

RSD ALL AGES IM READY(IMR) NTS MEET
October 16-17, 2021

<p>Sanction: 2021 SI RSD IMR All AGES NTS</p>	<p>Sanction #: SI-21-140 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. 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 or 2022 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.</p>
<p>Meet Host:</p>	<p>Rancho San Dieguito</p>
<p>Meet Director:</p>	<p>Kristyn Evans: kevans@bgcsandieguito.org 512-529-7994</p>
<p>Meet Administrator:</p>	<p>Sammie Hail: shail9@cox.net 619-865-4209</p>
<p>Meet Entries and Deadlines:</p>	<p>The meet's entry deadline is by <u>midnight Friday, October 1, 2021.</u> Late entries may be accepted and charged double if accepted.</p>
<p>Mail Meet Fees To:</p>	
<p>Entry Fees:</p>	<p>\$7* surcharge per athlete *Includes \$2 SBA Admin Fee \$5 individual event</p>
<p>Deck Entries:</p>	<p>No Deck Entries allowed.</p>
<p>MAAPP:</p>	<p>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</p>
<p>Safe Sport:</p>	<p>Swimmers, coaches, workers, and officials ONLY will be allowed in the pool area for the meet. Teams will be set up outside the deck and parents only in the bleachers.</p>
<p>Venue:</p>	<p>Doug & Marianne Pardee Aquatics Center at the Boys & Girls Club of San Dieguito, 533 Lomas Santa Fe Dr., Solana Beach, CA 92075. An additional 6 lane, 25 yard shallow pool is available for warm-up & cool-down throughout the meet. Team Area will be in the front parking lot, no team areas will be on the pool deck. Snack bar might be available.</p>
<p>Facility:</p>	<p>There will be No Spectators on Deck. Swimmers, coaches, officials, and essential meet personal ONLY will be allowed in the facility.</p>
<p>Water Depth:</p>	<p>Competition pool is 10 lanes by 25 yards. The minimum water depth, measured in accordance with Article 103.2.3, is 9 feet, 0 inches at the start end and 9 feet, 0 inches at the turn end.</p>
<p>Course Certification</p>	<p>The competition course has not been certified in accordance with 104.2.2C(4).</p>

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<p>COVID-19</p>	<p>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.</p> <p>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.</p> <p>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</p>
<p>Liability:</p>	<p>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.</p> <p>Damage to a facility, when proved, will cause the offending swimmer, to be held accountable for repairs.</p> <p>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.</p>
<p>Guidelines:</p>	<p>The competition: <i>This meet will be held using the most current State, County, Local, and Facility COVID guidelines that are in place on the day(s) of the event.</i></p>
<p>USA Swimming Registration:</p>	<p>All swimmers, coaches, and officials participating in this competition must be <u>currently</u> (2021 or 2022) 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. All swimmers must be registered as athletes for 2021 or 2022 with USA Swimming by the meet start date.</p>
<p>Meet Format:</p>	<p>Flyover starts may be used. Teams will be assigned a session (if needed) after all the entries are received. Meet administration reserve the right to add or subtract sessions; or lanes used; based on entries</p>

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Meet Start Time:	Warm-up 7:30 Meet Start 9:00 Warm up and start time may be adjusted based on meet entries.
Age Up Date:	The age of the swimmer will be the swimmers age on October 16, 2021.
Restrictions:	Swimmers may enter up to 3 events per day.
Qualifying Times:	This is a no time standard meet
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 and behind the start area behind the blocks.
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:	<u>Deck changes are prohibited.</u> Teams are encouraged to bring and use the Safe Sport changing tent.
12 & under Tech Suit Restriction:	<p>102.8.1.F SWIMWEAR (USA Swimming Rulebook) 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).</p> <ol style="list-style-type: none"> 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: <ol style="list-style-type: none"> 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)
Officials:	Officials will be scheduled in advance with the minimum number of officials required set by the Officials Chair. 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:	Two Parent Volunteers per lane will be assigned to work back up buttons and stop watches.
Awards:	

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Warmup 7:30 Saturday October 16, 2021 Meet Starts 9:00

Event	Gender	Age	Event Description
1	Mixed	11/O	200 Free
2	Mixed	8/U	25 Free
3	Mixed	10/U	100 Free
4	Mixed	8/U	25 Breast
5	Mixed	13/O	100 Fly
6	Mixed	12/U	50 Fly
7	Mixed	8/U	25 Fly
8	Mixed	12/U	100 IM
9	Mixed	8/U	25 Back

Warmup 7:30 Sunday October 17, 2021 Meet Starts 9:00

Event	Gender	Age	Event Description
10	Mixed	13/O	200 IM
11	Mixed	12/U	50 Breast
12	Mixed	13/O	100 Breast
13	Mixed	12/U	50 Back
14	Mixed	13/O	100 Back

Notes: All events will be swum fastest to slowest. All events will be mixed girls and boys swimming together.

- Swimmers are allowed to enter a max of 3 events per day.
- Meet management reserves the right to add or subtract sessions based on entries

The first step in the IMX Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of five events at shorter distances. Below, we've listed the line-up by age groups.

9 & Under; 10-year olds: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

11-year olds; 12-year olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

13, 14, 15, 16, 17, & 18-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM