

ORINDA AQUATICS  
PACIFIC SWIMMING SHORT COURSE SENIOR OPEN MEET  
JANUARY 22-23, 2022  
Enter online: <http://ome.swimconnection.com/pc/oapb20220122>



**ENTRIES WILL REMAIN OPEN UNTIL THE ESTIMATED TIMELINE (before the 1650) FOR EACH SESSION REACHES 5.5 HOURS.**

**Please expect the venue to be crowded, including on the pool deck and in participant set-up areas. Mask-wearing requirements during the meet will be subject to the facility's mandates in-place at the time of the meet – currently optional outdoors and mandatory indoors, including bathrooms/locker rooms. All participants and spectators should bring and wear a mask within the crowd, particularly if unvaccinated. Although the venue is outdoors, having many people in close proximity (including under pop-ups) brings with it an inherent risk of exposure to Covid-19.**

**No Friday night set-up allowed. Gates will open each morning at 7:00AM.**

**SANCTION:** Held under USA/Pacific Swimming Sanction Number: **22-013**

*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. By entering the meet, the athlete or his/her guardian consents to this publication.

**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.

<b>MEET PERSONNEL:</b>	<b>Meet Referee: Mary Ruddell</b>	<b>Head Starter: Charlie Gonzalez</b>
	<b>Head Marshal: Jonathan Levy</b>	<b>Admin Official: Supicha Castro</b>
	<b>Meet Director: Jane Healy - <a href="mailto:janehealy@msn.com">janehealy@msn.com</a></b>	

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

**DIRECTIONS:** **Highway 24 West**-take Central Lafayette Exit, turn right on Deer Hill Rd, Right on First St, Right on Mount Diablo Blvd, Left on Moraga Rd, and right on Campolindo Dr. **Highway 24 East**-take Orinda Exit, turn right on Moraga Way, left on Glorietta Blvd, right on Rheem Blvd, left on Moraga Rd, left on Campolindo Dr. Pool is located behind high school. Parking lot located on left. **Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed. No overnight/RV parking allowed.**

**COURSE:** Outdoor 25-Yard competition pool with up to 16 lanes equipped with touch pads and push-button back-up. A separate pool

may 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 begins at 9:00AM each day. The competition course will be open for warm-ups 7:30 – 8:45AM.

**RULES:**

- Current USA and Pacific Swimming rules, including Minor Athlete Abuse Prevention Policy (“MAAPP”) and warm-up procedures shall govern the meet. A copy of these procedures will be posted at the Clerk-of-Course. All Athletes age 18 and older must have completed the Athlete Protection Training to be allowed to compete.
- The local facility’s guidelines, restrictions, and interpretation of the local public health guidelines at the time of the meet, including mask-wearing and social-distancing, shall be followed at this 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 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 in the 500 free must provide their own lap counters. Athletes must provide timers and lap counters for the 1650 free.
- Athletes may compete in a maximum of 4 events per day.
- 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 deck officials must wear their USA Swimming membership cards in a visible manner.
- **ENTRIES WILL REMAIN OPEN UNTIL THE ESTIMATED TIMELINE (before the 1650) FOR EACH SESSION REACHES 5.5 HOURS.**

**UNACCOMPANIED ATHLETES:** Every USA Swimming member-athlete 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 member-coach 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:** Any athlete entered in this meet, unaccompanied by a USA Swimming member-coach, 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 consumption 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.
- **Marshals and signage will indicate areas designated for set-up. Participants who set-up in restricted areas of the pool deck, school campus, or within fire lanes will be required to re-locate.**
- All shelters must be properly secured.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is 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 venue (pools, athlete/coach area, spectator area and open ceiling locker rooms) any time athletes, coaches, official and/or spectators are present.
- Only athletes entered in the meet may use the competition or warm-down pool(s) at any time during the meet.
- No overnight parking is allowed. Facilities will not be available or accessible before or after meet hours.

**ELIGIBILITY:**

- Athletes must be current members of USA Swimming and enter their name and registration number on the meet entry card exactly as 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 13&over are eligible to enter this meet. There is no proof of time required. Entry times should be the athlete's actual short course time and not the minimum standard.
- Athletes 11&12 years must meet the Senior Open time standard as outlined by Pacific Swimming time verification procedures. No refunds will be given for times that cannot be proved.
- Athletes under the age of 11 are not eligible to compete.
- The Athlete's age will be the age of the Athlete on the first day of the meet.
- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations.
- Entries with "**NO TIME**" will be rejected.
- Entry times should be in yards, if available. If not available, times in Long Course Meters or Short Course Meters may be entered.

