

COAST VALLEY AQUATICS LEAGUE
CLOSED SHORT COURSE CHAMPIONSHIP
PACIFIC SWIMMING TIMED FINALS & T/F MEET
AUGUST 7-8, 2021
Enter Online go to: www.fastswims.com



PARTICIPATING CLUBS: ACSC, CRUZ, MBSC, SBA, SEA

SANCTION: Held under USA/Pacific Swimming Sanction No. **21-166**

*In granting this sanction it is understood and agreed that **USA Swimming** and **Hartnell Community College**, shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.*

*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 HARTNELL COMMUNITY COLLEGE, 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, of 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 the Internet.**

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:* Bret Shaug *Head Starter:* Elizabeth Kevelin
 Meet Marshal: Peter Hall *Admin Official:* Debi Fujii
 Meet Director: Ken Fittro backstrider@aol.com

LOCATION: Hartnell Community College Pool, 498 West Alisal, Salinas, CA 93901

DIRECTIONS: FROM US-101 SOUTH: Take the MAIN ST exit toward SALINAS. Stay STRAIGHT to go onto N MAIN ST/CA-183 S. N MAIN ST/CA- 183 S becomes SALINAS ST. Turn RIGHT onto W ALISAL ST. Pool will be on your right. FROM US-101 NORTH: Take the JOHN ST exit. Turn LEFT onto JOHN ST. Turn RIGHT onto MONTEREY ST. Turn LEFT onto E ALISAL ST. Pool will be on your right. Limited parking in the pool parking lot, first come first served. There is also parking on the street, on Alisal and on Homestead and in Parking garage at the back of the College off of Central Avenue, there is a fee required for use of the parking garage. Many other college parking areas may require a daily fee.

COURSE: Up to Eight (8) 25-yard lanes of competition are available, with separate 25-yard lanes provided for warm-up and warm-down each day. Eight lanes will be seeded for Finals and Consolation Finals. Colorado Timing System will be used. The minimum water depth, measured in accordance with Article 103.2.3, is 14' at the start end and 6' 6" 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: Officials and Coaches meeting will be conducted prior to each day's meet start time.

Meet shall begin at 9:00 AM each day with warm-ups from 7:30 to 8:50 AM each day. Designated warm-up lane for 8 and under athletes will be available upon request.

Finals: Start time and warm-up times will be determined by the Meet Referee and announced each day as early as possible.

	WARM-UP	MEET BEGINS
SATURDAY/SUNDAY	7:30 AM	9:00 AM

- RULES:**
- Current USA and Pacific Swimming, and CVAL by-laws will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk-of-Course.
 - **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.
 - Athletes may compete in a maximum of six (6) individual events. Athletes may compete in a maximum of (3) individual events and on (1) relay event per day. **“Due to world events which have effectively interrupted the normal flow of our summer league events, the League Head Coaches have agreed to waive the requirement for athletes to participate in a League Swim Meet event prior to participating in the Championship Meet. This waiver is in effect for summer Championship Meet, 2021”.**
 - All 6/UN events, All 8/UN events, and All relay events will be timed finals. All other events will be conducted with preliminary heats and finals, with the “A” Championship Final followed by the “B” Consolation Final
 - A club may have an unlimited number of entries per individual event. A club may have only one scoring relay per relay event #.
 - The 9/10, 8/UN, and 6/UN relays are **the last events of the preliminary sessions** on Saturday and Sunday.
 - For FINALS the 15-18 Age group will split into 15/16 and 17/18 for all events except for the 15/18 relays.
 - All FINALS on Saturday and Sunday will begin no sooner than 1 hour after the completion of the last preliminary Heat.
 - A lane vacated in a final heat due to a scratch or no-show shall be filled by the next fastest athlete from the consolation heat and the vacated consolation lane will be filled by the first alternate athlete without reseeding the lanes. Pacific Swimming Scratch Procedures will be in effect for this meet. A copy will be at the Scratch Desk.
 - All events will be seeded and swum fastest to slowest. The fastest three heats will be circle seeded in all events except events listed as timed finals.
 - **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner at all times while on deck.**
 - All participants will follow the Facility Safety Guidelines which will be emailed to all Teams prior to the meet and which will be announced prior to the meet
 - **AT THE END OF THE MORNING SESSION ON SATURDAY THERE WILL BE AN OPEN 200 BUTTERFLY OFFERED. THIS EVENT WAS BY SPECIAL REQUEST AND APPROVED BY ALL 5 HEAD COACHES OF THE LEAGUE. THIS IS NOT A SCORING EVENT AND COUNTS TOWARD THE DAILY AND TOTAL EVENT LIMITATIONS. DO NOT ENTER THIS EVENT WITHOUT PERMISSION FROM YOUR HEAD COACH.**

UNACCOMPANIED ATHLETES: Any USA-S 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-S 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-S 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-S Club Member-Coach.

