

San Diego Seaport Aquatics

March Mania Time Trial

Saturday, March 6, 2021

Warm Up: 12:30 - 1:25pm; Competition: 1:30 - 3:30pm

Sanction #: SI-21-106

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:

Brian Bent Memorial Aquatic Complex, 818 Sixth Ave., Coronado, CA 92118

Facility:

The facility hosts a 50m long (8 lanes) by 25 yard wide (20 lanes) pool and a 25 yard (6 lane) pool. This event will be closed to spectators. Swimmers, coaches, officials, and essential meet workers ONLY will be allowed in the event area.

Water Depth:

The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet, 0 inches at the start and turn end of the pool.

Course

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

**12 & Under
Tech Suit**

102.8.1.F SWIMWEAR (USA Swimming Rulebook)

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-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 OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

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

SAFE SPORT: Swimmers, coaches, officials, BBMAC staff and volunteers ONLY will be allowed in the event 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 2020 or 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., SAN DIEGO IMPERIAL SWIMMING, INC., ALL MEET OFFICIALS, BRIAN BENT MEMORIAL AQUATIC CENTER, & CORONADO UNIFIED 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.

Meet Format: The meet will be pre-seeded for 8 lanes of competition and swam as timed finals. Events will be seeded slowest to fastest, with NT entries swimming first. Mixed events will have girls and boys seeded together. The competi-

tion area will be set up for short course, using 8 lanes in the larger pool.

Qualifying

Times: The meet has no qualifying times.

Age up Date: The age of the swimmer on March 6, 2021 will be his/her age for competition.

Restrictions: Swimmers may choose to enter in up to 3 events in their age or open categories.

Entry

Deadline: The meet's entry deadline is at 11:59pm on March 3, 2021.

Entry

Procedures: Swimmer's must enter on San Diego Seaport Aquatic's Team Unify Website at sdsaswim.com

Entry Fees: \$30 Flat Entry Fee

Deck Entries: No Deck Entries allowed.

Meet Staff:

Meet Referee:

Starter:

Stroke & Turn Officials: Jeff Brown, Vicki Jeffrey

Admin Official: Jeanette Temple

Meet Director: Paul Folts, 217-621-7125

Head Safety Marshall: Georgina Peavey

Club Safe Sport Chair: Heather Edwards

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.

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 Pre-Established Parent Volunteer per lane will be on deck to work back up buttons and stop watches.

Awards: No Awards.

Meet Event Format:

SDSA March Mania Time Trial

1. **Mixed 13 & Over 400 IM**
2. **Mixed 12 & Under 200 IM**
3. **Mixed Open 50 Freestyle**
4. **Mixed Open 100 Butterfly**
5. **Mixed 11 & Over 200 Freestyle**
6. **Mixed Open 100 Breaststroke**
7. **Mixed Open 100 Backstroke**
8. **Mixed Open 100 Freestyle**
9. **Mixed 11 & Over 500 Freestyle**
10. **Mixed 13 & Over 1000 Freestyle**

Warm Ups: Warm ups will be split by training group to allow for spacing requirements of max 4 swimmers per lane. **Before the meet, there will be a single warm up utilizing both pools from 12:45-1:20pm.** During competition, half of the large, 50m pool will be open for warming up and cooling down between events. The smaller instructional pool will be closed during competition.

Detailed Information

Arrival Protocols

- 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.
- 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.
- 4) Athletes will be dropped off at the athlete pool gate with a coach.
- 5) Parents will NOT be allowed in the competition area at any time. There will be no use of facilities by the parents.
- 6) Kids will be temperature checked before entering. Please stay 6 feet apart in line waiting.
- 7) Kids will be directed to an area of the pool designated for their workout group. They will be given an 6ft area for them to sit while they wait for their events. They are not supposed to wander around. They may interact with their friends from their spot only. A mask must be worn at all times while in their designated area.
- 8) 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.
- 9) Athletes will be doing a team warm up within their groups that will be similar to practice and have adequate spacing between athletes. It will be the same if not better than practice.
- 10) 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.

Time Trial Protocols

- 1) All swimmers and parents will be sent the heat sheets program. You may send a copy with your athlete or write it on their arms before you get to the pool. **We will NOT be posting them** as we don't want kids wandering around.
- 2) Some events will be mixed gender and could also be mixed strokes, with people swimming different stroke in the same heat. These will be designated on the heat sheets.

- 3) There will be a staging area before you swim. You must be there WITH YOUR MASK ON at least 2 heats before you swim. You will listen to a staging volunteer as to when you step forward to the next "X" or the block.
- 4) You will enter the staging area by the scoreboard. If you are warming up before your event you will enter a lane in the 50 meter pool close to your designated group area. When you are ready for your race you will then move to the staging area by the scoreboard. This is IMPORTANT for flow.
- 5) When it is your time to swim you will leave your belongings on the chair behind your lane and step to the blocks.
- 6) After you swim, you will stay in the water until the next heat dives in. Then you may exit the water, grab your towel and mask and exit the staging area either to the cool down area or your group area. Backstrokers will be asked to exit the water 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 cooling down.
- 7) Cool Down after races will be available in the non-competition half of the 50 meter pool. Swimmers will enter from the scoreboard side of the pool. When you get to a wall you must keep swimming or get out immediately and mask up. No more than 4 allowed in a lane.
- 8) Head back to your deck space designation after your event and stay in your 6ft bubble.
- 9) 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 Time Trial Exit Flow

All athletes should leave the pool quickly after their final event. Swimmers in the final event 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.

Volunteers on Deck

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

- 1) San Diego Seaport Aquatics Group Coaches
- 2) SI Swimming, BBMAC, & San Diego Seaport Aquatics Admin
- 3) BBMAC Timing System Operator
- 4) Officials (3) – Minimum Needed for Operations
- 5) Timers (8) – 1 Per Lane – No Rotation
- 6) Safety Monitors – Bathroom (2), Staging (2), Roaming (2), Warm Up/Cool Down (2), Athlete Group Area (4)
- 7) LSC Officials for Observation – Advance Notice Required

ALL adults will wear masks the entire time while on pool deck. Volunteers will be designated by large and extremely visible badges and only come on deck during the time needed to operate the meet.