

**QSS & TIDE**  
**PACIFIC SWIMMING SHORT COURSE MEET**  
**MARCH 13, 2021**  
Enter Online: <http://www.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **21-031**

*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:**

<b>Meet Referee:</b> Karyn Kikuta	<b>Head Starter:</b> John Hannigan
<b>Meet Marshal:</b> Zach Snyder	<b>Admin Official:</b> Curtiss Kikuta
<b>Meet Director:</b> Carrie Ann Mox	

**LOCATION:** Gunderson High School. 622 Gaundabert Lane, San Jose, CA 95136

**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:** 25 yard short course pool with up to 9 lanes available for competition. An additional 16 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 7'-0" at the start end and 4'-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:**

Saturday March, 13 2021	Session 1	Meet will begin at 8:45 am. Warm up will run from 8:00-8:40 am.
	Session 2	Meet will begin at 11:20 am. Warm Up will run 10:30-11:15 am.
	Session 3	Meet will begin at 2:25 pm. Warm Up will run from 1:45- 2:20 pm.

A maximum of two (2) athletes shall be permitted per warm-up lane.

- 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.
  - 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 4 events per day.
  - 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 when the number of entered athletes meets maximum facility capacity as determined by local health restrictions.
  - 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.
  - The local facilities guidelines, restrictions, and interpretation of the local public health guidelines shall be followed at the meet.

**ATTENTION HIGH SCHOOL ATHLETES:** If you are a high school athlete in season, you need to be Unattached from this meet. It is the athlete’s responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**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.
  - QSS Athlete Set up will be in the parking lot at the scoreboard side of the pool. TIDE will set up in the concrete bleachers at the Turn Side of the pool.
  - "No parents or spectators are permitted on campus outside of drop off and pick-up times. No congregating at the gates or use of facilities including restrooms is permitted to those not entered in the session or actively working. All Santa Clara County directives will be followed throughout the event. Any parents or spectators who cannot follow the guidelines may cause removal of their athlete from the meet and be asked to leave the facility."

**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 **TIDE & QSS**.
- 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.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

**ENTRY FEES:** \$40 flat fee per athlete.

**ONLINE ENTRIES:** Entering online is a convenience, is completely voluntary, and is in no way required or expected of an Athlete by Pacific Swimming. To enter online go to <http://www.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. Fast Swims processing fee for this service, 6.5% of 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 March 5<sup>th</sup> at 11:59pm.**

**MAILED OR HAND DELIVERED ENTRIES:**

**Make check payable to:** Quicksilver Swimming

**Mail entries to:** Quicksilver Swimming PO Box 36205 San Jose, CA 95158

**Hand deliver entries to:** Quicksilver Swimming 6382 Menlo Dr. San Jose, CA 95120

**CHECK-IN:** The meet shall be pre-seeded. Athletes shall report to the bull-pen 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 shall not be penalized.

**AWARDS:** None.

**ADMISSION:** Free.

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

## ORDER OF EVENTS

### Session 1

1	Mixed	Open	200 IM
2	Mixed	Open	50 Free
3	Mixed	Open	400 IM
4	Mixed	Open	100 Fly
5	Mixed	Open	200 Free
6	Mixed	Open	100 Breast
7	Mixed	Open	100 Back
8	Mixed	Open	200 Fly
9	Mixed	Open	100 free
10	Mixed	Open	200 Breast
11	Mixed	Open	200 Back
12	Mixed	Open	1000 Free

### Session 2

13	Mixed	Open	200 IM
14	Mixed	Open	50 Free
15	Mixed	Open	400 IM
16	Mixed	Open	100 Fly
17	Mixed	Open	200 Free
18	Mixed	Open	100 Breast
19	Mixed	Open	100 Back
20	Mixed	Open	200 Fly
21	Mixed	Open	100 free
22	Mixed	Open	200 Breast
23	Mixed	Open	200 Back
24	Mixed	Open	1000 Free

### Session 3

25	Mixed	Open	200 IM
26	Mixed	Open	50 Free
27	Mixed	Open	400 IM
28	Mixed	Open	100 Fly
29	Mixed	Open	200 Free
30	Mixed	Open	100 Breast
31	Mixed	Open	100 Back
32	Mixed	Open	200 Fly
33	Mixed	Open	100 free
34	Mixed	Open	200 Breast
35	Mixed	Open	200 Back
36	Mixed	Open	1000 Free

Pacific Swimming – QSS & TIDE Meet March 13, 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				
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<b>FLAT FEE                      \$ 40.00</b>													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													