RACING STARTS: Athletes must be certified by a USA-S 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.

- Please read the facility guidelines and safety protocols
- 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-S 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.

- This meet is only open to qualified athletes, belonging to a CVAL club (Aptos-Cabrillo Swim Club (ACSC), Santa Cruz Aquatics (CRUZ); Monterey Bay Swim Club (MBSC), San Benito Aquatics (SBA), and Seaside Aquatic Club (SEA)).
- Registered USA Swimming Athletes participating on other USA Swimming clubs may participate on a CVAL club if they have declared themselves unattached prior to their first CVAL Meet, have swum exclusively at their CVAL team practices and meets during the regular league season, and meet any other requirements placed upon USA Swimming Athletes participating in CVAL events.
- **Athletes 19 years of age and over may swim preliminary events only and will not score points.**
- Individual Entries with "NO TIME" will be ACCEPTED. Relays must have an entry time.
- Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- 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: \$5.50 per individual event plus an \$8.00 participation fee per athlete. Relay entries are \$16.00 Fees must be included with entries. RELAYS WILL BE PAID FOR BY CREDIT CARD IN FASTSWIMS.COM. NO REFUNDS will be made, **except as noted in the mandatory scratch downs.**

ONLINE ENTRIES: 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, equal to 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. Online entries will be accepted through **Sunday, August 1st, 2021.**

RELAYS can **ONLY** be entered Online through www.fastswims.com

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. Entered times must be submitted in yards. "No Time entries" will be accepted. Mailed Entries must be postmarked by midnight, **Wednesday, July 28th, 2021** or hand delivered to the Meet Directors Address below by 6:30 p.m. **Friday, July 30th, 2021.** No late entries will be accepted. Requests for confirmation of receipt of mailed entries should include a self-addressed stamped envelope.

RELAY ENTRIES: All relays are timed finals. **RELAY ENTRIES MUST BE ENTERED ONLINE by, Sunday, August 1st, 2021.** COACHES MUST COMPLETE THEIR RELAYS ONLINE with FASTSWIMS entry form. RELAYS WILL BE PAID FOR BY CREDIT CARD IN FASTSWIMS.COM No deck entered relay teams will be accepted. No deck entered relay athletes will be accepted. Relay athletes must swim in their respective age groups.

Make check payable to: CVAL

Mailed entries sent to: Ken Fittro: 1513 Hilby Avenue Seaside, CA 93955

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event.

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

- Any athletes not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized.
- Athletes entered in a preliminary individual event in a Trials and Finals meet that is seeded on the deck that have checked in for that event, must swim 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 swim in an event will result in being barred from their next preliminary individual event.
- Any athlete qualifying for any level of finals in an individual event who does not wish to compete must scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that may not intend

to compete in consolation finals or finals. In this case, they must declare their final intention within 30 minutes after the announcement of qualifiers following their individual preliminary event.

- Any athlete qualifying for a consolation final or final race in an individual event who fails to show up in said consolation final or 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.

AWARDS: CVAL RIBBONS: 1st- 16th place in individual events and 1st-5th in relay events. Special Awards: High Point GIRL and BOY in each age group. Team Trophies: 1st-5th place.

