

2020 SI CSTE Time Trials Dec 12
CCT and Senior Groups
December 12, 2020

Sanction: SI-20- will be assigned by Mary Redmond
Held under the sanction of USA Swimming by San Diego Imperial Swimming, Inc.

CSTE and all participating athletes are currently registered with San Diego Swimming. College age athletes currently swimming with CSTE are allowed to participate, including our professional swimmers with Team Elite Pros.

MAAPP: All applicable adults participating in or associated with this time trial acknowledge they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and understand that compliance with the MAAPP policy is a condition of participation. All 18 and older athletes must have completed the Athlete Protection Training. Failing to complete the APT test will impact the athlete's ability to swim at the time trials or have recorded times loaded into SWIMS.

Venue: Brian Bent Memorial Aquatics Complex, 818 6th Street Coronado, CA 92118

Facility: BBMAC, 20 lane 25 yard pool. No Spectators allowed on Deck. Only swimmers, coaches, officials, and essential volunteers allowed in the facility.

Water Depth: The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet, 0 inches at both the start and turn end.

Course Certification: The pool has not been certified in accordance with 104.2.2C(4).

COVID-19: 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 practices or events, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS TIME TRIAL, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, SAN DIEGO IMPERIAL SWIMMING AND CORONADO SWIM ASSOCIATION AND TEAM ELITE ALONG WITH 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 COMPETITION.

Guidelines:The time trial as stated is in compliance with the State of California Executive Order, the Governors and all county, city, local and facility requirements.

12 & Under 102.8.1.F SWIMWEAR (USA Swimming Rulebook)

Tech Suit Restrictions: No Technical Suits Shall be worn by any 12 & under USA Swimming athlete member in competition at any sanctioned, approved or observed meet. (as of 9/1/2020).

- 1) Exceptions for the foregoing restriction are only for Junior nationals, U.S. Open, National championships, and Olympic Trials.
- 2) A Technical Suit is one that has the following components:
 - a. Any suit with any bonded or taped seams regardless of its fabric or silhouette: or
 - b. 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.)

(Note: KNIT FABRIC – a suit with knit fabric and sewn seams not extending below the knee is permitted.)

COVID Meet Procedures are in accordance with BBMAC and CUSD policies and have been articulated in our daily operating procedures all of which is nested in our safety plan on our website.

SAFE SPORT: ONLY swimmers, coaches, pre-approved volunteers and officials will be allowed in the pool area.

Sanction: This time trial has been sanctioned by San Diego Imperial Swimming and current USA Swimming rules and any relevant sections of the San Diego Imperial Policies & Procedures Manual will apply. **All swimmers must be registered as athletes for 2020 or 2021 with USA Swimming no later than Thursday, December 10, 2020.** San Diego Imperial Swimming does not allow on-deck USA Swimming registrations. Conduct shall conform in every respect to all technical and administrative rules of USA Swimming.

Liability: IN GRANTING THIS SANCTION AND BY ANY PERSON'S PARTICIPATION, IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING, INC., SAN DIEGO IMPERIAL SWIMMING, INC., CORONADO SWIM ASSOCIATION, TEAM ELITE, CORONADO UNIFIED SCHOOL DISTRICT, AND ALL ATTENDING OFFICIALS SHALL BE FREE FROM ANY AND ALL LIABILITIES OR ANY CLAIMS FOR ANY DAMAGES, EVEN IF SUCH LIABILITIES OR CLAIMS ARE DUE TO THE NEGLIGENCE OF SUCH ORGANIZATIONS, ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THE TIME TRIALS.

Damage to a facility, when proved, will cause the offending swimmer, to be held accountable for repairs.

COVID-19: We have taken enhanced health and safety measures – for our employees, swimmers, and members. 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 participating in time trials, swimmers, coaches, officials, and volunteers voluntarily assume all risks related to

exposure to COVID-19.

USA Swimming Registration: All swimmers, coaches, and officials participating in time trials must be currently (2020 OR 2021) registered with USA Swimming. **All Coaches are required to complete the USADA Coaching Advantage and all officials and coaches are to have completed Concussion Protocol Training.** Article 302 defines membership status of a swimmer. All swimmers must meet the requirements, including APT certification for athletes 18+.

Format: Events are either by gender or mixed depending on timeline, pre-seeded timed finals, swum fast to slow.

Qualifying Times: There are no qualifying times. NT entries will be accepted.

Age up Date: The age of the swimmer is determined on the day of the meet.

Restrictions: Swimmers may enter up to 4 individual events per session.

Deadline/Procedures: Entry deadline is Tuesday December 8, 2020

Warm-Up/ Meet Start:

Session 1 - Long Course Meters:

- Warm ups will begin promptly at 12:30
- Meet is scheduled to begin at 1:15, ending promptly at ~3:30

Session 1 - Short Course Yards:

- Warm ups will begin promptly at 5:30
- Meet is scheduled to begin at 6:15, ending promptly at ~8:30.

Entry Fees: N/A

Deck Entries: No Deck Entries allowed.

