

SOL All Ages BB Min LC Meet

July 15-17, 2022

Sanction: 2022 SI SOL All Ages BB Min LC Meet Meet Referee: Keith Clements vice-admin@si-swimming.com	Sanction #: SI-22-24 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 2022 with USA Swimming by the meet entry deadline July 6, 2022. 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.
Meet Host:	SOL Swim Team
Meet Director:	Jennie Charlesworth solswimswc@gmail.com
Meet Administrator:	Mary Redmond: seanmary@aol.com . 760-716-7678
Meet Entries and Deadlines:	Email entries to: Mary Redmond seanmary@aol.com The meet's entry deadline is by <u>midnight Wednesday, July 6, 2022.</u> Late entries may be accepted and charged double if accepted.
Mail Meet Fees To: Mary Redmond	Make checks payable to: SWC Mail checks to: Mary Redmond 1335 Via Del Oro Fallbrook CA 92028
Entry Fees:	\$5 surcharge per athlete \$5 individual event Relay \$16
Deck Entries:	No Deck Entries allowed for individual events. Relays are deck entered, (pay at that time)
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:	At this time swimmers, coaches, workers, officials, and parents will be allowed in the pool area. There may be designated area(s) for athletes, coaches, and meet personal.
Venue:	Southwestern Community College, 900 Otay Lakes Rd, Chula Vista, CA 91910. 8 lane, 50M pool. Colorado timing and scoreboard in use. The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet, 0 inches at the start end and 4 feet, 0 inches at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4). Full snack bar available. PARKING: Parking permits will be enforced by the College. Parking permits must be purchased on line: https://swc.thepermitstore.com and placed in car
Facility:	There may be designated area(s) for athletes, coaches, and meet personnel.
Water Depth:	The pool has 8 working lanes with an 8 lane warmup area available. The minimum water depth measured accordance with Article 103.2.3, is 6 feet, 0 inches at the start end and 3 feet, 6 inches at the turn end.

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Course Certification	The competition course has not been certified in accordance with 104.2.2C(4).
COVID-19	<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>
Liability:	<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, SOUTH WESTERN COLLEGE, AND SOL SWIM TEAM 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>
Guidelines:	<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>Masks must be worn in all buildings including bathrooms, locker rooms, and entrances.</p>
USA Swimming Registration:	<p>All swimmers, coaches, and officials participating in this competition must be <u>currently</u> (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</p>

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	Article 302. All swimmers must be registered as athletes for 2022 with USA Swimming by the meet entry deadline July 9, 2022
Meet Format:	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
Clerk of Course (Check-in Procedures).	This meet will require each swimmer to check-in prior to the start of the meet. Check-in will close 30 minutes prior to the start of the meet for all events. Face coverings must be worn when in the check-in area by everyone. Swimmers and coaches are the only ones who can check-in; NO PARENTS WILL BE ALLOWED IN THE CHECK-IN AREA.
Meet Start Time:	To Be Announced, based on meet entries.
Age Up Date:	The age of the swimmer will be the swimmers age on July 9, 2022.
Restrictions:	Swimmers may enter up to 3 events per day. Friday Events – Swimmers may swim only one of the events. Top 24 per gender in each event.
Swimmers with Disabilities	<i>SOL welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations Article 105 to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and / or registered service animals. Failure to provide advance notice may limit SOL's ability to accommodate all requests.</i>
Qualifying Times:	This meet is using the National BB time standards. Swimmers must meet or be faster than the listed time standards.
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:	Deck changes are prohibited. Teams are encouraged to bring and use the Safe Sport changing tent.
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 2022 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:	Special Awards

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Warmup TBA		Friday, July 15 2022			Meet Starts TBA		
Girls	LC BB Min	SCBB Min	Age	Dist./Stroke	SC BB min	LCBB	Boys
1	6:48.29	5:56.79	11-12	4001M	5:46.39	6:39.17	2
1	6:25.89	5:37.59	13/0	4001M	5:17.09	6:04.69	2
3	12:26.59	13:44.69	11-12	800/1000 Free	13:30.19	12:15.19	4
3	11:41.99	13:01.79	13/0	800/1000 Free	12:23.89	11:13.99	4

FRIDAYEVENTS: Swimmers may swim only one of the events. Top 24 per gender in each event will swim.