SCORING: Individual to 16 places: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

Relay events to 5 places: 40, 34, 32, 30, 28

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar MAY BE available throughout the competition. Working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers. **Picnic areas are available outside of the facility. Small personal-sized coolers with healthy swimmer snacks, not to exceed 12 inches in one dimension, are allowed inside the facility.**

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

EVENT SUMMARY

	6/UN	8/UN	9/10	11/12	13/14	15/18
SATURDAY August 7, 2021	100 IM 50 FREE 25 BACK	100 IM 50 FREE 25 BACK	100 IM 50 FREE 50 BACK	200 IM 100 FREE 50 BACK 50 FLY	100 FLY 200 FREE 100 BREAST 50 FREE	100 FLY 200 FREE 100 BREAST 50 FREE
SATURDAY RELAYS	100 MIXED MEDLEY RELAY	100 MEDLEY RELAY	200 MEDLEY RELAY	200 MEDLEY RELAY	200 MEDLEY RELAY	200 MEDLEY RELAY
					OPEN 200 BUTTERFLY	
SUNDAY August 8, 2021	25 FREE 25 BREAST 25 FLY	25 FREE 25 BREAST 25 FLY	100 FREE 50 BREAST 50 FLY	200 FREE 50 BREAST 50 FREE 100 IM	100 FREE 200IM 100 BACK	100 FREE 200IM 100 BACK
SUNDAY RELAYS	100 MIXED FREE RELAY	100 FREE RELAY	200 FREE RELAY	200 FREE RELAY	200 FREE RELAY	200 FREE RELAY

THERE WILL BE A FUN COACHES' RELAY AT THE END OF THE SATURDAY RELAYS, BEFORE THE 200 BUTTERFLY

COAST VALLEY AQUATICS LEAGUE
 CLOSED SHORT COURSE MEET
 AUGUST 7-8, 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

of entries _____ x \$5.50 = \$ _____
 Participation Fee \$ 8.00
 Total \$ _____

Coach

Athlete's
Address

Home Phone	Cell Phone
------------	------------

Email

CLUB RELAY ENTRIES

RELAYS: ENTRIES MUST BE ENTERED ONLINE by, MIDNIGHT, Monday, July 26, 2021. Enter the entry time in the appropriate time field of the online relay entry form for each relay team.

Relay Entry cards confirming the relay entries for the entire meet will be ready for pick up by each CVAL club on the first day of the meet. Relay scratches or time changes are accomplished by returning the Relay Entry cards to the Clerk of Course by the ANNOUNCED time each day having relay events. When there are no scratches or time changes, there is no need to turn in the Relay Entry card. **Refunds will be made to the club for any relay entries scratched prior to the deadline that entry cards are due back to the Clerk of the Course for that day of the relay event.**

Relay Event cards containing the heat and lane assignments and all the eligible athletes for the relay for all 10 and under relays will be ready for pick up one hour before the estimated start of the Relay for that day. Relay Event cards containing the heat and lane assignments and all the eligible athletes for the relay for all 11 and-over relays will be ready for pick up before the start of finals each day. **The order of the athletes must be listed on the Relay Event card prior to the start of the heat.**

No deck entered relay teams will be accepted. No deck entered relay athletes will be accepted.

Any athlete who is not entered in an individual event or is unattached is not eligible to participate in a relay.

COACHES MAY USE THE FOLLOWING RELAY ENTRY CARD FOR THEIR OWN NOTE-TAKING.

RELAYS MUST BE ENTERED ONLINE:

TEAM RELAY ENTRY FORM <u>ROUGH DRAFT</u>				
CLUB NAME:			CLUB ABBREVIATION:	
SATURDAY Relay Event			SUNDAY Relay Event	
Entry Time			Entry Time	
41	6/un 100 Mixed Medley Relay		85	6/un 100 Mixed Free Relay
43	8/un 100 Girls Medley Relay		87	8/un 100 Girls Free Relay
44	8/un 100 Boys Medley Relay		88	8/un 100 Boys Free Relay
45	9/10 200 Girls Medley Relay		89	9/10 200 Girls Free Relay
46	9/10 200 Boys Medley Relay		90	9/10 200 Boys Free Relay
47	11/12 200 Girls Medley Relay		91	11/12 200 Girls Free Relay
48	11/12200 Boys Medley Relay		92	11/12 200 Boys Free Relay
49	13/14200 Girls Medley Relay		93	13/14 200 Girls Free Relay
50	13/14 200 Boys Medley Relay		94	13/14 200 Boys Free Relay
51	15/18 400 Girls Medley Relay		95	15/18 400 Girls Free Relay
52	15/18 400 Boys Medley Relay		96	15/18 400 Boys Free Relay
Number of Relay Entries:			X \$16.00 =\$ _____ .00	
<u>RELAYS MUST HAVE AN ENTRY TIME.</u>				