

DE ANZA CUPERTINO AQUATICS  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
OCTOBER 5-6, 2024  
Enter Online: <http://ome.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **24-117**

*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 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:**

<i>Meet Referee: Kit Yan</i>	<i>Head Starter: Phil Harter</i>
<i>Meet Marshal: Tammy Hopkins</i>	<i>Admin Official: Lucille Glassman</i>
<i>Meet Director: Annie Stein – <a href="mailto:annie@daca.org">annie@daca.org</a> / (408) 253-7946</i>	

**LOCATION:** De Anza College: 21250 Stevens Creek Blvd., Cupertino, CA 95014.

**DIRECTIONS: From the North:** Take Highway 280 South. Exit right on De Anza Blvd. Turn right on Stevens Creek Blvd. Turn Left on Stelling St. Enter the College Campus on the right hand side from Stelling St. and use Parking Lot C for easiest access to the pool.  
**From the South:** Take Highway 280 North. Exit left on De Anza Blvd. Turn Right on Stevens Creek Blvd. Turn left on Stelling St. Enter the College Campus on the right hand side from Stelling St. and use Parking Lot C for easiest access to the poll.

**COURSE:** Outdoor 25 yard pool with up to 16 lanes available for competition. Seven (7) additional 25 yard lanes in a separate diving well pool 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 5'0" at the start end and 5'0" at the turn end. All 25 yard events will start from the turn end of the pool. The Meet host shall ensure the required course dimensions.

**TIME:** Meet beings at 8:30 AM with Warm-Up from 7:00– 8:15 AM 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.
- The meet will be conducted in a single session each day using 2 courses (Boys Course and Girls Course). Number of lanes per course will be determined by entry numbers.
- All events will swim fast to slow.
- Athletes may compete in a maximum of **three (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 timeline, per the “Four-Hour Rule,” based on the athlete’s 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.
- Age groups will be awarded separately as 8 under, 9/10, 11/12, however events will be swum as 8 and Under, 11 and Over, 12 and Under, or Open.
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**
- Athletes in the 400 IM must provide their own timers. Athletes in the 500 Freestyle must provide their own timers and lap counters. NT (No-Time) entries will NOT be accepted for the 500 Free and/or 400 IM. Athletes must provide an entry time for seeding purposes. Coach-verified times shall be accepted.
- First Aid and AED are available on-site.

**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 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.
- **Pets, with the exception of working (and documented) service animals, are prohibited in the meet venue.**
- 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 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. (Exception – 500 Free/400 IM. See Rules).**

- 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 1N Athletes entering online must do so by 11:59 PM, Saturday, September 21<sup>st</sup> in order to receive priority acceptance to the meet. Zone 1N Athlete's surface mail entries must be postmarked by Thursday, September 19<sup>th</sup> in order to receive priority acceptance to the meet. **No athletes other than those in Zone 1N may enter the meet until the preference period has concluded.**

**ENTRY FEES:** \$4.50 per event plus a \$10.00 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.

**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 **Saturday, September 28<sup>th</sup>, 2023.**

**MAILED OR HAND DELIVERED 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, **Thursday, September 26<sup>th</sup>** or hand delivered by 6:30 p.m. **Saturday, September 28<sup>th</sup>.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: De Anza Cupertino Aquatics or "DACA"**

**Mail entries to: Annie Stein – Meet Director  
1080 S. De Anza Blvd.  
San Jose, CA 95129**

**Hand deliver entries to: Annie Stein  
1080 S. De Anza Blvd.  
San Jose, CA 95129**

**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. Prior to 10:30 AM, close of check-in for each event shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. **Close of check-in for all remaining events for that day shall be at 10:30 AM.** Athletes who do not check in will not be seeded and will not be allowed to compete in that event. Athletes who wish to scratch from an event after the close of check-in are requested to inform the Referee on the starting end of the competition course.

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

**AWARDS:** Individual events will be awarded in the A, B, and C division. Age groups will be awarded separately as 8 under, 9/10, 11/12, however events will be swum as 8 and under, 11 and over, 12 and under, or Open. Ribbons for First through Eighth place will be given to the following age groups 8 & U, 9-10, 11-12. Athletes 13 years of age and older will not receive awards. "A" time medals will be given to athletes achieving a new "A" time ("PC-A" for 8 & Under Athletes, USA-S "A" for 9 & Over Athletes), regardless of place achieved in the event. All awards must be picked up at the meet by coaches or designated Club Representative at the end of the meet. Awards will not be mailed.

**ADMISSION:** Free. Meet programs will not be available for purchase, but will be e-mailed to participating clubs for distribution prior to the meet.

**SNACK BAR & HOSPITALITY:** Generous and friendly hospitality provided for working officials, and coaches. There will NOT be a snack bar open.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. All participating clubs are expected to provide lane timers based upon the number of athletes registered to swim each day. Club timing lanes for Saturday and Sunday will be assigned and coaches will be notified of assignments during the week prior to the meet.

**MINIMUM OFFICIALS:** Clubs must follow Zone 1 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.

Club athletes entered in session	Trained and carded officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5 and up (1 for every 25 athletes)

### EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13/OVER	8 & UN	9-10	11-12	13/OVER
25 FREE	200 FREE	200 FREE	200 FREE	100 FREE	100 FREE	100 FREE	100 FREE
100 FLY	100 FLY	100 FLY	100 FLY	25 BREAST	100 BACK	100 BACK	100 BACK
50 BACK	50 BACK	50 BACK	50 BACK	100 BACK	50 BREAST	50 BREAST	50 BREAST
100 BREAST	100 BREAST	100 BREAST	100 BREAST	50 BREAST	50 FLY	200 BREAST	200 BREAST
25 FLY	100 IM	200 BACK	200 BACK	25 BACK	200 IM	50 FLY	50 FLY
100 IM	50 FREE	100 IM	100 IM	50 FLY	500 Free	200 IM	200 IM
50 FREE		50 FREE	50 FREE			200 FLY	200 FLY
		400 IM	400 IM			500 FREE	500 FREE

### ORDER OF EVENTS

SATURDAY, OCTOBER 5 <sup>TH</sup>		
Girls Event #	Event	Boys Event #
1	9 & Over 200 Free	2
3	8-UN 25 Free	4
5	Open 100 Fly	6
7	Open 50 Back	8
9	Open 100 Breast	10
11	8-UN 25 Fly	12
13	11 and over 200 Back	14
15	Open 100 IM	16
17	Open 50 Free	18
19	11 and over 400 IM*	20

SUNDAY, OCTOBER 6 <sup>TH</sup>		
Girls Event #	Event	Boys Event #
21	Open 100 Free	22
23	8-UN 25 Breast	24
25	Open 100 Back	26
27	Open 50 Breast	28
29	8-UN 25 Back	30
31	11 and over 200 Breast	32
33	Open 50 Fly	34
35	9 & O 200 IM	36
37	11 and over 200 Fly	38
39	9 and over 500 Free**	40

\*Athletes in the 400 IM must provide their own timers. Athletes in the 500 Free must provide their own timers and lap counters.  
 NT Entries will NOT be accepted for the 400 IM/500 Free. Athletes must provide an entry time for seeding purposes.  
 Coach verified times shall be ACCEPTED.

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

Pacific Swimming – Hosted by De Anza Cupertino Aquatics Short Course CBA+ Meet October 5-6, 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				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.50 = \$ _____ Participation Fee      \$ 10.00 Total                      \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													