

**ALBANY ARMADA AQUATICS
PACIFIC SWIMMING SHORT COURSE INTRASQUAD MEET
May 21, 22 and 23, 2021**



Enter Online: This intrasquad meet is only open to members of Albany Armada Aquatics (AAA). Entries can only be made via Google Form. The Gold, Navy, and Juniors entry form can be found [here](#); Yellow entry form [here](#); RBG entry form [here](#); Blue entry form [here](#); Mini Blue 2 entry form [here](#). Forms must be filled out completely. Entries must be submitted by Saturday, May 15th, 2021, at 11:59 p.m.

SANCTION: Held under USA/Pacific Swimming Sanction No. **21-098**

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, webcasting, 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: David Benjamin **Head Starter:** Tom Cross
Meet Marshal: TBD **Admin Official:** Angela Cardenas
Meet Director: Helen Garcia, hgarcia@albanyarmada.com

LOCATION: Albany Aquatic Center, 1311 Portland Ave., Albany, CA, 94706

DIRECTIONS: From Highway 80, take Buchanan exit and head east. Make a left on San Pablo Ave. Make a right on Portland Ave. There is no parking lot at this site and parking in the surrounding neighborhood is very limited. Please be courteous to our neighbors and do not block driveways, park in red zones, or over designated parking markers. Parking tickets will be issued to violators.

COURSE: Outdoor 25 yard pool with up to 6 lanes available for competition. An additional 4 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 7'0" at the start end and 7'0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Friday Session 1 will begin at **4:30 PM** on May 21st, with warm-ups beginning at **3:45 PM**. The start time of Friday Session 2 will be determined after the meet is seeded.

Saturday Session 1 will begin at **4:45 PM** on May 22nd, with warm-ups beginning at **4:00 PM**. The start time of Saturday Session 2 will be determined after the meet is seeded.

Sunday Session 1 will begin at **8:00 AM** on May 23rd, with warm-ups beginning at **7:15 AM**. Start times for Sunday Sessions 2 & 3 will be determined after the meet is seeded.

- 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 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 in the Gold and Junior session may compete in a maximum of two events on Friday, two events and a relay on Saturday, and three events on Sunday. Athletes in the Navy and Yellow session may compete in a maximum of one event on Friday and two events and a relay on Saturday. Athletes in the Navy and RBG session may compete in a maximum of three events and a relay on Sunday. Athletes in the Blue and Mini Blue 2s session may compete in a maximum of two events and a relay on Sunday.
 - 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, OR exceeds the time established in the session.
 - 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.**
 - Only 3 athletes will be allowed in a warm-up lane, with at least one athlete starting at the opposite end.
 - This meet will be conducted in multiple sessions. Events and heats may be combined without regard to age, gender or stroke.

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.
 - COVID safety guidelines will be provided to all participants. The guidelines need to be followed at all times.

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 open only to qualified athletes registered with Albany Armada Aquatics. Athletes who are unattached but participating with **Albany Armada Aquatics** are eligible to compete.

- Entries with "**NO TIME**" will be **ACCEPTED**.

- Disabled Athletes 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.

- The Athlete's age will be the age of the Athlete on the first day of the meet.

ENTRY FEES: \$50 flat fee for Gold, Navy, and Juniors (3-day meet attendees); \$40 flat fee for Yellow (2-day meet attendees); \$30 for RBG, Blue, and Mini Blue 2 (1-day meet attendees). No refunds will be made, except mandatory scratch downs.

ENTRIES: Entries can only be made via Google Form. The Gold, Navy, and Juniors entry form can be found [here](#); Yellow entry form [here](#); RBG entry form [here](#); Blue entry form [here](#); Mini Blue 2 entry form [here](#). Forms must be filled out completely. Entries must be submitted by **Saturday, May 15th, 2021, at 11:59 PM**. No late entries will be accepted.

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the athlete staging area located on the west side ramp behind the starting blocks at their scheduled time for each event.

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

AWARDS: None.

ADMISSION: Free.

