

**ORINDA AQUATICS
PACIFIC SWIMMING SHORT COURSE SENIOR INTRASQUAD MEET
MARCH 7, 2021**



SANCTION: Held under USA/Pacific Swimming Sanction No. **21-024**

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: Carol Cottam **Head Starter:** David Cottam
Meet Marshal: Laurel Purewal **Admin Official:** Supicha Castro
Meet Director: Jane Healy (janehealy@msn.com)

LOCATION: Clarke Memorial Swim Center, 1750 Heather Drive, Walnut Creek, CA 94598

DIRECTIONS: From Northbound Interstate 680 or Eastbound State Highway 24, take the Ygnacio Valley Road exit and turn right at the end of the exit onto Ygnacio Valley Road. Turn left onto N. San Carlos Drive. Turn left on Heather Drive. The Swim Center is on your right. From Southbound Interstate 680, take the Geary Road/Treat Blvd exit and turn left at the end of the exit onto North Main Street. Turn left onto Treat Blvd. Turn right onto Bancroft Road. Turn right onto Ygnacio Valley Road. Turn right onto N. San Carlos Drive. Turn left on Heather Drive. The Swim Center is on your right.

COURSE: OUTDOOR 25 YARD pool with up to 6 lanes available for competition with Colorado Timing System. An additional 12 lanes will be available for warm-up/warm-down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 4'-0" at the start end and 4'-0" at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

TIME: The meet will consist of up to three sessions, each with a limited number of athletes. Warm-ups for the first session will begin at 9:00a. Session assignments and warm-up times for subsequent sessions will be communicated to the athletes, once registration is complete. Each session will have up to 30 minutes for warm-ups and will offer the same set of events. A maximum of two (2) athletes will be permitted per warm-up lane, and they will start from opposite ends of the pool. Warm-up/warm-down lanes will be pre-assigned and communicated to the athletes in advance.

- 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 facility's 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.
 - Athletes may compete in up to **3** events.
 - Entries will be accepted until the maximum athlete count has been reached, based on pool use guidelines for on-deck capacity under COVID restrictions.
 - If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down.
 - The Meet Referee may combine genders and events within heats to address timeline limitations, if necessary.
 - 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 to them prior to the meet.
 - All participants within the swim facility must observe distancing guidelines and wear a face mask up to entering and upon exiting the water.
 - Restrooms are for restroom use only. No showers or changing area will be available.

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.
 - Personal pop-ups or other shelters are not permitted anywhere within the facility.
 - 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 (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.
 - Meet is open only to qualified athletes registered with **Orinda Aquatics**. Athletes who are unattached but participating with **Orinda 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.

- 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: \$40 per athlete. No refunds will be made, except mandatory scratch downs.

ENTRIES: Athletes will use a Google sign-up form to submit their event selections, which will be entered by the Orinda Aquatics coaching staff. Entries will be accepted through Monday, March 1, 2021, or until the meet closes due to having reached capacity under the swim facility guidelines.

SEEDING: The meet will be pre-seeded for each swim session. Heat and lane assignments will be communicated to the athletes prior to the meet.

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 Athletes not reporting for or competing in an individual timed final event that they have entered will not be penalized.

AWARDS: None.

ADMISSION: No spectators will be permitted within the Clarke Memorial Swim Center for the duration of the meet. Only listed participants will be admitted.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. There will be no Hospitality, and no food, drink, or swim gear will be available for purchase at the meet.

EVENTS OFFERED: Athletes will be assigned to a session and will know prior to registration the list and order of events for their session. No event will be offered more than once in a session. Each session will offer a combination of events from this table:

100 Free	100 Back	100 Fly	100 Breast	200 IM
200 Free	200 Back	200 Fly	200 Breast	400 IM
50 Free				
500 Free				

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