have entered shall not be penalized. Athletes do not need to notify the Referee nor report to the starting blocks to declare the athlete’s intent not to swim.

**PROGRAM:** A program with seeding assignments will be made available electronically prior to the start of time trials.

**AWARDS:** None.

**ADMISSION:** Admission into the facility will be limited to entered athletes, time trial personnel (e.g., invited officials, timers, meet-operations), and facility staff for each session. Spectators will not be admitted into the facility due to capacity restrictions. Spectators may be able to observe athletes via livestream. The link to the livestream will be provided prior to the start of the time trial.

**OFFICIALS:** **Officials must be invited to work at this time trial.** Invitations to officiate will be emailed no later than March 21, 2021. Only officials who are invited and accepted will be admitted into the facility.

**EVENTS OFFERED:**

<b>Freestyle</b>	<b>Backstroke</b>	<b>Breaststroke</b>	<b>Butterfly</b>	<b>Individual Medley</b>
50 FR	50 BK	50 BR	50 FL	--
100 FR	100 BK	100 BR	100 FL	100 IM
200 FR	200 BK	200 BR	200 FL	200 IM
500 FR				400 IM

**ESTIMATED SCHEDULE: (Sunday) March 28, 2021**

	<b>Session 1 (Camps 1 and 4)</b>	<b>Session 2 (Camps 2 and 3)</b>
<b>Warm-up</b>	1:30 PM – 2:05 PM	<b>No sooner than 3:45 PM (4 PM – 4:35 PM)*</b>
<b>Competition Start</b>	2:15 PM	<b>No sooner than after 35 min warm-up 4:45 PM*</b>

*\*Estimated*