

2023 PACIFIC SWIMMING ADAM SZMIDT MEMORIAL  
SUMMER AGE GROUP CHAMPIONSHIPS  
Hosted by SAN BENITO AQUATICS  
JULY 7-9, 2023  
Enter Online: <http://ome.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-084**

*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:**

<b>Meet Referee:</b> Mike Piccardo	<b>Head Starter:</b> Mette Graversen
<b>Meet Marshal:</b> Jennifer Lee	<b>Admin Referee:</b> Sachi Itow
<b>Meet Director:</b> Michael Fujii – <a href="mailto:sanbenitoaquatics@gmail.com">sanbenitoaquatics@gmail.com</a>	

**LOCATION:** BALER AQUATIC CENTER, River Pkwy and San Benito St, HOLLISTER CA 95023

**DIRECTIONS:** **From South of Hollister:** Take 101 N to Hwy 156 East. Go right on Union Rd, go left at San Benito Street (first light). Pool is on left, about 1/2 mile. **From North of Hollister:** Take 101 S to Hwy 25 East. Go right on San Benito Street, go through town. Pool will be on your right after you pass Nash Road. It is recommended to use your favorite map app to get into Hollister, as accidents can cause delays on our 2 lane highways.

**COURSE:** OUTDOOR 50 METER pool with up to 8 lanes available for competition. An additional 8 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 6'7" at the shallow end and 12'6" at the deep 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 begin at 9:00am each day with warm-ups from 7:15-8:45am. The Finals sessions will begin no earlier than 4:00pm, but not less than one hour after the conclusion of preliminaries sessions OR immediately after the distance events (whichever is later). The facility/gate will open at 7:00am each day.

- 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 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 individual events are preliminaries and finals except the 800 and 1500 Freestyle events.
  - All preliminary events will swim fast to slow with the fastest three heats circle seeded.
  - Athletes may compete in a maximum of three (3) events per day and a maximum of seven (7) individual events for the entire meet, plus relays.
  - The 800 and 1500 Freestyle events are timed finals held at the conclusion of the last prelims event and before the start of the Finals sessions. All age groups will be combined for seeding and will run fast to slow (alternating heats of girls and boys if event is swum in a single course). Athletes shall provide their own timers and lap counters. Check-in for the 800 and 1500 Freestyle events will close at 11:00 am on the day they are to be swum.
  - Athletes can qualify for (seeded in this order) the 1500 Freestyle with a 1500 LCM, 1500 SCM, 1650 SCY, 800 LCM, 800 SCM or 1000 SCY time. Athletes can qualify for (seeded in this order) the 800 Freestyle with a 800 LCM, 800 SCM, 1000 SCY, 1500 LCM, 1500 SCM, or 1650 SCY time.
  - Athletes in the 400 Freestyle and 400 IM must provide their own timers during prelims.
  - Preliminary events will be swum as combined age groups (10 & U, 11-12 and 13-14).
  - Championship Finals only with the Top 8 athletes in 10 & U, 11, 12, 13 and 14-year-old age groups qualifying for each final.
  - 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.**
  - All officials should be LSC certified at Level 2 for their position to officiate at this meet. Level 1 Officials having the recommendations (in writing) to work their position by their Zone Official’s Chair may be accepted to officiate.
  - AED is available on the pool deck. Lifeguard and/or First Aid/CPR certified personnel will be available throughout the meet.

**RELAYS:** All relay events are timed finals and will be swum at the conclusion of the last finals event each day. All Filled Out Relay Cards are Due to Admin By 11:00 AM Each Day. Relays will be seeded fast to slow. Entries must be submitted by the entry deadline. Relay entries will not be accepted without an entry time. NO deck entered relays will be allowed. **Relay only athletes must be entered on a spreadsheet with the Athletes’ names, genders, birthdates, ages, and registration #s and emailed to [support@fastswims.com](mailto:support@fastswims.com).** All information must be included on the relay only entry list in order to be eligible to swim on relays. Clubs may enter a maximum of two (2) relays per event.

**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.
- No shelters (tents, ez-ups, etc) or chairs are allowed in the pool complex. ALL TEAM SETUPS WILL BE LIMITED TO OUTSIDE THE POOL COMPLEX
- No cell phone, computer or tablet use is allowed in any bathroom or changing room as per USA Swimming Safe Sport.
- No pets/animals allowed at the meet other than certified service animals.

