

# 2021 SI 13/Over LC A Meet

## May 22-23, 2021

Sanction #: SI-20-129 Held under the sanction of USA Swimming by San Diego Imperial Swimming, Inc.

All participating athletes and clubs are registered with San Diego Swimming. This is a closed SI LSC meet.

**ENTRY DEADLINE: FRIDAY, MAY 14 @MIDNIGHT**

**MEET DIRECTOR:** Mary Redmond 760-716-7678 [seanmary@aol.com](mailto:seanmary@aol.com)

**MAAPP:** All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. All 18 and older athletes registered with the club must have completed the Athlete Protection Training. Failing to complete the APT test will impact the athlete's ability to compete at meets or have their times loaded into SWIMS.

**Venue:** Brian Bent Memorial Aquatic Complex, 818 6<sup>th</sup> St, Coronado CA 92118

**Facility:** 8 lane, 50 M pool. The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet, 0 inches at the start end and 6 feet, 0 inches at the turn end. There will be No Spectators on Deck. Swimmers, coaches, officials, and essential meet personal ONLY will be allowed in the facility.

**Water Depth:** The pool has 8 working lanes with a warmup area available. The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet, 0 inches at the start end and 6 feet, 0 inches at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

**Course Certification:** The competition course 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 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, CORONADO SCHOOL DISTRICT AND SAN DIEGO IMPERIAL 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, UNKNOWN FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS EVENT.

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**Guidelines:** The competition as stated is in compliance with the State of California Executive Order, CDPH Outdoor and Indoor Youth and Adult Sport guidelines and the state, county, city, local and facility requirements.  
Link to state youth sports guidelines is as follows: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>  
**All officials, coaches and swimmers attending the meet must be in full compliance with the most up to date CPDH travel guidance.**

**Covid Meet Procedure is included.**

**SAFE SPORT: Swimmers, coaches, workers and officials ONLY will be allowed in the pool area for the meet.**

**Sanction:** This meet 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 2021 with USA Swimming by the meet start date.  
San Diego Imperial Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event 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 IN THE MEET IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING, INC., ATAC, INC., SAN DIEGO IMPERIAL SWIMMING, INC., ALL MEET OFFICIALS, CORONADO SCHOOL 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 MEET.  
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 this meet, swimmers, coaches and officials voluntarily assume all risks related to exposure to COVID-19.**

### USA Swimming

**Registration:** All swimmers, coaches, and officials participating in this competition must be currently (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.** No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

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**Meet Format:** This is a 2 day 13/O A Meet and all events will be pre-seeded.  
Flyover starts will be used.  
The first session will begin at 9 am  
Teams will be assigned a session once all the entries have been received  
Events will be seeded Fastest to Slowest and may be combined  
The meet will be posted on Meet Mobile

**Qualifying Times:** This is a Long Course A Minimum meet. LC times will be seeded before SC times.

**Age Up Date:** The age of the swimmer will be the age on May 22, 2021

**Restrictions:** Swimmers may enter up to 6 events: max of 3 events each day

**EntryDeadline:** The meet's entry deadline is Friday, May 14, 2021 by Midnight  
No late entries

Email entries to Mary Redmond [seanmary@aol.com](mailto:seanmary@aol.com) 760-716-7678

Mail entry fees to: Mary Redmond 1335 Via Del Oro, Fallbrook, CA 92028

Make checks payable to: San Diego Imperial Swimming

**Entry Fees:** \$5 Surcharge \$5 Facility Fee \$5 per event- max 3 events per day

**Deck Entries:** No Deck Entries allowed.

### Cell Phone

**Restrictions:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

### 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/bathroom 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 2021 and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming.

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

**Awards:** No Awards

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## ORDER OF EVENTS AND TIME STANDARDS

