

NOVA JULY 2022 LONG COURSE INTRASQUAD MEET

Sanctioned by: USA Swimming and SCS
Sanction Number: S22 - 148
Sponsored by: Irvine Novaquatics

DATE OF MEET: **JULY 1 & 2, 2022**
ENTRIES DUE: June 22, 2022 (Wednesday)

WARM UP TIME: 7:30 AM FRI/SAT, 9:30AM FRI/SAT
MEET START TIME: 8:30 AM FRI/SAT, 10:30AM FRI/SAT

- POOL:** WILLIAM WOOLETT JR. AQUATICS CENTER, 4601 Walnut Ave., Irvine, CA 92604.
- COURSE:** WILLIAM WOOLETT JR. AQUATICS CENTER is a 50 meter by 25 yard pool with 8-10 competitive lanes with warmup/warmdown area available. This competition course has been certified in accordance with 104.2.2 (C) on file with USA Swimming. Pool Depth Measurements at Start and Turn Ends Lanes 1 – 10 = 7'.
- WARM UP RULES:** USA Swimming warm-up policies will be enforced by USA Swimming Officials. Swimmers warming up or down before, during, or after this swim meet must be under the direct supervision of an USA Swimming member coach. There will be **NO DIVING** into the pool during these times except into the designated sprint lane(s). **WARM-UP RULES WILL BE ANNOUNCED AND POSTED.** All swimmers must use 3-point, slide in entries into the pool for warm up, no jumping or diving in.
- MEET REFEREE:** Janet Knoepfel shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to janetwk1014@gmail.com
- RULES:** USA Swimming rules will govern. Current SCS Meet procedures will be enforced and take precedence over any errors or omissions on this entry form. (See 2022 SCS Swim Guide). Swimmers must check in with the Clerk of Course for each event they wish to swim. After an event has been officially closed, swimmers **MAY NOT CHECK IN OR SCRATCH.** Swimmers must swim in their actual Age Group as determined by their age on **July 1, 2022.** Swimmers may only swim an event offered, once. All coaches and officials on deck must complete the CDC of NFHS Concussion course. All Coaches must have completed the CAT. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0) will govern this meet. This meet will follow all State, Local and facility guidelines as it pertains to Covid-19.
- SPECIAL NOTICE:** This is a Nova Intrasquad meet. Swimmers may swim a maximum of FOUR events per day. Nova will limit entries to meet the "4 hour" rule. Events 17 & 18 may be combined. Events 49 & 50 and 51 & 52 may be combined. Swimmers may only swim an event once even if it is offered twice. **ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST. THIS MEET WILL BE PRE SEEDED.**
- RECORDING DEVICES & MEDIA NOTICE:** The use of audio-visual recording devices, including cell phones are not permitted in locker rooms, changing areas or restrooms. Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.
- DRONES:** 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.
- SWIMWEAR:** Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. Tech Suits with bonded seams, kinetic tape, or meshed seams are not permitted at this meet. Please see the Tech Suit Policy on the SCS website.
- DECK CHANGES:** Deck Changes are prohibited.
- RACING START CERTIFICATION:** Any swimmer entered in the meet unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with the requirement.
- CHANGE OF AFFILIATION:** Before the meet, a swimmer may change affiliation by submitting a CLUB TRANSFER form and the appropriate fee to the Swim Office. At the meet, a swimmer may UNATTACH by notifying the Administrative Referee in writing and paying the appropriate fee. A swimmer may not attach at the meet.
- ELIGIBILITY:** OPEN TO ATHLETES WHO ARE 2022 USA Swimming REGISTERED swimming with the Novaquatics or unattached Nova. **NO ON-DECK ENTRIES.** REGISTRATION APPLICATIONS must be received by June 22, 2022 by the meet processor, administrative referee or SCS Office. Late application will be considered "on deck" and subject to substantial penalties to swimmer and Club (See 2022 SCS Swim Guide, Part One, III, B) if USA Swimming registration is completed at the meet. All Athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING within 30 days of turning 18, in order to compete.
- SUBMITTED TIMES:** Times submitted must be **BEST RECORDED TIMES** short course or long course from this or preceding swim season (**NO WORK OUT TIMES**). Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action.
- QUALIFYING TIMES:** If a swimmer does not have a recorded time but is otherwise qualified, he/she may enter the meet at minimum, see 2022 Swim Guide for exceptions. After entries close, non-conforming times will be converted by meet admin for seeding purposes only.
- ENTRY FEE:** **\$30.00 facility surcharge per swimmer.** Team Hy-Tek entries will be submitted to Bonnie Joseph for meet processing. **NO REFUNDS** will be issued.
- ENTRY PROCEDURE:** Swimmers will be entered in the meet by the Novaquatics Coaching Staff. Entry fees will be invoiced by the billing officer and payment is due upon receipt of invoice. For Further meet information call: 714-981-1142
- ASSUMPTION OF RISK:** We have taken enhanced health and safety measures for all attendees. Swimmers must follow all posted instructions. 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 venue for this intrasquad, you voluntarily assume all risks related to exposure to COVID-19.
- COVID-19:** USA Swimming, Inc., cannot prevent participants 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.
- 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 SOUTHERN CALIFORNIA 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS MEET.

