

**LIVERMORE AQUACOWBOYS  
PACIFIC SWIMMING SHORT COURSE INVITATIONAL MEET  
NOVEMBER 18, 2023  
Invited Clubs: LAC, SRVA, WCAB, AAA**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-144**

*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 children) 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 their 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 their designee.

**MEET PERSONNEL:**

<i>Meet Referee:</i> Christopher Lam	<i>Head Starter:</i> Mike Flegel
<i>Meet Marshall:</i> Alex Hamza	<i>Admin Official:</i> Mike Wagner
<i>Meet Director:</i> Darrell Szymanski ( <a href="mailto:lacmeetdirector@gmail.com">lacmeetdirector@gmail.com</a> )	

**LOCATION:** Robert Livermore Aquatics Center, 4448 Loyola Way, Livermore, CA 94550

**DIRECTIONS:** From **I-580**, take exit 54 for First Street/Springtown Blvd and follow signs for First St. Turn right onto First St and continue to follow First St. Turn left onto N Mines Rd. Turn right onto Loyola Way and the Parking Lot will be on the left (600 ft). **DO NOT PARK ON LOYOLA AVENUE IN FRONT OF APARTMENTS. YOU WILL BE TICKETED BY THE LIVERMORE P.D.**

**COURSE:** Outdoor 25-yard pool with up to 8 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 9 feet at the start end and 9 feet at the turn end. The meet host shall ensure required course dimensions.

**TIME:** Warm-up from 7:30 AM to 8:50 AM. Competition begins at 9:00 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.
- The local facilities guidelines, restrictions and interpretation of the local public 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.
- All events will swim fast to slow.
- Athletes may compete in a maximum of 4 events per day.
- All Athletes ages 12 and under should complete competition within four (4) hours.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- All athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.
- At the discretion of the Meet Referee, different events and genders may swim combined.
- **All Participants will follow the Facility Safety Guidelines which will be emailed to all Participants prior to the meet and which will be announced prior to the meet.**
- Lifeguards will be on duty at this meet.
- 1000 Free entries will be limited to the first 24 entries.

**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 their 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.
- Meet is open only to qualified athletes registered with **LAC, SRVA, AAA, or WCAB**. Athletes who are unattached but participating with **LAC, SRVA, AAA, or WCAB** are eligible to compete.
- Entries with "**NO TIME**" will be **ACCEPTED** except for the 500 FR, 1000 FR, and 400 IM.
- **For the 500 FR, 1000 FR, and 400 IM:** Entries shall include an official time or coach-verified entry time.
- 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 if they are attached to LAC, SRVA, AAA, or WCAB.
- The Athlete's age will be the age of the Athlete on the day of the meet.

**ENTRY FEES:** \$30 per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

**ENTRIES:** All entries shall be submitted to LAC Associate Head Coach Lisa White ([lisawhite608@gmail.com](mailto:lisawhite608@gmail.com)) by November 10, 2023.

**CHECK-IN:** The meet shall be pre-seeded.

**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.

**SCHEDULE OF EVENTS:**

#	EVENT
1	200 BK
2	50 BK
3	100 BK
4	25 BK
5	200 FL
6	50 FL
7	100 FL
8	25 FL
9	200 FR
10	50 FR
11	100 FR
12	25 FR
13	100 IM
14	200 BR
15	50 BR
16	100 BR
17	25 BR
18	500 FR
19	200 IM
20	400 IM
21	1000 FR