

**SAN BENITO AQUATICS**  
**PACIFIC SWIMMING LONG COURSE C/B/A+ MEET**  
**Saturday-Sunday 18-19 May 2024**  
Enter Online: <http://ome.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **24-075**

*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 the Internet at [swimconnection.com](http://swimconnection.com).**

**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:** Mike Piccardo      **Head Starter:** Ray Tanaka  
**Meet Marshal:** Jennifer Lee      **Admin Official:** Debbie Fujii  
**Meet Director:** Michael Fujii, [sanbenitoaquatics@gmail.com](mailto:sanbenitoaquatics@gmail.com)

BALER AQUATIC CENTER, River Pkwy and San Benito St, HOLLISTER CA 95023

**DIRECTIONS:** **From South of Hollister:** Take 101 N to Hwy 156 East. Go right on Union Rd, go left at San Benito Street (first light). Pool is on left, about 1/2 mile. **From North of Hollister:** Take 101 S to Hwy 25 East. Go right on San Benito Street, go through town. Pool will be on your right after you pass Nash Road. It is recommended to use your favorite map app to get into Hollister, as accidents can cause delays on our 2 lane highways.

**COURSE:** OUTDOOR 50 METER pool with up to 8 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 6'7" at the shallow end and 12'6" at the deep end. The Meet Host shall ensure the required course dimensions.

**TIME:** The meet will begin at 9:00am each day with warm-ups from 7:15-8:45am. The facility/gate will open at 7:00am each day.

**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 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.
- All events will swim fast to slow.
- Athletes may compete in Four (4) 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 timeline, 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.
- Certified lifeguards, first-aid supplies and AED are on the premises
- Setup in designated areas ONLY
- Absolutely NO pets permitted – school policy
- Parking in designated lots ONLY – those that do not park in designated lots are subject to ticketing and towing

**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.
- **NO PARKING IN THE DIRT AREAS – DESIGNATED PARKING LOTS ONLY**

**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, Athletes shall be required to register online via USA Swimming’s online member registration before being allowed to swim in the meet.
- 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**
- 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 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 PRIORITY:** Zone 1 South (Z1S) online or postmarked entries will have priority through May 6, 2024. All entries from Z1S, all other Pacific LSC zones, and other LSC's either postmarked by Monday, May 8, 2024 or entered online by 11:59 PM on Sunday, May 12, 2024, will be considered in the order they are received or until meet cap is reached.

**ENTRY FEES:** \$4.50 per event plus a \$14.00 LCM 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.

**ONLINE ENTRIES:** To enter online go to <http://ome.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service 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 service fee is a separate fee from the Entry Fees. If you do not wish to pay the service 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 Sunday, 12 May 2024.

**MAILED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with the Athlete's best time. Entries must be postmarked by midnight, Wednesday, 8 May 2024. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to:** San Benito Aquatics

**Mail entries to:** San Benito Aquatics  
PO Box 464  
Hollister CA, 95023

**CHECK-IN:** The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for remaining events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check in will not be seeded in the event.

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

**AWARDS:** Ribbon 1st-8th place will be awarded

**ADMISSION:** Free. A 2-day program will be available for \$10.00 at <http://ome.fastswims.com>

**SNACK BAR & HOSPITALITY:** Food Trucks will be available for food and refreshments. Coaches and working Officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

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

**EVENT SUMMARY**

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
100 BR	200 IM	200 IM	200 IM	50 BR	50 BR	100 BR	200 BR
50 BK	100 BR	100 FL	200 FL	100 BK	100 BK	200 BK	100 BK
100 FR	50 BK	50 BK	200 BK	50 FL	50 FL	200 FL	200 FL
	100 FR	200 BR	100 BR	50 FR	200 FR	200 FR	200 FR
		100 FR	100 FR		50 FR	50 FR	50 FR
			400 FR				

**EVENTS**

Saturday 18 May 2024		
EVENT #	EVENT	EVENT #
1	13-18 200 I.M.	2
3	11-12 200 I.M.	4
5	9-10 200 I.M.	6
7	13-18 200 Fly	8
9	11-12 100 Fly	10
11	9-10 100 Breast	12
13	8-UN 100 Breast	14
15	13-18 200 Back	16
17	11-12 50 Back	18
19	9-10 50 Back	20
21	8-UN 50 Back	22
23	13-18 100 Breast	24
25	11-12 200 Breast	26
27	8-UN 100 Free	28
29	9-10 100 Free	30
31	13-18 100 Free	32
33	11-12 100 Free	34
35	13-18 400 Free	36

Sunday, 19 May 2024		
EVENT #	EVENT	EVENT #
37	13-18 200 Breast	38
39	8-UN 50 Breast	40
41	11-12 100 Breast	42
43	9-10 50 Breast	44
45	8-UN 100 Back	46
47	13-18 100 Back	48
48	11-12 200 Back	50
51	9-10 100 Back	52
53	13-18 200 Fly	54
55	11-12 200 Fly	56
57	9-10 50 Fly	58
59	8-UN 50 Fly	60
61	13-18 200 Free	62
63	11-12 200 Free	64
65	9-10 200 Free	66
67	13-18 50 Free	68
69	11-12 50 Free	70
71	9-10 50 Free	72
73	8-UN 50 Free	74

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

Pacific Swimming – Hosted by San Benito Aquatics LONG COURSE CBA+ May 18-19 2024 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      \$ 14.00 Total                      \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													