

ORINDA AQUATICS  
PACIFIC SWIMMING LONG COURSE INTRA-SQUAD MEET  
JUNE 26-27, 2021



Enter Online by Saturday, June 19<sup>th</sup>: <http://ome.swimconnection.com/pc/OAPB20210626>

**SANCTION:** Held under USA/Pacific Swimming Sanction Number: **21-136**

*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 facility's guidelines, restrictions, and interpretations of local public health guidelines shall be followed.*

**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:**

|   |                                       |
|---|---------------------------------------|
| <b>Meet Referee:</b> Peter McNamara   | <b>Head Starter:</b> Michael Devlin   |
| <b>Head Marshal:</b> Jonathan Levy  | <b>Admin Official:</b> Supicha Castro |
| <b>Meet Director:</b> Jane Healy ( <a href="mailto:janehealy@msn.com">janehealy@msn.com</a> ) |                                       |

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

**COURSE:** Outdoor 50-meter competition pool with up to 8 lanes with electronic timing system. Separate 25-yard pool space will be available for warm-down during the meet. 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:** Meet will begin at 9:00 with assigned warm-ups between 7:15-8:45. Coaches will notify athletes of specific warm-up times after registration closes.

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedure 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 the 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 the MAAPP policy is a condition of participation in the conduct of this competition.

- All events will be seeded fast to slow.
- All events will swim as TIMED FINALS
- Athletes may swim a maximum of **3** events per day.
- All Athletes ages 9-12 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, or the number of entered Athletes meets the maximum capacity as determined by local health restrictions.
- If local conditions warrant, the Meet Referee, with concurrence of the Meet Director, may require a mandatory scratch down. Refunds will be made for mandatory scratches only.
- All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.
- All participants will follow the facility Safety Plan, which will be communicated prior to the meet.
- All participants within the swim facility must observe distancing guidelines and wear face masks at all times, up to entering and upon exiting the water.
- Locker rooms will be available for restroom use and changing only. Maximum occupancy restrictions must be observed. No showering will be permitted.

**UNACCOMPANIED ATHLETES:** USAS 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 USAS 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 USAS 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 are prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- Individual/personal pop-up/tents will not be allowed.
- No propane heater is permitted except for snack bar/meet operations.
- Deck changes and parking lot 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 pool venue (pools, Athlete/Coach areas, spectator areas and open ceiling locker rooms) any time Athletes, Coaches, Officials and/or Spectators are present.
- No spectators will be permitted within the Soda Aquatic Center for the duration of the meet. Athletes should make arrangements to leave after warm-down from their final event of the session, as specified in the Safety Plan.

**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.
- Meet is **ONLY** open to **athletes registered with Orinda Aquatics**. Athletes who are unattached but participating with Orinda Aquatics are eligible to compete.
- There will be no proof-of-time requirement, however athletes may only enter events listed for their age-group.
- Entry times must be for a LCM course. Entries with “No Time” will not be accepted.
- All Athletes 18 & older must have completed the Athlete Protection Training to be allowed to compete.
- Disabled Athletes are welcome to attend the meet and should contact the Meet Director or Meet Referee regarding any special accommodations on the entry times and seeding per Pacific Swimming Policy.
- Athletes 19 years of age and over may compete in the meet.
- The Athlete’s age will be the age of the Athlete on the first day of the meet.

**ENTRY FEES:** \$60 per participating athlete.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/OAPB20210626> 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 Athlete 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 Saturday, **June 19, 2021** (unless meet reaches capacity prior to that date).

**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 entered using the current Pacific Swimming procedure and be postmarked by midnight, Wednesday, **June 16, 2021** or hand delivered by 12:00 p.m. (noon) Saturday, **June 19, 2021**. No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to:** Orinda Aquatics

**Mail or hand-deliver entry form with payment to:** Jane Healy, 15 Pimentel Court, Moraga, CA 94556

**CHECK-IN:** The meet will be pre-seeded. Athletes will report to the designated ready-area at their scheduled time for each event.

**SCRATCHES:** Any Athlete not reporting for or competing in an event will not be penalized.

**AWARDS:** None

**ADMISSION:** No spectators will be permitted within the Soda Aquatic Center for the duration of the meet due to capacity restrictions. Only participants listed on the Safety Plan will be admitted. Spectators may be able to observe athletes via livestream, using a link provided prior to the start of the meet.