**SEEDING:** Event seeding will be in the following order: conforming short course yards (SCY), non-conforming long course meters (LCM), and non-conforming short course meters (SCM) - USA Swimming rules 207.11.7B.

**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 and will not be allowed to compete in that event.

**SCRATCH RULE:** Athletes entered in a timed final individual event that is seeded on the deck and who have checked in for that event, must swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim an event will result in being barred from their next individual event in which the athlete is entered that day or the next meet day, whichever occurs first.

**ENTRY FEES:** \$7.00 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 for mandatory scratch-downs.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/OAPB20220122> 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 **Wednesday, January 12<sup>th</sup>, 2022 (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 times. Entries must be entered using the current Pacific Swimming procedure and be postmarked by midnight, **Monday, January 10<sup>th</sup>, 2022**, or hand delivered by 6:30 p.m. **Wednesday, January 12<sup>th</sup>, 2022**. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed, stamped envelope.

**Make check payable to:** [Orinda Aquatics](#)

**Mail/Hand Deliver entries to:** [Jane Healy, 15 Pimentel Court, Moraga, CA 94556](#)

**AWARDS:** None.

**ADMISSION:** Free. Printed programs will be available for working Coaches and Officials only. Seedings and results may be posted on Meet Mobile.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition, if permitted by local mandates at the time of the meet. Coaches and working deck officials will be provided lunch.

## EVENTS

### WOMEN'S EVENTS

### MEN'S EVENTS

Senior Open Time Standards			Senior Open Time Standards		
SCY	LCM		SCY	LCM	

Saturday, January 22, 2022						
5:32.89	6:18.79	1	<b>400 IM (women)</b>			
			<b>500 Free (men)</b>	2	5:47.89	5:12.79
2:32.99	2:55.79	3	200 Back	4	2:20.69	2:41.39
1:10.69	1:19.99	5	100 Fly	6	1:03.89	1:12.69
2:19.99	2:39.49	7	<b>200 Free (women)</b>			
			<b>200 IM (men)</b>	8	2:23.29	2:45.49
29.99	34.29	9	50 Free	10	26.89	30.19
2:56.39	3:21.19	11	200 Breast	12	2:40.49	3:04.09
21:27.19	22:09.69	13	<b>1650 Free (women)</b>			

Sunday, January 23, 2022						
6:12.69	5:34.69	15	<b>500 Free (women)</b>			
			<b>400 IM (men)</b>	16	5:07.69	5:51.59
2:34.89	2:55.89	17	200 Fly	18	2:22.29	2:41.49
1:10.79	1:22.29	19	100 Back	20	1:04.69	1:15.49
2:36.79	3:00.29	21	<b>200 IM (women)</b>			
			<b>200 Free (men)</b>	22	2:08.39	2:27.89
1:04.99	1:14.09	23	100 Free	24	58.69	1:07.39
1:21.99	1:33.89	25	100 Breast	26	1:13.59	1:25.49
			<b>1650 Free (men)</b>	28	20:13.29	20:43.39

**Athletes in the 500 must provide their own lap counter.**  
**Athletes in the 1650 must provide own timer and lap counter.**  
**All events swim fastest to slowest.**

Athletes aged 11&12 must meet the Senior Open Time Standards.

<b>Orinda Aquatics Short Course Senior Open</b> <b>Co-sponsored by Pacific Swimming</b> <b>January 22 &amp; 23, 2022</b> <b>Consolidated Entry Form</b>													
<b>NAME (Last, First, MI):</b>													
LSC Code :PC													
CLUB ABBR:			IF UNATT Team Abbrev:				CLUB NAME:						
AGE			DATE OF BIRTH					AMOUNT PAID \$					
USA Swimming REG #													
SEX: Boy                      Girl							Age Group:						
<b>EVENT #</b>	<b>PLEASE CIRCLE</b>					<b>DISTANCE/STROKE</b>			<b>ENTRY TIME</b>				
	SCY/LCM								: .				
	SCY/LCM								: .				
	SCY/LCM								: .				
	SCY/LCM								: .				
	SCY/LCM								: .				
	SCY/LCM								: .				
	SCY/LCM								: .				
	SCY/LCM								: .				
	SCY/LCM								: .				
	SCY/LCM								: .				
# of events _____ x \$7.00= _____  Participation Fee =    + <b>\$8.00</b>  Total Amount Due _____													
Coach:													
Athlete's Address													
Contact Phone #													
Contact Email:													
<b>Checks payable to Orinda Aquatics</b>													