

# 2021 SI 12-14 Meet

## February 21, 2021

**Sanction #: SI-21-116 Held under the sanction of USA Swimming by San Diego Imperial Swimming, Inc.**

**All participating athletes and clubs are registered with San Diego Swimming. No athletes will be allowed from another LSC.**

**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:** **Granite Hills High School. 1719 E Madison Ave, El Cajon, CA 92019.**

**Facility:** The pool is a ten lane 25 yd. facility. 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 accordance with Article 103.2.3, is 6 feet, 0 inches at the start end and 6 feet, 0 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 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.

# 2021 SI 12-14 Meet

## February 21, 2021

**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>

**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, GROSSMONT SCHOOL DISTRICT 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.

# 2021 SI 12-14 Meet

## February 21, 2021

**Meet Format:** This is a 12-14 Meet and all events will be pre-seeded. Events will be swum fastest to slowest. Flyover starts will be used. Teams will be assigned a session after all the entries are received. There will be no more than two teams per session and there will be multiple sessions during the day. A team will not be allowed to change from assigned session by meet director.

**Qualifying Times:** This is a no time standard meet

**Age up Date:** The age of the swimmer will be his/her age on February 21, 2021

**Restrictions:** Swimmers may enter up to 3 events per session.

### Entry

**Deadline:** The meet's entry deadline is by midnight Tuesday, February 16, 2021. No late entries.  
**Email entries to:** Mary Redmond [seanmary@aol.com](mailto:seanmary@aol.com) 760-716-7678  
**Mail meet fees to:** Mary Redmond 1335 Via Del Oro Fallbrook CA 92028

**Entry Fees:** \$20 per athlete

**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 changes are prohibited. Athletes will come and leave in their suits.

### 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.)

# 2021 SI 12-14 Meet

## February 21, 2021

- 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

### ORDER OF EVENTS AND TIME STANDARDS

All events will be combined genders.  
Swimmers are limited to 3 events per session.  
Saturday

Event #	Age	Event	Notes
1	12-14	200 Fly	
2	12-14	100 Free	
3	12-14	100 Breast	
4	12-14	200 Back	
5	12-14	200 IM	
6	12-14	500 Free	Must provide own lap counter

This meet is targeted for the 12-14-year old's who are non-senior level swimmers. Coaches are encouraged to have 12-year old's pick this or the 11-12 meet, and to have the 14-year old's pick this or the 14&O meet.

# 2021 SI 12-14 Meet

## February 21, 2021

### 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 bring a Ziploc bag with their name on it to take to the blocks when they are ready to swim to place their mask inside.
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 stage for an event. No other wandering is permitted.
7. Bathrooms are for emergencies only. Athletes must wear a mask, will only be permitted one at a time and will be given hand sanitizer before and afterwards. No exceptions. No Parents.

#### 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) 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. You may only have your goggles, cap, mask and towel. No other clothes or anything.
- 3) You will enter the staging area from the timer side of the pool only. NOT the warm up/warm down lanes side. This is IMPORTANT for flow.
- 4) 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.
- 5) 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.
- 6) Head back to your deck space designation after your event and stay in your 6-8ft bubble.
- 7) You may cheer for your friends from your designated space. There will be no behind the lane cheering. You must stay in your spot.

# **2021 SI 12-14 Meet February 21, 2021**

## **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.

## **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 – No Rotation (1 for Entire Time Trial)**
- 6) Safety Monitors/Marshals – Bathroom (1), Staging(2), Roaming(1),  
Warm Up Lanes (1)**

**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 and not interacting with their swimmer or using a recording device while their swimmer is racing.**

## SI Swimmer Monitoring Form: Team Code \_\_\_\_\_

Swimmer Name	Date	Fever Or Temp (higher than 100.4 F)	Sore Throat	Coughing or Shortness of Breath	Close contact or exposed to someone positive for Covid 19
By signing this form, I release Coronado School District & San Diego Imperial Swimming from all liability related to COVID 19 and any other infectious disease claims.		Yes No	Yes No	Yes No	Yes No
<b>Parent Signature</b>					

**PARENTS: This form must be turned in each day of the Meet**

- If **YES** to any question, *Swimmer **will not** be allowed into the pool area.*
- Due to restrictions on capacity and social distancing, **the pool deck is CLOSED.**
- The expectation is that swimmers will arrive at your designated session time for a “check in”. You must remain with your Coach and Group while social distancing.
- Once you drop off your swimmer you will not be able to watch your child swim.
- **DO NOT** leave until they clear “check in”. Social distancing applies to parents at all times (even in the parking lot/street).
- This decision can be made at home or at the Entry Gate. If “yes” to any health monitoring questions, please inform group coach by email immediately.
- The SI health monitoring form must be completed prior to coming to the pool and signed by a parent **DAILY!** Due to county health requirements, swimmer health must be monitored every 24 hours. **No completed signed form upon arrival, no entry!** San Diego Imperial Swimming will not be able to be responsible for a swimmer that doesn’t have a completed signed health monitoring form or doesn’t meet the criteria the lifeguards/coaches deem as safe for entry. The swimmer will need to be taken home until the situation is resolved.
- The bathrooms are only available for emergency with one person at a time due to the requirement of sanitizing after each use. **Please use the restroom prior to driving to the pool.**
- We have agreed with the facility that if we cannot follow the new rules and processes, our agreement will be terminated and we will not be able to use the facility.