



**SAN DIEGO-
IMPERIAL
SWIMMING**

**SAN DIEGO IMPERIAL SWIMMING
LONG COURSE
AGE GROUP
CHAMPIONSHIPS**

**AUGUST 11-14, 2022
BRIAN BENT MEMORIAL AQUATIC CENTER
CORONADO, CA**

**HOST: SAN DIEGO-IMPERIAL SWIMMING
CHAMPIONSHIP COMMITTEE**

SAN DIEGO IMPERIAL SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIPS AUGUST 11-14, 2022

Warm Up 3:30 PM			Session 1 - Thursday August 11 Timed Finals		Session Start 5:00 PM		
GIRLS					BOYS		
#	LCM	SCY	Event	Format	SCY	LCM	#
1	2:12.79	1:52.39	13-14 200 M Free Relay	TF	1:42.09	1:55.29	2
3	2:10.09	1:50.99	15-18 200 M Free Relay	TF	1:45.39	1:54.69	4
5	6:29.09	5:56.79	11 – 12 400 M IM	TF	5:47.79	6:32.39	6
7	5:53.39	5:11.79	13 – 14 400 M IM	TF	4:59.99	5:48.99	8
9	5:50.49	5:07.99	15 & Over 400 M IM	TF	4:45.09	5:27.89	10
11	5:23.69	6:38.19	11 – 12 400 M Free	TF	6:27.49	5:38.09	12
13	20:30.89	20:04.29	13 – 14 1500 M Free	TF	19:33.99	20:07.69	14
15	20:16.99	19:47.59	15 & Over 1500 M Free	TF	18:30.39	19:04.99	16
17	2:25.39	2:13.09	13-14 200 M Medley Relay	TF	2:09.79	2:20.49	18
19	2:21.79	2:11.59	15-18 200 M Medley Relay	TF	1:59.79	2:15.49	20

TEAMS/SWIMMERS MUST PROVIDE THEIR OWN TIMERS FOR ALL EVENTS



Warm Up 7:00 AM			Session 2 - Friday August 12		Session Start 9:00 AM		
GIRLS					BOYS		
#	LCM	SCY	Event	Format	SCY	LCM	#
21	3:28.09	3:15.59	10/U 200 M IM	Prelims	3:13.39	3:32.09	22
23	2:54.09	2:47.29	11 – 12 200 M IM	Prelims	2:43.99	2:59.09	24
25	2:42.99	2:25.49	13 – 14 200 M IM	Prelim	2:18.39	2:37.69	26
27	2:38.79	2:22.99	15 & Over 200 M IM	Prelim	2:10.09	2:26.59	28
29	51.69	47.49	10 & Under 50 M Breast	Prelim	46.59	52.39	30
31	43.29	39.99	11 – 12 50 M Breast	Prelim	39.49	44.99	32
33	3:11.39	2:44.79	13 – 14 200 M Breast	Prelim	2:40.59	3:07.19	34
35	3:07.79	2:42.99	15 & Over 200 M Breast	Prelim	2:31.09	2:55.99	36
37	3:26.49	3:06.59	11 – 12 200 M Breast	TF	3:05.89	3:28.69	38
39	1:46.79	1:39.09	10 & Under 100 M Fly	Prelim	1:37.99	1:52.49	40
41	1:22.59	1:17.59	11 – 12 100 M Fly	Prelim	1:16.09	1:27.19	42
43	1:14.39	1:05.49	13 – 14 100 M Fly	Prelim	1:03.19	1:12.49	44
45	1:11.69	1:03.99	15 & Over 100 M Fly	Prelim	57.89	1:04.89	46
47	2:59.09	2:57.19	10 & Under 200 M Free	Prelim	2:47.99	3:02.19	48
49	2:34.29	2:28.99	11 – 12 200 M Free	Prelim	2:23.49	2:37.99	50
51	2:23.79	2:10.39	13 – 14 200 M Free	Prelim	2:02.59	2:18.89	52
53	2:18.99	2:08.09	15 & Over 200 M Free	Prelim	1:56.99	2:08.09	54

