



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

## 2022 Northern California Chinese Culture Athletic Federation Swim Meet (NCCCAF Swim Meet) Saturday - Aug 6, 2022

**LOCATION:** Dan Oden Swim Complex (cross 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:** *July 25, 2022*

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

**AGE: The date to define** the age is Aug 5, 2022. For example, if the swimmer was born before Aug 5, 2010 or on Aug 5, 2010, then he/she will attend the meet as age 12.

**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 1<sup>st</sup> =10, 2<sup>nd</sup> =8, 3<sup>rd</sup> =7, 4<sup>th</sup> =5, 5<sup>th</sup> =4, 6<sup>th</sup> =3, 7<sup>th</sup> =2, 8<sup>th</sup> =1. And relays 1<sup>st</sup> =20, 2<sup>nd</sup> =16, 3<sup>rd</sup> =14, 4<sup>th</sup> = 10, 5<sup>th</sup> =8...

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

2090 Warm Springs Court, Suite 256, Fremont, CA 94539

Email: [ncccaf.2022@gmail.com](mailto:ncccaf.2022@gmail.com) Tel: 415-309-1769 Fax: 510-770-9938 [www.ncccaf.org](http://www.ncccaf.org)



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

**ENTRIES:** Registration form must be completed and must be postmarked by July 25, 2022.  
 “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:** \$40 per swimmer (checks only) including followings:

- All four individual events, plus one relay (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.
    - A Free swim meet T-shirt.

Make check/money order payable to **NCCCAF** at following address:  
**2090 Warm Springs Court, Suite 256, Fremont, CA 94539**

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition.

**ADMISSION:** Free.

**Event Summary**

<b>13 &amp; up</b>	<b>11-12</b>	<b>9-10</b>	<b>7-8</b>	<b>6 &amp; Under</b>
50 FR	50 FR	50 FR	50 FR	50 FR
50 BK	50 BK	50 BK	50 BK	<b>25 BK</b>
50 BR	50 BR	50 BR	50 BR	<b>25 BR</b>
50 FLY	50 FLY	50 FLY	50 FLY	<b>25 FLY</b>
4x50 FR relay	4x50 FR relay	4x50 FR relay	4x50 FR relay	4x50 FR relay
4x50 <b>Medley</b> relay	4x50 <b>Medley</b> relay	4x50 <b>Medley</b> relay	4x50 <b>Medley</b> relay	4x25 <b>Medley</b> relay

**Event Order**

<b>Girl</b>	<b>Age/Event</b>	<b>Boy</b>
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 <b>50</b> 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 <b>25</b> 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 <b>25</b> Breaststroke	30

<b>Girl</b>	<b>Age/Event</b>	<b>Boy</b>
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 <b>25</b> 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 <b>4x25</b> 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



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

**2022 NCCCAF Swim Meet Registration Form**  
*Dan Oden Swim Complex (33901 Syracuse Ave Union City, CA 94587)*  
**Saturday - Aug 6, 2022**

<b>English Name:</b>		<b>Chinese Name (optional):</b>			
Last:		First:			
AGE	Gender	M	F	DATE OF BIRTH	CLUB/TEAM NAME
Parent Name:		Cell Phone:		Email Address:	
<b>Event #</b>	<b>Seeding Time</b>	<b>Distance/Stroke</b>		<b>Age Group</b>	
	: .				
	: .				
	: .				
	: .				
	: .				
	: .				
	: .				
<b>Participation Fee: \$40</b> (including all 6 events, a free t-shirt)					
List Any Medical Condition:					
Amount Paid:		Check#		Rec's By _____	

- All swimmers may enter and compete in a maximum of (4) individual events plus relay, and no minimum.
- One entry per swim. Check distance/stroke according to age group, and select NO Time if not available.
- Enter times as shown: 1:05.00 or 43.5 if you know the swim time for any event.
- No meet entries will be accepted after **July 25, 2022**.
- I (we) voluntarily participate in NCCCAF's 2022 swimming meet. I (we) hereby agree that NCCCAF and the meet are not responsible for any illness and injury sustained in the meet related activities including voluntary service, transportation and competitions.
- BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE to COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS NCCCAF 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

**Signature:** \_\_\_\_\_ **Print:** \_\_\_\_\_ **Date:** \_\_\_\_\_