Warmup TBA		Saturday, July 16 2022			Meet Starts TBA		
Girls	LC BB Min	SC BB Min	Age	Dist./Stroke	SC BB Min	LC BB Min	Boys
5	48.89	41.89	10/U	50 Back	42.29	49.19	6
5	40.79	35.39	11-12	50 Back	34.99	40.39	6
7	3:09.89	2:43.99	11-12	200 Back	2:39.69	3:05.19	8
7	2:58.69	2:34.89	13/0	200 Back	2:25.09	2:49.09	8
9	1:59.79	1:44.99	10/U	100 Breast	1:41.69	1:55.99	10
9	1:40.89	1:27.19	11-12	100 Breast	1:24.49	1:38.39	10
9	1:34.79	1:21.69	13/0	100 Breast	1:15.99	1:28.09	10
11	47.09	41.79	10/U	50 Fly	40.49	45.99	12
11	38.29	33.89	11-12	50 Fly	34.19	38.59	12
13	3:10.19	2:47.19	11-12	200 Fly	2:40.79	3:06.19	14
13	2:59.19	2:24.89	13/0	200 Fly	2:26.89	2:47.99	14
15	39.89	35.19	10/U	50 Free	34.49	39.49	16
15	35.69	31.29	11-12	50 Free	30.29	34.69	16
15	34.49	30.19	13/0	50 Free	27.79	31.99	16
17	3:20.99	2:57.19	10/U	200 Free	2:47.99	3:12.09	18
17	2:49.19	2:28.99	11-12	200 Free	2:23.49	2:44.89	18
17	2:41.79	2:21.29	13/0	200 Free	2:12.79	2:32.29	18

Warmup TBA		Sunday, July 17 2022			Meet Starts TBA		
Girls	LC BB Min	SC BB Min	Age	Dist./Stroke	SC BB Min	LC BB Min	Boys
19	1:45.99	1:30.69	10/U	100 Back	1:29.29	1:43.09	20
19	1:30.99	1:18.09	11-12	100 Back	1:15.69	1:27.99	20
19	1:23.59	1:11.19	13/0	100 Back	1:06.39	1:17.89	20
21	53.99	47.49	10/U	50 Breast	46.59	53.29	22
21	45.49	39.99	11-12	50 Breast	39.49	45.19	22
23	3:35.99	3:06.59	11-12	200 Breast	3:00.19	3:28.69	24
23	3:23.99	2:57.29	13/0	200 Breast	2:31.39	3:10.79	24
25	1:52.99	1:39.09	10/U	100 Fly	1:37.09	1:50.79	26
25	1:28.49	1:17.59	11-12	100 Fly	1:16.09	1:26.29	26
25	1:20.39	1:10.89	13/0	100 Fly	1:06.09	1:15.49	26
27	1:31.19	1:19.99	10/U	100 Free	1:18.79	1:30.19	28
27	1:18.09	1:08.29	11-12	100 Free	1:05.89	1:15.49	28
27	1:14.79	1:05.49	13/0	100 Free	1:00.89	1:09.89	28
29	3:43.19	3:15.59	10/U	200 IM	3:13.19	3:40.79	30
29	3:11.39	2:47.29	11-12	200 IM	2:43.99	3:08.49	30
29	3:01.79	2:37.59	13/0	200 IM	2:28.49	2:51.39	30
31	5:56.49	6:38.19	11-12	400/500 Free	6:27.49	5:48.69	32
31	5:40.59	6:18.69	13-14	400/500 Free	5:58.99	5:24.09	32
31	5:32.89	6:11.99	15/0	400/500 Free	5:44.09	5:09.89	32

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Swimmers are limited to 3 events per day.

FRIDAY EVENTS: Swimmers may swim only one of the events. Top 24 per gender in each event will swim.