**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 USA Swimming 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 Pacific Swimming Athletes.
- Athletes shall have met the PC Age Group Championship time standard in every event entered. Entries with "NO TIME" will be **REJECTED**.
- 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.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

**PROOF OF TIME:** Proof of time will be required for this meet per Pacific Swimming rule Section 4.C.2. All entry times will be verified against the USA Swimming SWIMS database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. If a time cannot be proven prior to the meet, the athlete shall not be allowed to check-in for the event until the entry time has been proven. When possible, the coaches shall be notified of the athletes who have not proven their entry time. **No refunds shall be given if a time cannot be proven. Athletes will be barred from competing in any event with non-verifiable entry time; no refunds will be given.** Qualifying times must be achieved prior to the stated entry deadline.

**ENTRY FEES:** \$8.00 per event plus a \$14.00 participation fee per Athlete; \$20 per relay. Relay only athletes are not required to pay the participation fee. All entry fees need to be included with entry. No refunds will be made, except mandatory scratch downs.

**ONLINE ENTRIES:** To enter online go to [www.fastswims.com](http://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 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, June 28, 2023**.

**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 time. Relay entry forms must be filled out separately. Entries must be postmarked by midnight, Monday, June 26, 2023, or hand delivered by 4:30 pm Wednesday, June 28, 2023. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed, stamped envelope.

**Make check payable to:** San Benito Aquatics

**Mail entries to:** San Benito Aquatics  
PO Box464  
Hollister CA, 95023

**SEEDING:** Event seeding shall be in the following order: LCM, SCM, SCY – USA Swimming rule 207.11.7B. See Rules for distance events seeding.

**CHECK-IN:** The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event will close more than 30 minutes before the scheduled start of the session. Close of check-in for remaining events will 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 in the event.

**SCRATCHES:** Pacific Swimming scratch rules shall be enforced. A copy shall be posted at the clerk-of-course.

- Athletes entered in a preliminary individual event in a Preliminaries and Finals meet that is deck seeded who have checked in for that event, shall compete 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 compete in an event shall result in being barred from their next preliminary individual event.
- Any athlete qualifying for finals in an individual event who does not wish to compete shall scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that they may not intend to compete in finals. In this case, they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event.
- Any athlete qualifying for finals in an individual event who fails to report to the blocks in said final race prior to calling the alternate shall be barred from the remainder of any final events for that day. Should the athlete have no additional final events for that day they will be barred from their next preliminary event.
- If the No-Show occurs on the last day that the athlete is entered in an individual final event in the meet, and no other individual event penalty is applicable, the athlete shall then be fined \$100.00. The fine will be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.
- Athletes entered in a timed final event that is Deck Seeded who have checked in for that event, shall compete 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 compete in an event shall result in being barred from their next preliminary individual event.

**AWARDS:** Medals will be given to athletes finishing in the Top 3 in individual events. Ribbons will be given to athletes finishing 4-8. Relays: medals will be awarded to the Top 3 relays in each event. High Point Awards will be given to the highest individual point scorer in each age group and gender (10 &U, 11, 12, 13, 14).

Athletes are responsible to pick up their awards at the completion of finals. No awards will be mailed.

**SCORING:** Individual Event Scoring (Top 8): 9 – 7 – 6 – 5 – 4 – 3 – 2 – 1  
Relay Event Scoring (Top 8): 18 – 14 – 12 – 10 – 8 – 6 – 4 – 2

**ADMISSION:** Free.

**OFFICIALS:** Briefing will occur one hour before the start of both Trials and Finals. Official's dress for Trials is white polo shirt/blouse, blue pants (shorts are OK), or a blue skirt/skort, and closed white athletic shoes. Finals is white polo shirts/blouse, blue long pants or skirts/skorts, and closed white athletic shoes. Shirts must be tucked-in. If it is raining, stay warm and dry. All officials must be LSC certified at Level 2 for their positions to officiate at this meet. Level 1 Officials having the recommendations (in writing) to work their positions by their Zone Official's Chair may be accepted to officiate.

**MISCELLANEOUS:** • No overnight parking is allowed. Facilities will not be provided after meet hours.  
• A snack bar vendor may be available during the meet.  
• Hospitality will be available for coaches and officials working the meet.