Meet Staff:

Admin Official: Pete McVey

Meet Director: Pete McVey

Head Safety Marshall: Melissa Eisenhamer

Club Safe Sport Chair: Melissa Eisenhamer

Cell Phone Restrictions: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the starting blocks at any time.

Drone Restrictions: 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.

Deck Changing: Deck changes are prohibited. Athletes will come and leave in their suits.

Officials: Officials will be scheduled in advance and be held to basic minimums. All deck officials must be registered with USA Swimming for 2020 or 2021 and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming.

Lane Timers: One Pre-Approved Parent Volunteer per lane will be on deck to work back up buttons and stop watches.

Awards: No Awards

SI CSTE Time Trials

Session 1 - Long Course Meters

Session 1	Saturday December 12	1:15 pm
Event #	Mixed gender / Open	Events
1		400 IM
2		200 Free
3		100 Back
4		100 Breast
5		200 Butterfly
6		100 Freestyle
7		200 Backstroke
8		200 Breaststroke
9		100 Butterfly
10		200 IM
11		400 Freestyle
12		50 Free

Session 2- Short Course Yards

Session 2	Saturday December 12	6:15 pm
Event #	Mixed gender / Open	Events
1		400 IM
2		200 Free
3		100 Back
4		100 Breast
5		200 Butterfly
6		100 Freestyle
7		200 Backstroke
8		200 Breaststroke
9		100 Butterfly
10		200 IM
11		500 Freestyle
12		50 Free

CSTE

COVID Restrictions

Arrival Protocols

Each time your swimmer arrives at the pool, a temperature checks will be conducted prior to entering the facility and standard health questions are posted and should be answered with “no” and “yes” response will result in individual’s not being allowed into the facility. CSTE’s County’s safe reopening plan can be found on our website for additional information pertaining to our COVID procedures.

Please arrive 15 minutes early to the pool (by 12:15pm Saturday) - Temperatures are checked before the Time Trial, so it is vital to arrive on time, since the swimmers enter as a group.

DO NOT leave the pool area until your swimmer is checked in. The coaches will have the final authority on the well-being of our swimmers. Remain with your swimmer until the coaches have given the all clear for them to enter the pool area.

You will need to take your swimmer home if they are unable to safely check in. Coaches will not be responsible for your swimmer until they have cleared our safety check in process. Swimmers must be in their suits prior to arrival at facility and will not be given an opportunity to change.

All athletes and parents must wear a mask to/from the pool and the entire time around the pool. The only time kids should not wear a mask is when in the water. Upon exiting the water, they need to put the mask on as soon as possible.

Parents will NOT be allowed on the pool deck at any time without pre-approval as a volunteer.

Kids will be directed to an area of the pool designated for their workout group. They will be given an 8-10ft area for them to sit while they wait for their events.

Athletes will either be in their seating space, heading to and from the warm up/warm down areas, or heading to stage for an event. No other wandering is permitted.

Warm ups with the coaches will be similar to practice and have adequate spacing between athletes.

Bathrooms are available but their will be no access to locker rooms for changing. Athletes must wear a mask, will only be permitted one at a time and will be given hand sanitizer before and afterwards.

Time Trial Protocols

Heat and lane assignments will be posted on the CSTE’s website no later than Friday, October 9. Please print a copy for yourself and your swimmer (if necessary). Heat sheets will NOT be posted at the pool to avoid group gatherings.

You are encouraged to send a copy with your athlete or write it on their arms before you get to the pool.

Breaks may be added each day in between events to allow for more rest; this will be determined each day at the pool.

Warm Down will be available in the lanes 8-20 of the pool even during events. Or in the 6 lane small pool during long course sessions. DO NOT STOP on the wall. You may stop in the middle and hold on to a lane if needed (do not sit on it).

If you get to a wall you must keep swimming or get out immediately and mask up. No more than 4 allowed in a lane.

There will be a staging area before you swim. You must be there WITH YOUR MASK ON at least 3 heats before you swim. You will listen to a staging volunteer as to when you step forward to the next "X" or the block.

After you swim, you will stay in the water until the next heat dives in. Then you can exit the water, grab your towel and mask and exit towards the warm down area of the pool.

Backstrokers will be asked to exit before the next heat steps forward. You still need to keep your distance and mask up if you are not warming down or immediately after warming down.

Head back to your deck space designation after your event and stay in your 6ft bubble.

You may cheer for your teammates at the end of the lane but only one athlete per lane is allowed to cheer at any one time for each swimmer.

Post Time Trial Exit Flow

All athletes should leave the pool quickly after their final event. You may do a quick warm down.

You must put on a mask as you pack up your area and before you leave.

Parents can meet their athletes outside the pool gate. Maintain Space!

Everyone is expected to go directly to their cars and leave. No loitering in the parking lot please.

Volunteers on Deck

The deck will be limited to the following adults in addition to the athletes:

Coaches

Time Trial Admin

Timing System Operator

Officials – Minimum Needed for Operations

6 Timers (short course), 8 Timers (long course)– 1 Per Lane – No Rotation (1 for Entire Time Trial)

Safety Monitors – Bathroom (1), Staging(2), Roaming(2), Warm Up Lanes (1)

LSC Officials for Observation – Advance Notice Required

ALL adults will wear masks the entire time while