

**THUNDER COAST AQUATICS
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
NOVEMBER 13-14th 2021
Enter Online: <http://www.fastswims.com>**



SANCTION: Held under USA/Pacific Swimming Sanction No. **21-202**

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.

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: Andy Downs **Head Starter:** Phil Grant
Meet Marshal: Jim Larson **Admin Official:** Debbi Tucker
Meet Director: Tom Evers tevers4@me.com

LOCATION: Miwok Aquatic Center (Indian Valley Campus, College of Marin), 1800 Ignacio Blvd, Novato, CA 94945

DIRECTIONS: From 101 North or South, exit Ignacio Blvd. Stay on Ignacio Blvd to College of Marin entrance. Follow signs for pool parking

COURSE: OUTDOOR 25 YARD pool with up to 17 lanes available for competition. An additional 6 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 7'6" at the start end and 7'6" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Meet will begin at **9:00 AM** each day with warm-ups from **7:30 to 8:30 AM** each day. A special warm-up time for 8 and under Athletes only will be held from **8:30 to 8:45 AM**

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 compete in 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.
- In the discretion of the Meet Referee events and heats may be combined, including combining men's and women's events. The 1650 free will be swum as a mixed event, but will be awarded separately.
- Athletes in the 500 free and 1650 free must provide their own timers and counters.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- The local facilities' guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet. All applicable Marin County, City of Novato, Marin Community College District, and State of California Public Health requirements for protection against COVID-19 will apply. The Meet director and Meet Referee may remove any individual who does not comply.

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.

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, 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 except for the 1650 free.** The 1650 free will be limited to the 16 athletes with the best seed times in each gender.
- 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 FEES: \$4.50 per event plus an \$8.00 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 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 an Athlete by Pacific Swimming. Unless the meet closes because it has reached capacity, online entries will be accepted through Wednesday, **November 3rd**.

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, **November 1st** or hand delivered by 6:30 p.m. Wednesday, **November 3rd**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Thunder Coast Aquatics

Mail entries to: Tom Evers Hand deliver entries to: Tom Evers
4 Harris Hill Drive
Novato, CA 94947

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each 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: 1st through 8th place awards will be given to each age group and division.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. 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.

MINIMUM OFFICIALS: At least four days prior to the start of the meet, meet management (Meet Director and/or Meet Referee) shall contact a representative from each club participating in the meet, and provide a preliminary inventory of the officials that club is required to provide for each session. Each club shall, by the start of the meet, provide to the Meet Director or designee a list of Officials who have agreed to represent that club during each session of the meet. At the meet, meet management shall conduct an inventory of officials, and shall compare the number of athletes entered in each session by each club with the number of officials present representing each club. If meet management certifies that a club has not provided sufficient officials for any session of the meet in accordance with the table below, excluding finals in a prelims and finals meet, the club shall be fined \$100 per missing official per session of the meet.

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

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-O	8 & UN	9-10	11-12	13-O
100 IM	200 IM	200 IM	200 IM	100 Free	200 Free	200 Free	200 Free
25 Fly	100 Fly	100 Fly	200 Fly	50 Back	50 Back	100 Back	200 Back
50 Free	100 Free	100 Free	100 Free	50 Fly	50 Fly	50 Fly	100 Fly
25 Breast	50 Breast	50 Breast	100 Breast	50 Breast	100 Breast	100 Breast	200 Breast
25 Back	100 Back	50 Back	100 Back	25 Free	50 Free	50 Free	50 Free
		500 Free Open	500 Free Open				1650 Free

EVENTS

Saturday, Nov. 13 th		
EVENT #	EVENT	EVENT #
101	13-O 200 I.M.	102
103	11-12 200 I.M.	104
105	9-10 200 I.M.	106
107	8-U 100 I.M.	108
109	13-O 200 Fly	110
111	11-12 100 Fly	112
113	9-10 100 Fly	114
115	8-U 25 Fly	116
117	13-O 100 Free	118
119	11-12 100 Free	120
121	9-10 100 Free	122
123	8-U 50 Free	124
125	13-O 100 Breast	126
127	11-12 50 Breast	128
129	9-10 50 Breast	130
131	8-U 25 Breast	132
133	13-O 100 Back	134
135	11-12 50 Back	136
137	8-U 25 Back	138
139	9-10 100 Back	140
141	Open 500 Free	142

Sunday, Nov. 14 th		
EVENT #	EVENT	EVENT #
201	13-O 200 Free	202
203	11-12 200 Free	204
205	9-10 200 Free	206
207	8-U 100 Free	208
209	13-O 200 Back	210
211	11-12 100 Back	212
213	9-10 50 Back	214
215	8-U 50 Back	216
217	13-O 100 Fly	218
219	11-12 50 Fly	220
221	9-10 50 Fly	222
223	8-UN 50 Fly	224
225	13-O 200 Breast	226
227	8-U 50 Breast	228
229	9-10 100 Breast	230
231	11-12 100 Breast	232
233	13-O 50 Free	234
235	8-U 25 Free	236
237	9-10 50 Free	238
239	11-12 50 Free	240
241	13-O 1650*	242

*For events 241 and 242 only the fastest 16 seed times by gender will be seeded. No Time entries will not be accepted.

**Athletes must provide their own timers and counters for the 500 & 1650

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

Pacific Swimming – Hosted by TCA
 SHORT COURSE CBA+
 Nov. 13-14 2021
 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 \$ 8.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													