

FRESNO DOLPHINS SWIM TEAM
A/B Modified Long Course Invitational
June 19-20, 2021



ON-LINE AND TEAM HY-TEK ENTRIES DUE BY JUNE 14, 2021 BY 11:59 P.M.
Held under the sanction of USA Swimming and Central California Swimming #S11721TL

Facility: Bullard High School Aquatics Complex, 5445 N Palm Avenue, Fresno, CA 93704

7 competition lanes, 6" lane lines with a minimum pool depth of 6.5 feet. Paragon starting blocks and Colorado Timing Systems electronic timing. Three 17 yard lanes and one 50-meter lane for continuous warm-up and swim down. **The competition course has been certified according to article 104.2.2C (4). The copy of such certification is on file with USA Swimming.**

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. Use of audio or visual recordings devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. For Athlete Protection, Central California Swimming prohibits the use of photography and audio or visual recording devices, including a cell phone, behind the starting blocks during the start sequence throughout the meet. No RV overnight parking allowed by Fresno Unified policy. Propane heaters are prohibited. Deck changes are prohibited. Other facility considerations will be listed with all other COVID precautions on pages 4-5 of this document.

Location: From the north take Hwy 99 south to Herndon Ave exit. At the stoplight at the end of the ramp, turn left (east) on Herndon to Palm Avenue. At Palm, turn right (south). At the fourth light, turn right (west) onto Browning Ave, then turn left into the student parking lot. From the south take Hwy 99 north. Exit onto Hwy 41 north. Exit Bullard Avenue. At top of off-ramp, turn left (west) and proceed to Palm Avenue. Turn left (south) on Palm Ave. At the next light, turn right onto Browning Ave, and turn left into the student parking lot.

Time: Saturday and Sunday warm-up begins at 7:00 a.m. Timed finals will begin at 8:30 a.m.

Rules: Current USA Swimming and CCS Rules will govern the meet. This is a timed finals meet. All coaches and officials must be able to show proof that USA Swimming membership requirements are met as of the date of the competition. Such proof shall be presented upon request to the Meet Referee and may be in the form of USAS membership card or through Deck Pass. All swimmers must be registered with USA Swimming for 2021. Swimmers must compete in their age group. Age on the first day of the meet determines age throughout the competition.

Relays will be deck-seeded with the entry deadline established by the Meet Referee each day. Relays will be swum at the end of individual events on Saturday and Sunday. "Relay Only" swimmers must enter on-line and pay the entry surcharge by the entry deadline. **All relays must be paid for by 11:00 a.m. on Sunday.**

The meet will be pre-seeded. All events will be seeded according to submitted times. Submitted entry times must be equal to or better than the listed time standards. Verification of entered times should be available upon request from the Meet Referee. Swimmers may enter and compete in up to 4 individual events per day plus a relay. **Eight and under swimmers may enter the two 10 and under events, but individual points earned will not count toward 8 and under high point.**

In the event that the timeline exceeds the limits of the USA Swimming "4-hour rule," swimmers who enter the maximum number of events on either day must indicate with the Clerk of Course one event to scratch on their entry. Swimmers will indicate their choice of event to scratch upon check-in of their first event on the day(s) that the scratch down is necessary. If the swimmer does not indicate an event to scratch upon check-in of the first event, the last event of the day will be scratched by the Clerk of Course. Events may be combined regardless of age or gender at the discretion of the Meet Referee.

All USAS athlete members must be under the supervision of a USAS member coach during warm up, competition and warm-down. Swimmers who do not have a USAS registered coach at the swim meet should report to the Deck Referee for lane and coach assignment. It is the swimmer's responsibility to make such arrangements prior to the start of the meet.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

TECHNICAL SUITS: No technical suits shall be worn by any 12 & Under athlete member in competition at any sanctioned, approved, or observed CCS Meet. This includes any suit with bonded or taped seams regardless of its fabric or silhouette or any suit with woven fabric extending past the hips. (Note: Woven Fabric – A suit with woven fabric and sewn seams that does not extend below the hips is permitted. Knit fabric – A suit with knit fabric and sewn seams not extending below the knees is permitted). [CLICK HERE](#) for the USA Swimming FAQ page regarding technical suits and 12&Under athletes for the USA Swimming FAQ page regarding technical suits and 12&Under athletes.