WOMEN'S		MEN'S						
SCY MIN	LCM MIN	LCM MIN	SCY MIN					
<b>SATURDAY MAY 22, 2021</b>								
1	5:13.59	5:57.79	13/O	400 M	IM	5:36.59	4:52.99	2
3	27.99	31.99	13/O	50 M	FREE	29.49	25.69	4
5	1:15.99	1:27.69	13/O	100 M	BREAST	1:21.29	1:09.79	6
7	2:11.29	2:30.09	13/O	200 M	FREE	2:20.59	2:02.59	8
9	2:25.79	2:45.69	13/O	200 M	FLY	2:36.19	2:15.69	10
11	1:06.19	1:17.09	13/O	100 M	BACK	1:12.29	1:01.79	12
13	5:50.89	5:14.69	13/O	400 M	FREE	4:59.19	4:52.99	14
<b>SUNDAY MAY 23, 2021</b>								
15	1:00.69	1:09.59	13/O	100 M	FREE	1:04.59	56.29	16
17	2:44.59	3:09.79	13/O	200 M	BREAST	2:56.79	2:32.89	18
19	1:05.99	1:14.79	13/O	100 M	FLY	1:09.69	1:01.29	20
21	2:23.39	2:45.59	13/O	200 M	BACK	2:36.59	2:14.69	22
23	2:26.99	2:49.19	13/O	200 M	IM	2:38.79	2:17.19	24
25	20:02.89	20:39.79	13/O	1500 M	FREE	19:48.39	19:07.59	26

**Swimmers in events 25 & 26 will need to provide your own timers, lap counters and lap counting person.**

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### Detailed Information

#### Arrival Protocols

**COVID MONITORING FORMS WILL BE REQUIRED EACH DAY & SIGNED BY A PARENT: NO EXCEPTIONS. NO ELECTRONICALLY SIGNED FORMS**

1. Please stay in your car until arrival time. Do NOT get out early.
2. Swimmers must be in their suits already and will not be given an opportunity to change. **This includes Tech Suits.**
3. All athletes and parents must wear a mask to and from the pool and the entire time around the pool. The only time kids should not wear a mask is when in the water. When they exit they need to put the mask on as soon as possible. **Athletes are required to wear a mask to the blocks and put it on after their swim.**
4. Athletes will be dropped off at the pool gate with their coach (or another coach). Parents will NOT be allowed on the pool deck at any time unless timing or filling a team position  
**If a parent has to be asked to put on their mask or wear it properly over their mouth AND their nose more than once they will be asked to leave.**
5. Swimmers will be directed to an area of the pool designated for their team. They are not allowed to wander around. They may interact with their friends from their spot only.
6. Athletes will either be in their seating space, heading to and from the warm up/warm down areas, or heading to their event. No other wandering is permitted.
7. Bathrooms are for emergencies only. Only 4 individuals at a time. Athletes must wear a mask. No exceptions. The bathrooms are not to be used as a changing area.

#### Meet Protocols

- 1) All coaches will be sent the heat sheets program and will be responsible for distributing to their athletes and parents. Coaches may make as many copies as needed. **We will NOT be posting them** as we don't want the athletes wandering around.
- 2) When it is your time to swim you will put your mask up in your Ziploc bag, drop it on the ground and step to the blocks.
- 3) 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.
- 4) Head back to your deck space designation after your event and stay in your 6-8ft bubble.
- 5) You may cheer for your friends from your designated space. There will be no behind the lane cheering. You must stay in your spot.

#### Post Meet 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 at the pool gate. Maintain Space! Everyone is expected to go directly to their cars and leave. No loitering in the parking lot please.

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### Volunteers on Deck

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

- 1) Coaches
- 2) Admin
- 3) Timing System Operator
- 4) Officials – Minimum Needed for Operations
- 5) Timers – 1 Per Lane –
- 6) Safety Monitors/Marshals – See below

**\*\*\*When teams can set up on deck each team will provide 1 parent PER 20 ATHLETES to monitor social distancing and mask enforcement for their team. All adult volunteers will be required to take the Safe Sport course. It is the team's responsibility to make sure that the volunteer in this capacity is safe sport certified. Parents taking the safe sport course do not need to be registered with USA Swimming. Taking the course will count toward each team's safe sport certificate.\*\*\***

<https://www.usaswimming.org/swimmers-parents/parents/safe-sport-for-parents>



#### PARENT/ATHLETE EDUCATION

Education is one of the most important tools for combating misconduct. There are resources that can help you understand how abuse occurs and what you can do about it. You should be able to recognize signs of grooming behavior and boundary violations and what to do when you suspect a child's safety is at risk.

TRAINING FOR PARENTS

TRAINING FOR ATHLETES

**ALL adults will wear masks the entire time while on pool deck. Any parent working as a volunteer is expected to be doing their job while on deck by not interacting with their swimmer, not using a recording device or using their phone while their working their volunteer position.**

**\*\*The meet information may change as the state and local guidelines change and will be communicated via the website\*\***