

PACIFIC SWIMMING 14 & UNDER LCM JUNIOR OLYMPICS

HOSTED BY San Benito Aquatics

JULY 8-10, 2022

Enter Online: www.fastswims.com



SANCTION: Held under USA/Pacific Swimming Sanction No. **22-078**

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 the Internet 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: Mike Piccardo	Head Starter: Mike Davis
Meet Marshal: Jennifer Lee	Admin Official: Ross Wilper
Meet Director: Michael Fujii	sanbenitoaquatics@gmail.com

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 ½ 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. There shall be 2 courses using chase starts. 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: Prelims will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. Finals will tentatively begin at 4:00 PM each day. Finals warm-ups will begin 1 hour before the start of finals.

RULES:

- Current USA and Pacific Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), 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 individual events are preliminaries and finals, except the 800 Freestyle and the 1500 Freestyle.
- All preliminary events shall swim fast to slow with the first three heats circle seeded.
- Athletes may compete in a maximum of three (3) events per day and a maximum of seven (7) individual events, plus relays for the entire meet.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds shall be made for any mandatory scratches.
- All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.
- Prelims will be swum as combined age groups 10&U, 11-12 & 13-14 in preliminary heats.
- Championship Finals Only with the top 8 athletes in 10&U, 11's, 12's, 13's and 14 year olds qualifying for each final.
- If local health conditions allow, locker rooms will be available for athletes only. Additional restrooms are available for nonathletes, Coaches, and Officials.

DISTANCE RULES: • The 800 Freestyle and 1500 Freestyle events are timed finals and shall swim after the conclusion of the last prelims event and before the start of the Finals session. All age groups will be combined and shall be seeded fast to slow. Athletes in these events shall provide their own timers and lap counters.

- Athletes can qualify for the 1500 Freestyle with a 800 meter/1000 yard qualifying times. Athletes can qualify for the 800 Freestyle with a 1500 meter/1650 yard qualifying time. The 1500 Freestyle will be seeded in the following order: 1500 LCM, 1500 SCM, 1650 SCY, 800 LCM, 800 SCM, 1000 SCY. The 800 Freestyle will be seeded in the following order: 800 LCM, 800 SCM, 1000 SCY, 1500 LCM, 1500 SCM, 1650 SCY.
- Athletes shall provide their own timers and lap counters for the 800 and 1500 Freestyle.

BONUS EVENTS: Qualified athletes age 12 and younger may enter up to two (2) bonus events (not exceeding 7 total events for the meet); bonus events are limited to events 200 meters and shorter. There are no minimum time standards for bonus entries. No Time entries will not be accepted. Athletes age 13 and older are not eligible to enter bonus events.

RELAYS: All relay events are timed finals and will be swum at the conclusion of the last finals event 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 the relay only entry list prior to the meet (either online via <http://www.fastswims.com> or via e-mail to sanbenitoaquatics@gmail.com) 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 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.
- Athlete entry is from the West Gate of the pool located on the diving board end of the pool.

- No athlete canopy set up on the pool deck.
- No athlete set up prior to Noon beginning Thursday, July 7.

ELIGIBILITY: • Athletes shall be current members of USA Swimming and shall enter their name and registration number on their entries exactly as they are shown in their USA Swimming Registration. 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 to Pacific Swimming Athletes only.
- Athletes shall have met the "JO" time standard in every event entered. (**EXCEPTION – 12 & U BONUS ENTRIES**) Entries with "NO TIME" shall 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 shall be the age of the athlete on the first day of the meet.

ENTRY FEES: \$8.00 per event plus a \$14.00 LCM participation fee per Athlete. \$20.00 per Relay Entry. Relay only athletes are not required to pay the participation fee. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except 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, 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 29, 2022**.

MAILED ENTRIES: Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with athlete's best time. Entries shall be postmarked by midnight, Monday, **June 27, 2022**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: San Benito Aquatics

Mail entries to: San Benito Aquatics
Attn: Meet Director
PO Box 464
Hollister, CA 95023

SEEDING: Event seeding shall be in the following order: conforming long course meters, non-conforming short course meters, and non-conforming short course yards - USA Swimming rules 207.11.7B. See Rules for distance events seeding.

CHECK-IN: The meet shall be deck seeded. Athletes shall check-in at the Clerk of Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for all events shall 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 allowed to compete in the event.

DISTANCE CHECK IN: Check in for the 800 Freestyle and the 1500 Freestyle shall close at 11:00 am on the day of 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 individual event.

