



北加州華人文化體育協會
Northern California Chinese Culture - Athletic

2023 Northern California Chinese Culture Athletic Federation Swim Meet (NCCCAF Swim Meet) *Sunday - Sep 10, 2023*

ONLINE REGISTRATION FORM: <https://forms.gle/7Hcjxy1wyiJssZxv5>

LOCATION: Dan Oden Swim Complex (across from Logan High School) 33901 Syracuse Avenue,
Union City, CA 94587.

DIRECTION: Go I-880 North towards Oakland, take Alvarado Niles exit and turn right on Alvarado Niles Road, then make a left turn on Hartnell Street. The parking lot and facility are on your left.

COURSE: Outdoor heated 25-yard pool, 12 lanes wide. Up to 8 competition lanes will be used, and two warm-up lanes will be available during the meet.

TIME: Meet begins at 9:00am, warm-ups from 8:00-8:45am, and meet ends at 2:00pm.

DEADLINE FOR ENTRY: *Aug 31, 2023*

ELIGIBILITY: Open to all age group swimmers who have registered and submitted the payment.

AGE: The date to define the age is Sep 10, 2023. For example, if the swimmer was born before Sep 10, 2010 or on Sep 10, 2010, then he/she will attend the meet as age 13.

RULES: Current U.S.A. and Pacific Swimming rules will govern the meet. All events are timed finals. Swimmers may compete in up to FOUR individual events and TWO team relays. The event will start on time even if any swimmer who has checked-in for an individual event but fails to appear on the block on time.

- All events are timed finals and will swim fast to slow.
- Swimmers can start the race in the water (diving is not required).

RESTRICTIONS: Smoking and use of tobacco product and alcoholic beverage is prohibited on the deck, locker rooms, spectator seating areas, and **all areas used by swimmers**. No glass containers are allowed in the meet venue. Deck set up is limited to officials and coaches.

- 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.

CHECK-IN: The meet will be pre-seeded, and no deck check in will be allowed.

The meet schedule, heats and lanes arrangement will be posted at the meet.

SCORING: Individual events 1st=9, 2nd=7, 3rd=6, 4th=5, 5th=4, 6th=3, 7th=2, 8th=1. And relays 1st=18, 2nd=14, 3rd=12, 4th=10, 5th=8...

AWARDS: Medal Awards will be made 1st through 3rd place for each event, ribbons awards for 4th to 8th place. All individual and relay awards must be picked up at meet. Details will be announced during the meet.



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ENTRIES: Registration form must be completed and submitted online by Aug 31, 2023.

“No time” entries will be seeded in the slow heat.

No scratches necessary, no refunds will be made. Entries will not be accepted without payment.

Swimmers under 18 must sign registration forms with parent’s signature.

ENTRY FEE: \$50 per swimmer (pay through Zelle or PayPal) including followings:

- All four individual events, plus two relays (optional).
 - 50FR, 50BK, 50 BR & 50Fly (6 & under: 50 FR, 25BK/BR/Fly)
 - you may only sign up for one, two, or three events, but entry fee is the same.
 - NCCCAF swag.
- Payment information is available on the online registration form <https://forms.gle/7Hcjxy1wyiJssZxv5>.

ADMISSION: Free.

Event Summary

13 & up	11-12	9-10	7-8	6 & Under
50 FR	50 FR	50 FR	50 FR	50 FR
50 BK	50 BK	50 BK	50 BK	25 BK
50 BR	50 BR	50 BR	50 BR	25 BR
50 FLY	50 FLY	50 FLY	50 FLY	25 FLY
4x50 FR relay	4x50 FR relay	4x50 FR relay	4x50 FR relay	4x25 FR relay
4x50 Medley relay	4x50 Medley relay	4x50 Medley relay	4x50 Medley relay	4x25 Medley relay

Event Order

Girl	Age/Event	Boy
1	13 & Up 50 Freestyle	2
3	11-12 50 Freestyle	4
5	9-10 50 Freestyle	6
7	7-8 50 Freestyle	8
9	6 & Under 50 Freestyle	10
11	13 & Up 50 Backstroke	12
13	11-12 50 Backstroke	14
15	9-10 50 Backstroke	16
17	7-8 50 Backstroke	18
19	6 & Under 25 Backstroke	20
21	13 & Up 50 Breaststroke	22
23	11-12 50 Breaststroke	24
25	9-10 50 Breaststroke	26
27	7-8 50 Breaststroke	28
29	6 & Under 25 Breaststroke	30

Girl	Age/Event	Boy
31	13 & Up 50 Butterfly	32
33	11-12 50 Butterfly	34
35	9-10 50 Butterfly	36
37	7-8 50 Butterfly	38
39	6 & Under 25 Butterfly	40
41	13 & Up 4x50 FR relay	42
43	11-12 4x50 FR relay	44
45	9-10 4x50 FR relay	46
47	7-8 4x50 FR relay	48
49	6 & Under 4x25 FR relay	50
51	13 & Up 4x50 Medley relay	52
53	11-12 4x50 Medley relay	54
55	9-10 4x50 Medley relay	56
57	7-8 4x50 Medley relay	58
59	6 & Under 4x25 Medley Relay	60