GIRLS		Session 3 - Friday Finals		BOYS	
Event #	Qualified	Event	Format	Qualified	Event #
21	Top 8	10/U 200 M IM	Finals	Top 8	22
23	Top 16	11/12 200 M IM	Finals	Top 16	24
25	Top 16	13 – 14 200 M IM	Finals	Top 16	26
27	Top 16	15 – 18 200 M IM	Finals	Top 16	28
29	Top 8	10 & Under 50 M Breast	Finals	Top 8	30
31	Top 16	11 – 12 50 M Breast	Finals	Top 16	32
33	Top 16	13 – 14 200 M Breast	Finals	Top 16	34
35	Top 16	15 – 18 200 M Breast	Finals	Top 16	36
39	Top 8	10 & Under 100 M Fly	Finals	Top 8	38
41	Top 16	11 – 12 100 M Fly	Finals	Top 16	40
43	Top 16	13 – 14 100 M Fly	Finals	Top 16	42
45	Top 16	15 – 18 100 M Fly	Finals	Top 16	44
47	Top 8	10 & Under 200 M Free	Finals	Top 8	46
49	Top 16	11 – 12 200 M Free	Finals	Top 16	48
51	Top 16	13 – 14 200 M Free	Finals	Top 16	50
53	Top 16	15 – 18 200 M Free	Finals	Top 16	54

Warm Up 7:00 AM			Session 4 - Saturday August 13		Session Start 9:00 AM		
GIRLS					BOYS		
#	LCM	SCY	Event	Format	SCY	LCM	#
55	3:03.99	2:44.09	11 – 12 200 M Back	TF	2:48.79	3:11.89	56
57	2:45.09	2:22.19	15 & Over 200 M Back	Prelim	2:10.19	2:32.79	58
59	2:48.09	2:23.39	13 – 14 200 M Back	Prelim	2:21.99	2:43.99	60
61	38.89	35.39	11 – 12 50 M Back	Prelim	34.59	40.19	62
63	45.19	41.89	10 & Under 50 M Back	Prelim	41.09	46.29	64
65	29.79	27.19	15 & Over 50 M Free	Prelim	23.39	26.79	66
67	30.59	27.89	13 – 14 50 M Free	Prelim	25.39	28.89	68
69	32.19	31.29	11 – 12 50 M Free	Prelim	28.99	32.79	70
71	36.69	35.19	10 & Under 50 M Free	Prelim	34.29	37.19	72
73	1:26.29	1:14.89	15 & Over 100 M Breast	Prelim	1:07.99	1:19.19	74
75	1:28.29	1:16.09	13 – 14 100 M Breast	Prelim	1:13.79	1:25.79	76
77	1:34.49	1:27.19	11 – 12 100 M Breast	Prelim	1:25.49	1:38.39	78
79	1:53.89	1:44.99	10 & Under 100 M Breast	Prelim	1:41.89	1:55.89	80
81	4:56.29	5:43.39	15 & Over 400 M Free	Prelim	5:09.39	4:38.09	82
83	5:04.49	5:49.59	13 – 14 400 M Free	Prelim	5:34.39	4:58.49	84
85	3:10.09	2:51.99	10 & Under 200 M Med Relay	TF	2:43.99	3:07.99	86
87	2:40.79	2:17.89	11 – 12 200 M Med Relay	TF	2:19.39	2:39.69	88

GIRLS		Session 5 - Saturday Finals		BOYS	
Event #	Qualified	Event	Format	Qualified	Event #
57	Top 16	15 – 18 200 M Back	Finals	Top 16	58
59	Top 16	13 – 14 200 M Back	Finals	Top 16	60
61	Top 16	11 – 12 50 M Back	Finals	Top 16	62
63	Top 8	10 & Under 50 M Back	Finals	Top 8	64
65	Top 16	15 – 18 50 M Free	Finals	Top 16	66
67	Top 16	13 – 14 50 M Free	Finals	Top 16	68
69	Top 16	11 – 12 50 M Free	Finals	Top 16	70
71	Top 8	10 & Under 50 M Free	Finals	Top 8	72
73	Top 16	15 – 18 100 M Breast	Finals	Top 16	74
75	Top 16	13 – 14 100 M Breast	Finals	Top 16	76
77	Top 16	11 – 12 100 M Breast	Finals	Top 16	78
79	Top 8	10 & Under 100 M Breast	Finals	Top 8	80
81	Top 8	15 – 18 400 M Free	Finals	Top 8	82
83	Top 8	13 – 14 400 M Free	Finals	Top 8	84
89	5:09.99	15 – 18 400 M Med Relay	TF	4:46.49	90
91	5:20.99	13 – 14 400 M Med Relay	TF	5:11.89	92