AWARDS: ALL AWARDS SHALL BE PICKED UP AT THE MEET. Each club is asked to designate a club representative to claim awards. NO AWARDS SHALL BE MAILED. Individual Events: Medals 1st – 3rd place, Ribbons 4th-8th Place; Relays: Ribbons 1st – 3rd place; Individual High Point: Distinctive plaques for individual high point awards for each age (10 & Under, 11, 12, 13 and 14) and gender.

SCORING:

Place	1st	2nd	3rd	4th	5th	6th	7 th	8th
Individual Events	9	7	6	5	4	3	2	1
Relays	18	14	12	10	8	6	4	2

ADMISSION: Free. A 3-day meet program will be available for a fee.

SNACK BAR: A snack bar will be available during the meet.

HOSPITALITY: Lunch and limited hospitality will be available to all working officials and coaches.

ORDER OF EVENTS

Friday, July 8

Girls #	Age	Distance	Stroke	Boys #
1	14	200 IM		2
	13			
3	12	200 IM		4
	11			
5	10 & U	200 IM		6
7	14	100 Back		8
	13			
9	12	100 Back		10
	11			
11	10 & U	100 Back		12
13	14	50 Free		14
	13			
15	12	50 Free		16
	11			
17	10 & U	50 Free		18
19	14	400 Free		20
	13			
21	12	400 Free		22
	11			
23	10 & U	400 Free		24

Finals

25	13-14	200	Free Relay	26
27	11-12	200	Free Relay	28
29	10 & U	200	Free Relay	30

Saturday, July 9

Girls #	Age	Distance	Stroke	Boys #
31	14	200 Breast		32
	13			
33	12	200 Breast		34
	11			
35	10 & U	50 Fly		36
37	12	50 Fly		38
	11			
39	14	200 Free		40
	13			
41	12	200 Free		42
	11			
43	10 & U	200 Free		44
45	14	200 Fly		46
	13			
47	12	200 Fly		48
	11			
49	10 & U	50 Back		50
51	12	50 Back		52
	11			
53	14	100 Free		54
	13			
55	12	100 Free		56
	11			
57	10 & U	100 Free		58
59	13-14	800 Free		60
	11-12			

Finals

61	13-14	200	Medley Relay	62
63	11-12	200	Medley Relay	64
65	10 & U	200	Medley Relay	66

800 & 1500 Freestyle events shall swim after the conclusion of the last trial event and before the start of the finals session each day. Athletes in these events shall provide their own timers and lap counters.

Sunday, July 10

Girls #	Age	Distance	Stroke	Boys #
67	14	200 Back		68
	13			
69	12	200 Back		70
	11			
71	10 & U	50 Breast		72
73	12	50 Breast		74
	11			
75	14	100 Fly		76
	13			
77	12	100 Fly		78
	11			
79	10 & U	100 Fly		80
81	14	100 Breast		82
	13			
83	12	100 Breast		84
	11			
85	10 & U	100 Breast		86
87	14	400 IM		88
	13			
89	12	400 IM		90
	11			
91	13-14 11-12	1500 Free		92

Finals:

93	13-14	400	Free Relay	94
95	11-12	400	Free Relay	96

800 & 1500 Freestyle events shall swim after the conclusion of the last trial event and before the start of the finals session each day. Athletes in these events shall provide their own timers and lap counters.

Time standards are located on the PC website:

<https://www.pacswim.org/userfiles/cms/documents/1233/jo-time-std.---lcm-2021-22.pdf>

**RELAY ENTRY
FORM**

CLUB				LSC		CLUB ABBREVIATION		
Friday, July 8, 2022								
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM	
Saturday, July 9, 2022								
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM	
Sunday, July 10, 2022								
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM	
COACH NAME					# RELAYS			
					RELAY x \$20.00 EA.			
COACH EMAIL					TOTAL		\$	

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To be accepted, all entry information must be filled out. Please print!

Last Name			First Name		Init.
LSC	Club Abbr.	Club Name			
Age	Age Group	USA Swimming Registration Number		Gender M F	Date of Birth
Event Number	Qualifying Entry Time	(LCM /SCY)	Distance/Stroke		
Athlete's Address:		Total Entries _____ x \$8.00 <i>US Dollars</i>		\$	
Athlete's Phone #		Participation Fee		\$ 14.00	
Athlete's/ parent's email:		-----		-----	
Athlete's Coach:		Total Due		\$	

IMPORTANT!
Please PRINT clearly. Be sure to include all information. All entry times must be at least "JO" time standard for each event. Entries with "NO Time", the omission of a time, or a time slower than a "JO" time will not be accepted (EXCEPTION – 12 & U Bonus Entries).
 All clubs will be assigned Timer Assignments by the Meet Director. The Longer distance events, (800 free and 1500 free) require that the athlete provide their own timers and counters. Parents, please take your turn at timing, we cannot make this possible without your help. Thank you.