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

**EVENT SUMMARY**

| Saturday, June 26, 2021 |            |            | Sunday, June 27, 2021 |            |            |
|-------------------------|------------|------------|-----------------------|------------|------------|
| 10 & under              | 11-12      | 13 & older | 10 & under            | 11-12      | 13 & older |
| 400 Free                | 400 Free   | 400 Free   | 200 Free              | 400 IM     | 400 IM     |
| 50 Back                 | 200 Back   | 200 Back   | 100 Fly               | 200 Free   | 200 Free   |
| 100 Breast              | 50 Back    | 100 Breast | 50 Free               | 100 Fly    | 100 Fly    |
| 50 Fly                  | 100 Breast | 200 Fly    | 50 Breast             | 50 Free    | 50 Free    |
| 100 Free                | 200 Fly    | 100 Free   | 100 Back              | 200 Breast | 200 Breast |
| 200 IM                  | 50 Fly     | 200 IM     |                       | 50 Breast  | 100 Back   |
|                         | 100 Free   | 800 Free   |                       | 100 Back   | 1500 Free  |
|                         | 200 IM     |            |                       | 1500 Free  |            |
|                         | 800 Free   |            |                       |            |            |

**ORDER OF EVENTS**

| Saturday, June 26, 2021 |            |         |
|-------------------------|------------|---------|
| EVENT #                 | EVENT      | EVENT # |
| 1                       | 400 Free   | 2       |
| 3                       | 200 Back   | 4       |
| 5                       | 50 Back    | 6       |
| 7                       | 100 Breast | 8       |
| 9                       | 200 Fly    | 10      |
| 11                      | 50 Fly     | 12      |
| 13                      | 100 Free   | 14      |
| 15                      | 200 IM     | 16      |
| 17                      | 800 Free   | 18      |

| Sunday, June 27, 2021 |            |         |
|-----------------------|------------|---------|
| EVENT #               | EVENT      | EVENT # |
| 19                    | 400 IM     | 20      |
| 21                    | 200 Free   | 22      |
| 23                    | 100 Fly    | 24      |
| 25                    | 50 Free    | 26      |
| 27                    | 200 Breast | 28      |
| 29                    | 50 Breast  | 30      |
| 31                    | 100 Back   | 32      |
| 33                    | 1500 Free  | 34      |

All events are timed finals.

Athletes may only enter events listed for their age group on the Events Summary table shown above.

Athletes in the 800 free and 1500 Free must provide their own timer and lap counter.

Events 5/6, 11/12, and 29/30 may be swum in mixed gender heats.

Events 17/18 and 33/34 will be swum fast to slow alternating women's and men's heats, though the Meet Ref may decide to swim some mixed-gender heats, if warranted by the timeline.

**Pacific Swimming – hosted by Orinda Aquatics  
OAPB Intra-squad LCM Meet  
June 26 & 27, 2021  
Consolidated Entry Form**

**NAME (Last, First, MI):**

LSC Code :PC

CLUB ABBR:

IF UNATT  
Team Abbrev:

CLUB NAME:

AGE

DATE OF BIRTH

AMOUNT PAID  
\$

**USA-S  
REG #**

SEX:

Boy

Girl

Age Group:

| EVENT # | PLEASE CIRCLE | DISTANCE/STROKE | ENTRY TIME |
|---------|---------------|-----------------|------------|
|         | SCY/LCM       |                 | : .        |
|         | SCY/LCM       |                 | : .        |
|         | SCY/LCM       |                 | : .        |
|         | SCY/LCM       |                 | : .        |
|         | SCY/LCM       |                 | : .        |
|         | SCY/LCM       |                 | : .        |
|         | SCY/LCM       |                 | : .        |
|         | SCY/LCM       |                 | : .        |
|         | SCY/LCM       |                 | : .        |
|         | SCY/LCM       |                 | : .        |
|         | SCY/LCM       |                 | : .        |

Participation Fee = **\$60:00**

Total Amount Due \_\_\_\_\_

Coach:

Athlete's  
Address

Contact Phone #

Contact Email:

**Checks payable to Orinda Aquatics**