Warm Up 7:00 AM			Session 6 - Sunday August 14		Session Start 9:00 AM		
GIRLS					BOYS		
#	LCM	SCY	Event	Format	SCY	LCM	#
93	1:21.39	1:19.99	10 & Under 100 M Free	Prelim	1:15.69	1:28.89	94
95	1:10.39	1:08.29	11 – 12 100 M Free	Prelim	1:02.79	1:11.89	96
97	1:06.19	1:00.49	13 – 14 100 M Free	Prelim	55.69	1:02.99	98
99	1:04.39	58.99	15 & Over 100 M Free	Prelim	51.19	58.3 9	100
101	43.79	41.79	10 & Under 50 M Fly	Prelim	40.19	45.39	102
103	35.49	33.89	11 – 12 50 M Fly	Prelim	32.99	37.39	104
105	2:55.49	2:30.49	13 – 14 200 M Fly	Prelim	2:26.99	2:49.19	106
107	2:50.49	2:25.99	15 & Over 200 M Fly	Prelim	2:19.79	2:40.39	108
109	3:05.79	2:48.09	11 – 12 200 M Fly	TF	2:49.49	3:07.29	110
111	1:38.79	1:30.69	10 & Under 100 M Back	Prelim	1:29.09	1:39.99	112
113	1:23.19	1:18.09	11 – 12 100 M Back	Prelim	1:15.89	1:26.49	114
115	1:17.29	1:06.39	13 – 14 100 M Back	Prelim	1:04.89	1:15.09	116
117	1:15.29	1:05.69	15 & Over 100 M Back	Prelim	59.09	1:10.29	118
119	10:32.29	12:01.69	13 – 14 800 M Free	TF	11:22.29	10:24.99	120
121	10:25.99	11:50.79	15 & Over 800 M Free	TF	10:54.09	9:44.09	122
123	2:39.59	2:20.79	10 & Under 200 M Free Relay	TF	2:17.99	2:37.99	124
125	2:17.29	1:58.49	11 – 12 200 M Free Relay	TF	2:01.19	2:18.79	126

GIRLS		Session 7 - Sunday Finals		BOYS	
Event #	Qualified	Event	Format	Qualified	Event #
93	Top 8	10 & Under 100 M Free	Finals	Top 8	94
95	Top 16	11 – 12 100 M Free	Finals	Top 16	96
97	Top 16	13 – 14 100 M Free	Finals	Top 16	98
99	Top 16	15 – 18 100 M Free	Finals	Top 16	100
101	Top 8	10 & Under 50 M Fly	Finals	Top 8	102
103	Top 16	11 – 12 50 M Fly	Finals	Top 16	104
105	Top 16	13 – 14 200 M Fly	Finals	Top 16	106
107	Top 16	15 – 18 200 M Fly	Finals	Top 16	108
111	Top 8	10 & Under 100 M Back	Finals	Top 8	112
113	Top 16	11 – 12 100 M Back	Finals	Top 16	114
115	Top 16	13 – 14 100 M Back	Finals	Top 16	116
117	Top 16	15 – 18 100 M Back	Finals	Top 16	118
119	Top 8	13 – 14 800 M Free	TF	Top 8	120
121	Top 8	15-18 800 M Free	TF	Top 8	122
127	4:41.29	13 – 14 400 M Free Relay	TF	4:39.09	128
129	4:32.49	15 – 18 400 M Free Relay	TF	4:10.49	130

- Age 19 & over swimmers may swim in timed final events on Thursday and preliminary individual events on Friday, Saturday or Sunday: they may not swim in finals or relays. They will be entered as exhibition swimmers.