Warm-Up: GENERAL WARM-UP PERIOD - The first 30 minutes of warm-up will be for general warm-up in all lanes. There will be no diving allowed during general warm-up. *All swimmers shall enter the pool with a three-point entry for all warm up and warm down.* SPECIFIC WARM-UP PERIOD - The last 45 minutes of warm-up in the competition course will be allocated for specific warm-up in designated lanes. During the specific warm-up period, lanes 1 and 8 will be used for push pace work, lanes 2 and 7 for one-way dive sprints, and lanes 3, 4, 5 and 6 for general warm-up. *During the last 20 minutes of warm-up in the competition pool on Saturday and Sunday, there will be one lane designated for 8 and under swimmers only.* The 4 lanes in the warm-up course will be for general warm-up and swim down. No starting practice in that course. Warm-up procedures will be posted on deck and announced by the Deck and Starter Referees.

Eligibility: All swimmers must be currently registered with USA Swimming. On-deck USA Swimming membership registration will be allowed with a \$20 fee payable by the home club.

Entry Deadline: **On-line and team Hy-Tek/TemaUnify entries are due by 11:59 pm, Monday, June 14, 2021.** All entries received after the June 14, 2021, deadline are subject to a \$10.00 late fee. Relay entries are due on the day of the event at a time to be determined by the meet referee. Relay-only swimmers may enter on-line to pay the pool surcharge and are due by June 14, 2021. Late entries will be accepted until 12:00 noon on Wednesday June 16, 2021. **No deck entries will be accepted.**

Online Entries: All entries must be submitted electronically using Hy-Tek's Team Manager, TeamUnify or other team management software capable of generating zipped C12 entry files. **To submit Hy-Tek Team Manager or TeamUnify entries, send the entry file and Meet Entry Report as attachments to an email to hernandez234el@yahoo.com.** Unattached swimmers affiliated with CCS may enter this meet on the CCS website, as long as the swimmer registered on the CCS site for their USA Swimming membership.

CCS Outreach swimmers who are entered in this meet will have their fees deducted by the Host Club. The Home Club or responsible individual of the Outreach Swimmer is responsible for communicating with the Host Team of their roster and fees that need to be deducted. Names of the athletes who are receiving the Outreach incentive may be kept confidential at the discretion of the athletes' Home Club.

Entry Fees: \$4.00 for each individual event, \$6.00 per relay. \$6.50 per swimmer pool surcharge. Full payment (single team check) for an email entry must be postmarked within 48 hours of the email entry (see address below). **NO REFUNDS. RETURNED CHECKS WILL INCURE A SERVICE FEE. ENTRIES & FEES RECEIVED AFTER DUE DATE WILL INCURE A \$10 LATE FEE PER SWIMMER.**

*Fresno Dolphins Swim Team
758 W Enterprise Ave.
Clovis, CA 93619*

Awards: Ribbons will be given for 1st through 8th in individual events and 1st through 3rd in relay events. High point awards will be for each age group (8-Under, 9-10, 11-12, 13-14, 15-16) and by gender. Eight and under High Point will be based on 8 and under events only. *Ribbons will be given only upon request to swimmers who are 15 and over.*
Scoring: Individual events: 9-7-6-5-4-3-2-1

Meet Director: TBA
Meet Referee: Taylor Kahn
Admin Official: Elva Hernandez

All available USA Swimming member certified officials are welcomed and encouraged to work at this meet. As the number of certified officials allows, interested parents/trainees are also welcome to shadow working officials for education and/or mentoring. In the absence of a sufficient number of officials to complete a rotation, a 10-minute break will be taken every two hours.

SCHEDULE OF EVENTS

Saturday, June 19, 2021 – 8:30 a.m.

Women Event	Time Standard	Age Group	Event	Time Standard	Men Event
1	3:45.79	10-Under	200 Free	3:33.49	2
3	3:03.49	11-12	200 Free	2:57.89	4
5	2:55.09	13-Over	200 Free	2:44.09	6
7	2:41.29	8-Under	100 Fly	2:41.29	8
9	2:09.99	9-10	100 Fly	2:07.79	10
11	1:36.19	11-12	100 Fly	1:33.99	12
13	NTS	13-Over	100 Fly	NTS	14
15	NTS	8-Under	50 Back	NTS	16
17	NTS	9-10	50 back	NTS	18
19	NTS	11-12	50 Back	NTS	20
21	3:24.79	11-Over	200 Back	3:20.79	22
23	NTS	8-Under	50 Free	NTS	24
25	NTS	9-10	50 Free	NTS	26
27	NTS	11-12	50 Free	NTS	28
29	NTS	13-Over	50 Free	NTS	30
31	2:44.59	8-Under	100 Breast	2:44.59	32
33	2:16.69	9-10	100 Breast	2:11.29	34
35	1:49.49	11-12	100 Breast	1:46.69	36
37	NTS	13-Over	100 Breast	NTS	38
39*	NTS	Total 60-Under	400 Medley Relay	NTS	40*

***Teams may use athletes of any age in the relay events as long as the total of swimmers' ages on each relay is 60 years or under.**

Sunday, June 20, 2021 – 8:30 a.m.