Order of Events											
FRIDAY – JULY 7, 2023				SATURDAY – JULY 8, 2023				SUNDAY – JULY 9, 2023			
GIRLS	AGE	EVENT	BOYS	GIRLS	AGE	EVENT	BOYS	GIRLS	AGE	EVENT	BOYS
1	14 13	200 IM	2	31	14 13	200 BREAST	32	67	14 13	200 BACK	68
3	12 11	200 IM	4	33	12 11	200 BREAST	34	69	12 11	200 BACK	70
5	10 UNDER	200 IM	6	35	10 UNDER	50 FLY	36	71	10 UNDER	50 BREAST	72
7	14 13	100 BACK	8	37	12 11	50 FLY	38	73	12 11	50 BREAST	74
9	12 11	100 BACK	10	39	14 13	200 FREE	40	75	14 13	100 FLY	76
11	10 UNDER	100 BACK	12	41	12 11	200 FREE	42	77	12 11	100 FLY	78
13	14 13	50 FREE	14	43	10 UNDER	200 FREE	44	79	10 UNDER	100 FLY	80
15	12 11	50 FREE	16	45	14 13	200 FLY	46	81	14 13	100 BREAST	82
17	10 UNDER	50 FREE	18	47	12 11	200 FLY	48	83	12 11	100 BREAST	84
19	14 13	400 FREE	20	49	10 UNDER	50 BACK	50	85	10 UNDER	100 BREAST	86
21	12 11	400 FREE	22	51	12 11	50 BACK	52	87	14 13	400 IM	88
23	10 UNDER	400 FREE	24	53	14 13	100 FREE	54	89	12 11	400 IM	90
				55	12 11	100 FREE	56	91	13-14 11-12	1500 FREE	92
				57	10 UNDER	100 FREE	58				
				59	13-14 11-12	800 FREE	60				
FINALS -- RELAYS				FINALS -- RELAYS				FINALS -- RELAYS			
25	13-14	200 FREE	26	61	13-14	200 MEDLEY	62	93	13-14	400 FREE	94
27	11-12	200 FREE	28	63	11-12	200 MEDLEY	64	95	11-12	400 FREE	96
29	10 & UNDER	200 FREE	30	65	10 & UNDER	200 MEDLEY	66				

\*400 Free and 400 IM Athletes will provide their own timers.

\*\*800 and 1500 Free events will swim after the conclusion of the last preliminary event and before the start of the finals sessions.

Athletes in these events will provide their own timers and lap counters.

\*\*\*All Relay Events will be held at the conclusion of Finals sessions, fast to slow.

Events will be swum as combined age groups (10 & U, 11-12, 13-14) in preliminaries and separated into single ages for finals (10&U, 11, 12, 13, 14).

Time standards are located on the Pacific Swimming website: [www.pacswim.org/swim-meet-times/standards](http://www.pacswim.org/swim-meet-times/standards)

Pacific Swimming – Hosted by San Benito Aquatics  
Adam Szmidt Memorial Summer Age Group Championships  
July 7-9, 2023  
Consolidated Entry Form

Name: Last                      First                      Middle

LSC	Club Code	Club Name
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Age	Date of Birth	USA Swimming Registration Number	Gender	M	F
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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 number of entries \_\_\_\_\_ x \$8.00 = \$ \_\_\_\_\_

Participation Fee \$ 14.00

TOTAL DUE \$ \_\_\_\_\_

Coach

Athlete Address

Phone	Email
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**Relay Entry Form**

Club Name	LSC	Club Code

**200 Free Relay – Friday, July 7, 2023**

AGE GROUP	GENDER	EVENT #	EVENT NAME	A TEAM	B TEAM

**200 Medley Relay – Saturday, July 8, 2023**

AGE GROUP	GENDER	EVENT #	EVENT NAME	A TEAM	B TEAM

**400 Free Relay – Sunday, July 9 2023**

AGE GROUP	GENDER	EVENT #	EVENT NAME	A TEAM	B TEAM

**RELAY ONLY ATHLETES**

CLUB NAME		LSC		CLUB ABBREVIATION																				
AGE	NAME (LAST, FIRST, MI)	GENDER	USA-S REGISTRATION NUMBER																					
		M F																						
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PLEASE PRINT CLEARLY AND FILL OUT COMPLETELY.

Entry times must meet the PC Age Group Championship time standards in each event