

**QUICKSILVER SWIMMING JULY INVITATIONAL
PACIFIC SWIMMING LONG COURSE MEET
Friday- Sunday, July 9-11, 2021**



SANCTION: Held under USA/Pacific Swimming Sanction No. **21-143**

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. **The results of this meet may be posted in real time on meet mobile.**

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: Mette Graversen	Head Starter: Karen Kikuta
Meet Marshal: Anne Vargas & Esther Guberman	Admin Official: Curtiss Kikuta
Meet Director: Mike Greymont – mgreymont@mhgcg.com (408) 891-2948	

EMAILS ONLY, calls after 6pm please if necessary

LOCATION: 622 Gaundabert Lane, San Jose, CA 95138

DIRECTIONS: From 85 or 87, take the Santa Teresa Blvd. exit and head west. Turn right onto Thornwood, right onto Winfield, right onto Chynoweth Ave. and right onto Gaundabert Lane. The pool is located in the back of the campus past the Football field.

COURSE: 50 meter pool with up to 9 lanes available for competition. An additional 8 lanes may 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 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 is broken down into 1 session on Friday and 2 sessions on Saturday and Sunday. All start times are estimates and any adjustments will be texted and/or emailed to the groups.

Friday	Saturday	Sunday
Session 1 – Warm-ups: 3:00pm- 4:00pm Meet: 4:00pm- 7:30pm	Session 2 – Warm-ups: 7:30- 8:45am Meet: 8:45am- 12:00pm	Session 4 – Warm-ups: 7:30- 8:45am Meet: 8:45am- 12:00pm
	Session 3 – Warm-up: 12:00- 1:00pm Meet: 1:00- 3:00pm	Session 5 – Warm-up: 12:00- 1:00pm Meet: 1:00- 3:00pm

- 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 may compete in 1 event on Friday and 3 events per day on Saturday/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 time line, per the “Four-Hour Rule”, based on the athletes age and gender or until the number of entries exceeds 500 athletes per session, whichever occurs first.
 - 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.
 - Athletes must be able to be on time and follow all protocols while at the facility. Failure to comply may result in being barred from the meet.

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 are 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.
 - Attendees will have access to the roundhouse bathrooms. Locker rooms and all other facilities will remain closed.
 - Only athletes, coaches and working officials may be on deck. The bleacher area may be open to parents/guardians.

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 will have priority entry for the following clubs: QSS, TIDE, PEAK until Thursday July 1st, at 11:59pm. The following clubs may enter after the priority: ALTO, PASA, SVCC, VS, MBSC
- Entries with "NO TIME" will be accepted with the exception of Friday 400 events. Those events must have a USA-S Motivational "B" time for the athlete's age group and gender, or a coach certified "B" Time. "NO TIME" will not be allowed for those events.
- 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: \$48 flat fee per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

ONLINE ENTRIES: Online entries will be accepted through Monday July 5th, 2021 11:59pm on FastSwims. To enter online, go to www.fastswims.com to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a processing fee for this service, 6.5% of the total Entry Fees plus \$0.75 per transaction, regardless of number of Athletes. 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 mailed entry. Entering online is a convenience, is completely voluntary, and is in no way required or expected of an Athlete by Pacific Swimming.

MAILED 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 postmarked by Friday, July 2nd, 2021. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope. Hand delivered entries will not be accepted.

Make check payable to: QuickSilver Swimming

Mail entries to: Michael Greymont – Meet Director
Quicksilver Swim Team
409 Tenant Ave STE 423
Morgan Hill, CA 95037

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.

EVENTS

**Friday, July 9th	
EVENT #	EVENT
1	11 & Over 400 IM
2	10 & Under 200 IM
3	11 & Over 400 Free

***Athletes must provide their own timers for Friday events.
Athletes may only compete in ONE (1) event for Friday
Athletes must have either a "B" time or a Coach Certified "B" time to compete for Friday***

Saturday, July 10th 11 & Over Session	
<i>13 & over athletes & 11-12 BB+ athletes</i>	
EVENT #	EVENT
4	OPEN 200 IM
5	11-12 50 Breast
6	OPEN 100 Fly
7	OPEN 100 Free
8	11- 12 50 Back
9	OPEN 200 Breast
10	13 & over 50 Free
Saturday, June 19 12 & Under Session	
EVENT #	EVENT
11	12 & under 100 Breast
12	12 & under 50 Back
13	12 & under 200 Free
14	12 & under 100 Fly
15	12 & under 50 Free

Sunday, July 11th 11 & Over Session	
<i>13 & over athletes & 11-12 BB+ athletes</i>	
EVENT #	EVENT
16	OPEN 200 Back
17	OPEN 100 Breast
18	11-12 50 Fly
19	OPEN 100 Back
20	11-12 50 Free
21	OPEN 200 Fly
22	OPEN 200 Free
Sunday, June 20 12 & Under Session	
EVENT #	EVENT
23	12 & under 200 IM
24	12 & under 100 Back
25	12 & under 50 Breast
26	12 & under 50 Fly
27	12 & under 100 Free

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

Pacific Swimming – Hosted by QSS
 QSS July Invite
 7/9 – 7/11/2021
 Consolidated Entry Form

Name: Last First Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
------------	-----------------	-----------

Age	Date of Birth	Sex M F	LSC – (PC, SN)
-----	---------------	--------------	----------------

USA-#															
-------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Event #	Distance / Stroke	Entry Time	Circle one
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

Total \$48

Coach

Athlete's Address

Home Phone

Cell Phone

Email