Women Event	Time Standard	Age Group	Event	Time Standard	Men Event
41	7:36.79	10-Over	400 Free	7:29.49	42
43	4:09.39	10-Under	200 I.M.	4:06.19	44
45	3:26.29	11-12	200 I.M.	3:24.69	46
47	3:17.39	13-Over	200 I.M.	3:05.29	48
49	NTS	8-Under	50 Breast	NTS	50
51	NTS	9-10	50 Breast	NTS	52
53	NTS	11-12	50 Breast	NTS	54
55	3:52.69	11-Over	200 Breast	3:44.69	56
57	2:20.09	8-Under	100 Back	2:20.09	58
59	1:59.19	9-10	100 Back	1:55.69	60
61	1:38.89	11-12	100 Back	1:36.79	62
63	NTS	13-Over	100 Back	NTS	64
65	NTS	8-Under	50 Fly	NTS	66
67	NTS	9-10	50 Fly	NTS	68
69	NTS	11-12	50 Fly	NTS	70
71	3:24.89	11-Over	200 Fly	3:22.09	72
73	NTS	8-Under	100 Free	NTS	74
75	NTS	9-10	100 Free	NTS	76
77	NTS	11-12	100 Free	NTS	78
79	NTS	13-Over	100 Free	NTS	80
81*	NTS	Total 60-Under	400 Free Relay	NTS	82*

***Teams may use athletes of any age in the relay events as long as the total of swimmers' ages on each relay is 60 years or under.**

It is understood and agreed that USA Swimming shall be free from all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

COVID PRECAUTIONS FOR FDST SWIM MEETS

Athletes:

Masks must be worn by all swimmers inside the Bullard Aquatics Complex.

We recommend swimmers bring a zip lock bag (with their name on it) for their mask to keep dry, on deck, while swimming. They should also have an extra mask with them.

Swimmers must always have a mask on when not warming up, warming down, or competing. As soon as a swimmer exits the pool, that swimmer must put a mask on.

All swimmers will need to maintain social distance (6 feet or more) when moving about the facility, in sitting areas, and in the pool, when allowed.

Swimmers will not be allowed behind the blocks any earlier than 2 heats before they swim.

Swimmers will be warned only once if found not following the mask requirement. After first warning, swimmer will be removed from the meet and the facility. No exceptions!

Coaches, Officials, and Meet Volunteers:

Unless one is fully vaccinated, masks must always be worn by all coaches, officials, and volunteers inside the Bullard Aquatics Complex, including the pool area, bathrooms, and hospitality (one may take it off only to eat or drink).

To minimize the number of volunteers and officials on deck, we have reduced the number of timers and officials for stroke and turn by 50% while still meeting the minimum requirements for sanction.

All coaches, volunteers, and officials will need to social distance (6 feet or more) to the best of their ability.

Hospitality will be in an outside area which is large enough to allow coaches and officials to maintain social distancing.

Coaches, officials, and volunteers will be warned only once if found not following the mask requirement. After first warning, the individual will be removed from the meet and the facility. No exceptions!

Facility Precautions:

A maximum of 250 swimmers will be allowed per session.

Entrance and exit will be communicated upon arrival on a facility map.

There will be 10 minute breaks determined by the Meet Referee after each event cycle as needed.

There will be clearly marked spots where swimmers will be allowed to sit, inside the pool facility.

There will be one-way flow of traffic around the pool for the meet. A diagram will be sent out and must be followed by all teams.

Up to four (4) swimmers will be allowed in the restroom at one time and they must be masked. Swimmers must arrive in their racing suits as there will be no changing into or out of suits on the premises. Marshals will monitor the number of swimmers from outside the restroom.

Meet participants should contact the Meet Director on deck in case of injuries.

Spectators:

Spectators are allowed but must remain in the bleacher area, wear a mask at all times and remain socially distanced from anyone who is not a member of their immediate household. No spectators are allowed on the pool deck.

Additional Information, Disclosures, and Waivers Relative to COVID-19 Precautions

Assumption of Risk Disclaimer for the Fresno Dolphins Swim Team:

We have taken enhanced health and safety measures – for you and all other guests of our facilities. You must follow all posted instructions while visiting the Bullard Aquatics Complex. 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 guests with underlying medical conditions are especially vulnerable. By visiting the Bullard Aquatics Complex, you voluntarily assume all risks related to exposure to COVID-19.

Liability Agreement for USA Swimming:

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, CENTRAL CALIFORNIA SWIMMING, FRESNO UNIFIED SCHOOL DISTRICT, THE FRESNO DOLPHINS SWIM TEAM AND BOOSTER CLUB 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.