SAN DIEGO-IMPERIAL SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIPS August 11 - 14, 2022

HOST: SAN DIEGO-IMPERIAL SWIMMING CHAMPIONSHIP COMMITTEE

SANCTION: This meet is sanctioned by USA Swimming and issued by San Diego-Imperial Swimming #SI-22-27. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

MEET REFEREE: Debra Baldwin 760-518-9027 baldwindebra@ymail.com

MEET DIRECTOR: Mary Redmond Cell: 760-716-7678 email: seanmary@aol.com

MEET ADMINISTRATOR: Mary Redmond Cell: 760-716-7678 email: seanmary@aol.com

VENUE: Brian Bent Memorial Aquatics Complex, Coronado High School, 818 6th Street, Coronado CA 92118. Phone (619) 437-0227. 25 yard x 52 meter pool with a moveable 2 meter bulkhead. Additional 4 lane 25 yard warm-up area available during meet. The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet, 0 inches at the start end and 7 feet, 0 inches at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4). Colorado timing and large digital scoreboard will be in use.

ELIGIBILITY: This is a closed SI meet, and is only open to any current (2022) Year Round/Premier USA Swimming registered athlete who is a member of, or an unattached swimmer training with, a San Diego-Imperial Swimming chartered team. All swimmers must be SI swimmers with a 2022 USA swimming card issued not later than Tuesday, August 2, 2022. SI Swimming does not permit on-deck registration. All USA Swimming registration numbers will be verified with the SWIMS registration database; swimmers without a current registration will be scratched from all events. To enter, all swimmers, including relay-only swimmers, must have swum in one SI meet each season or in two meets in the preceding qualifying year (the swim season starting September 1, 2020).

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

SAFE SPORT: Swimmers, coaches, workers, and officials ONLY might be allowed in the pool area for the meet. Teams will be set up outside the deck and parents only in the bleachers. Parent and spectators will be allowed on certain parts of the deck. Showers may not be available. This is subject to change based on current facility guidelines

FACILITY: Parent and spectators will be allowed on certain parts of the deck. This is subject to change based on current facility guidelines.

COVID-19: An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID19 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

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 HIGH 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

REGISTRATION: All swimmers, coaches, and officials participating in this competition must be currently (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 with USA Swimming by the entry deadline.

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. Teams are encouraged to bring and use the Safe Sport changing tent

12/U TECH SUIT RESTRICTION: 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). 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)

RULES: Current SI Swimming and USA Swimming rules will govern the conduct of the meet, and will take precedence over errors/omissions on this meet announcement. All coaches and deck officials must be able to show proof of USA Swimming if requested. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet. 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.

- a. Racing Starts: All swimmers entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. For swimmers unaccompanied by a USA Swimming member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- b. Swimmers may enter any number of events for which they are qualified. No swimmer may compete in more than 3 individual events per day and in no more than 6 individual events for the meet.
- c. Each club may enter up to 2 relay teams in each relay event.

SAN DIEGO-IMPERIAL SWIMMING

LONG COURSE AGE GROUP CHAMPIONSHIPS

August 11 – 14, 2022

QUALIFICATION TIMES: The 2022 JO qualification times are listed in this announcement. To enter, a swimmer must have met or bettered the qualifying times for each event: stroke and distance.

- a. Swimmers who have met the short course yard time standard and not the long course time standard must enter their short course yard time. Swimmers who have met the long course time standard must enter their long course time. Swimmers will be seeded by long course time first, then short course yard time.
- b. All qualification times must have been achieved since the first day of the Long Course Championship Meet held on **July 25, 2019**.
- c. Relay entry times: Enter at the best achieved relay time or best aggregate time at or faster than the time standard.

VERIFICATION: This is a Proof of Time meet! All individual event entry times will be verified using the SWIMS database prior to the start of the meet. Coaches/teams that have provided an e-mail address will be notified of times not meeting the time standard. Swimmers not meeting the time standard for an event will be removed from the event.

ENTRIES: All entries, including relays and relay only swimmers, must be submitted electronically using a Hy-Tek Meet Manager compatible file.

- a. No individual entries will be accepted. Entries will only be accepted from SI Swimming chartered teams.
- b. All entry files **MUST** be emailed to Mary Redmond (seanmary@aol.com) and received **by midnight Tuesday, August 2, 2022**. Include in the email a PDF copy of the **Entry Fee Report**, and the contact person's phone number and email address.
- c. Mail a hardcopy list of entries sorted by **Name** and a hardcopy **Entry Fee Report** must be included along with the team check for the entry fees. The entry report and fees must be postmarked **NO LATER THAN Friday, August 5, 2022**, and mailed to: **San Diego Imperial Swimming, 1335 Via Del Oro, Fallbrook CA 92028**
- d. **NO LATE OR TELEPHONE ENTRIES WILL BE ACCEPTED!** Entry changes will not be accepted after the closing date.