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.

NOVA JULY 2022 LONG COURSE INTRASQUAD MEET

Date of Meet: July 1 & 2, 2022

Entries Due: June 22, 2022 (Wednesday)

Times submitted must be Best Recorded Times Short Course or Long Course.

YOU MAY SWIM A MAXIMUM OF 4 EVENTS PER DAY

Entries will be limited to meet the "4 hour" rule.

All events will be swum FASTEST to SLOWEST.

Girls	Friday, July 1, 2022 8:30 am		Boys
No.	Age	Bronze/Developmental	No.
1	5-10	200 Meter Individual Medley	1
2	11-12		2
3	13 & Up		3
4	5-10	100 Meter Freestyle	4
5	11-12		5
6	13 & Up		6
7	5-10	50 Meter Backstroke	7
8	11-12		8
9	13 & Up	200 Meter Backstroke	9
10	5-10	100 Meter Breaststroke	10
11	11-12		11
12	13 & Up		12
13	5-10	50 Meter Butterfly	13
113	11/12		113

Second Session will begin no sooner than 10:30am

Girls	Age	Silver/Gold/Senior Silver	Boys
14	11 & Up	200 Meter Freestyle	15
16	7-12	200 Meter Individual Medley	16
17	11 & Up	400 Meter Individual Medley	18
19	7-12	50 Meter Backstroke	19
20	11 & Up	200 Meter Backstroke	21
22	7-12	100 Meter Breaststroke	22
23	11 & Up		24
25	7-12	100 Meter Freestyle	25
26	11 & Up		27
28	7-12	100 Meter Butterfly	28
29	11 & Up		30
31	7-12	400 Meter Freestyle	31
32	11 & Up		32

Swimmers may only swim an event once
Events 17 & 18 may be combined

Girls	Saturday, July 2, 2022 8:30am		Boys
No.	Age	Silver/Gold/Senior Silver	
33	7-12	200 Meter Freestyle	33
34	11 & Up	100 Meter Backstroke	35
36	7-12		36
37	11 & Up	200 Meter Breaststroke	38
39	7-12	50 Meter Breaststroke	39
40	11 & Up	50 Meter Freestyle	41
42	7-12		42
43	11 & Up	200 Meter Individual Medley	44
45	7-12	400 Meter Individual Medley	45
46	11 & Up	200 Meter Butterfly	47
48	7/12	50 Meter Butterfly	48
49	11 & Up	800 Meter Freestyle	50
51	11 & Up	1500 Meter Freestyle	52

Second Session will begin no sooner than 10:30am

Girls	Age	Bronze/Developmental	Boys
53	5-10	200 Meter Freestyle	53
54	11-12		54
54	13 & Up		55
56	5-10	100 Meter Backstroke	56
57	11-12		57
58	13 & Up		58
59	5-10	50 Meter Breaststroke	59
60	11-12		60
61	13 & Up	200 Meter Breaststroke	61
62	5-10	100 Meter Butterfly	62
63	11-12		63
64	13 & Up		64
65	5-10	50 Meter Freestyle	65
66	11-12		66
67	13 & Up		67

Events 49 & 50 and 51 & 52 may be combined