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

ORDER OF EVENTS

Friday, 5/21 Session 1: Gold & Juniors	
Event #	Event
Event 1	Gold & Juniors 1650/1000 Freestyle (combined)
Event 2	Gold 400 I.M.
Event 3	Juniors 400 I.M.

Friday, 5/21 Session 2: Navy & Yellow	
Event #	Event
Event 4	Navy 1650/1000 Freestyle (combined)
Event 5	Yellow 500 Freestyle
Event 6	Navy 400 I.M.
Event 7	Yellow 200 I.M.

Saturday, 5/22 Session 1: Gold & Juniors	
Event #	Event
Event 8	Gold & Juniors 400 M.R.
Event 9	Gold 100 Freestyle
Event 10	Juniors 100 Freestyle
Event 11	Gold 100 Butterfly
Event 12	Juniors 100 Butterfly
Event 13	Gold 100 Breaststroke
Event 14	Juniors 100 Breaststroke
Event 15	Gold 50 Freestyle
Event 16	Juniors 50 Freestyle
Event 17	Gold 100 Backstroke
Event 18	Juniors 100 Backstroke
Event 19	Gold & Juniors 400 Freestyle Relay

Saturday, 5/22 Session 2: Navy & Yellow	
Event #	Event
Event 20	Navy 100 Freestyle
Event 21	Yellow 200 Freestyle
Event 22	Navy 100 Butterfly
Event 23	Yellow 100 Butterfly/100 Freestyle (combined)
Event 24	Navy 100 Breaststroke
Event 25	Yellow 100 Breaststroke/100 Backstroke (combined)
Event 26	Navy 50 Freestyle
Event 27	Yellow 50 Freestyle
Event 28	Navy 100 Backstroke
Event 29	Yellow 200 Back/200 Breast (combined)
Event 30	Navy 400 Medley Relay
Event 31	Yellow 200 Medley Relay

Sunday, 5/23 Session 1: Gold & Juniors	
Event #	Event
Event 32	Gold 500 Freestyle
Event 33	Juniors 500 Freestyle
Event 34	Gold 200 I.M.
Event 35	Juniors 200 I.M.
Event 36	Gold 200 Butterfly
Event 37	Juniors 200 Butterfly
Event 38	Gold 200 Freestyle
Event 39	Juniors 200 Freestyle
Event 40	Gold 200 Breaststroke
Event 41	Juniors 200 Breaststroke
Event 42	Gold 200 Backstroke
Event 43	Juniors 200 Backstroke

Sunday, 5/23 Session 2: Navy & RBG	
Event #	Event
Event 44	RBG 200 Freestyle
Event 45	Navy 500 Freestyle
Event 46	RBG 200 I.M.
Event 47	Navy 200 I.M.
Event 48	RBG 100 Butterfly
Event 49	Navy 200 Butterfly
Event 50	RBG 100 Freestyle
Event 51	Navy 200 Freestyle
Event 52	RBG 200 Breaststroke/ 200 Backstroke (combined)
Event 53	Navy 200 Breaststroke
Event 54	RBG 100 Backstroke/100 Breaststroke (combined)
Event 55	Navy 200 Backstroke
Event 56	RBG 200 Medley Relay

Sunday, 5/23 Session 3: Blue & Mini Blue	
Event #	Event
Event 57	Blue 100 Freestyle
Event 58	Mini Blue 2 25 Freestyle
Event 59	Blue 100 I.M.
Event 60	Mini Blue 2 25 Butterfly
Event 61	Blue 50 Butterfly/50 Breaststroke (combined)
Event 62	Mini Blue 2 25 Breaststroke
Event 63	Blue 100 Backstroke/100 Breaststroke (combined)
Event 64	Mini Blue 2 50 Backstroke/50 Breaststroke
Event 65	Blue 50 Backstroke/50 Freestyle (combined)
Event 66	Mini Blue 2 50 Freestyle
Event 67	Blue 200 Medley Relay
Event 68	Mini Blue 2 100 Medley Relay