ENTRY FEES

- | | |
|---|---------|
| a. Surcharge for each swimmer, including relay only swimmers: | \$12.00 |
| b. Individual Event Entry Fee: | \$6.00 |
| c. Relay Entry Fee: | \$16.00 |

Make checks payable to: SAN DIEGO-IMPERIAL SWIMMING

MEET CONDUCT

CHECK IN: This meet will be deck seeded. CHECK IN IS REQUIRED FOR ALL PRELIMINARY AND TIMED FINAL EVENTS. Swimmers who fail to check in for an event will be scratched from that event and not allowed to swim.

Check in Thursday for all events will close at 4:30 pm

Check in for Friday, Saturday & Sunday's all prelim events will close at 8:30 am

SAN DIEGO-IMPERIAL SWIMMING

LONG COURSE AGE GROUP CHAMPIONSHIPS

August 11 – 14, 2022

SCRATCH PROCEDURES:

PRELIMS: DECLARATION OF EVENTS:

Swimmers will be required to check in for their events each day. Swimmers may swim up to 3 events per day that they are qualified for. Swimmers may scratch events and all scratches are final.

FINALS: A swimmer wishing to declare their intent to scratch from finals must sign the official scratch sheet within 30 minutes from the announcement of the preliminary results.

LATE WITHDRAWAL FROM FINALS: A swimmer who qualifies for the finals heat and did not scratch and wishes to withdraw from the event may do so without a No Show penalty only if: the swimmer involved notifies the referee, in person, at least 30 minutes before finals start, of his/her desire to withdraw and allow a re-seeding of the finals heat and is present for the finals at the time of the event involved.

NO SHOW PENALTY. Once checked in for an event, any swimmer who is a no show for the preliminary or timed finals heats of an event will be barred from their next individual event and will not be allowed to swim that race. A swimmer who is a no show for a finals heat for which he/she has qualified and has not scratched will be barred from competition for the remainder of the meet.

BREAK BETWEEN HEATS AND FINALS: The length of the break will be determined by the meet referee but in any event will not be less than 2 hours.

FINALS: A championship and consolation final (8 swimmers in each heat) will be offered with the exceptions of the events listed below:

- All Thursday's events and relay events will be timed finals.
- All 10/U finals events will be Top 8
- The 11-12 200 Back, 200 Breast, and 200 Fly, events will be timed finals with all heats swum during prelims.

RELAYS: 12/U relays will be swum at the end of prelims.

Thursday: 13/O relays will be the first and last events swum

Saturday & Sunday: 13/O relays will be swum at the end of finals

Relay cards due: Thursday @4:30 pm

Sat & Sun 12/U: @9:30 am

Sat & Sun 13/O: @11:00 am

DISTANCE EVENTS: The 800 M Free and 1500 M Free will be seeded fastest to slowest in event order, alternating women and men. Swimmers must provide their own timers and lap counters if desired.

SAN DIEGO-IMPERIAL SWIMMING

LONG COURSE JUNIOR OLYMPIC CHAMPIONSHIPS

August 11 – 14, 2022

SCORING: Scoring for the top 16 places shall be in the following manner:

INDIVIDUAL: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1

RELAYS: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2

AWARDS: Individual events: Custom medals 1-8 Relays: Custom medals 1-3

Individual Age Group High Point

Team Trophies: 1-8

WARM UP TIMES AND ASSIGNMENTS: All pools may be used for warm up each day

- Swimmers must enter the pool feet first while maintaining at least one hand on the pool deck until both feet touch the water (3-point entry). NO DIVING or JUMPING allowed from the blocks or the edge of the pool

Thur: All teams 3:45 – 4:45

Fri, Sat & Sun: 7:00 – 8:00 am 13/Over All teams

Fri, Sat & Sun: 8:00 – 8:45 am 12 & Under All teams

Warm ups may change to teams instead of age based on number of swimmers entered in the meet

