

2020 Fresno Dolphins Swim Team

Short Course Yards Senior Prelim / Final Meet

January 17-19, 2020– Bullard High School Aquatics Complex
Held under the sanction of USA Swimming and Central California Swimming
Sanction #S8019TL Time Trial Sanction #S8119TL

- Meet Director: Rick Klatt (559) 448-7676 rickklatt@gmail.com
- Location: Bullard High School Aquatics Complex, 5445 N Palm Ave, Fresno, CA 93704. From north or south Highway 41 exit at Bullard Ave and travel west 2 miles to Palm Ave. Travel south on Palm to Browning and turn west. The Bullard High student parking lot will be on your left. Walk between the all-weather track and the gym and you will arrive at the Aquatics Complex. Additional parking available in the lot to the south of the Complex off of Barstow Ave.
- Facility: The competition pool is 25 yards by 50 meters with a minimum depth of 7 feet, and area for continuous warm-up and swim down. The competition pool has been certified according to article 104.2.2C (4) USAS Rules and Regulations. The copy of such certification is on file with USA Swimming.
- No Propane Heaters are allowed in the facility. 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.
- Time: Friday meet starts at 5:00 p.m. (warm-up starts at 3:30 p.m.). Saturday and Sunday meet starts at 9:00 a.m. (warm-up starts at 7:30 a.m.)
- Rules: Current USA Swimming and CCS rules will apply. Warm-up rules will be posted on deck and printed in the meet program. All swimmers must be 2020 registered members of USA Swimming. Deck Pass is acceptable proof of USA Swimming Membership. **Adult athletes must verify they have passed Safe Sport Athlete Protection Training.** A USA Swimming registered coach must supervise all warm-ups. If you do not have a USA Swimming registered coach at the meet, report to the deck referees for lane and coach assignment. All coaches may be required to present proof of 2020 USA Swimming Coach Membership at the beginning of the meet. If an insufficient number of officials are present to run the meet, a ten-minute break will be taken every two hours. No deck entries will be allowed. Swimmers in distance events are required to provide their own timer, a person to count laps and a lap counting device.
- Any swimmer 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. All USAS athlete members must be under the supervision of a USAS member coach during warm up, competition and warm-down. Swimmers who do not have a USAS registered coach at the swim meet should report to the Meet Director or Meet Referee for assistance obtaining a lane and coach assignment. It is the swimmer's responsibility to make such arrangements prior to the start of the meet.
- No technical suits shall be worn by any 12 & Under athlete member in competition at any sanctioned, approved, or observed CCS Meet. This includes any suit with bonded or taped seams regardless of its fabric or silhouette or 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. Knit fabric – A suit with knit fabric and sewn seams not extending below the knees is permitted). [CLICK HERE](#) for the USA Swimming FAQ page regarding technical suits and 12&Under athletes.**
- Deck changes are prohibited. Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms or locker rooms. Visual recording devices are not permitted behind the blocks during the start sequence throughout the meet.
- Warm-Ups: The competition pool will be open for warm-up on Friday from 3:30 – 4:50 p.m. and Saturday and Sunday at 7:30 a.m. under a coach's supervision. From 7:30 – 8:10 a.m. all lanes will be open for general warm-up. From 8:10 - 8:50 a.m. lanes 1 and 8 will be open for push-pace work. NO DIVING. Lanes 2 and 7 will be open for one-way sprints from the blocks under coach's supervision. Practice starts only from sprint lanes. Lanes 3, 4, 5 & 6 will be open for general warm-up. The Meet Referee, in the interest of the swimmers, may make changes at any time. All swimmers will enter the pool with a three-point entry during warm up and warm down. The small teaching pool will be closed.
- Meet Format: This is a preliminary and finals meet with timed finals beginning at 5:00 p.m. on Friday and preliminaries beginning at 9:00 a.m. on Saturday and Sunday. The meet will be deck seeded using a master check-in system for preliminaries. Swimmers will be seeded according to their submitted times. Preliminary heats may be run in multiple courses if necessary due to time restrictions and size of meet. Finals start time may be adjusted by the meet referee according to the size of the meet or by weather conditions. There will be an 'A', 'B', and 'C' finals heats in that order, in each event except for the 1650 freestyle and relays, which will be swum as timed finals. The 1650 freestyle, 500 freestyle, and 400 IM will be swum fastest to slowest, alternating girls and boys.

Meet Format – con't:	<u>Finals will begin no sooner than 1-1/2 hours after finish of preliminary events with the time to be determined by the Meet Referee.</u> Swimmers have 30 minutes after announcement of the qualifiers for that race in which to scratch or declare their intent to scratch. You will be seeded in the finals unless you scratch. Any swimmer who qualifies in the top 16 places and is seeded in a championship, or consolation, final race in an individual event and who fails to compete in said final shall be barred from further competition for the remainder of that day's events (including relays) and for the swimmer's first individual preliminary event the next day. The swimmer must also positive check-in for subsequent days' events. <u>No awards will be given.</u>
Check-in:	SWIMMERS MUST CHECK IN ONCE FOR THE ENTIRE MEET (EXCEPT THE 1650 FREESTYLE). THOSE SWIMMERS COMPETING IN THE 1650 FREESTYLE MUST CHECK IN BY 4:30 P.M. ON FRIDAY. CHECK-IN FOR ALL OTHER PRELIMINARY EVENTS WILL CLOSE AT 8:30 a.m. ON SATURDAY. SWIMMERS WHO WERE NOT PRESENT ON SATURDAY MAY CHECK IN FOR SUNDAY'S EVENTS UNTIL 8:30 a.m. ON SUNDAY. ONCE CHECKED IN, SWIMMERS ARE CHECKED IN FOR THE ENTIRE MEET, UNLESS SCRATCHED AT THE CLERK OF COURSE.
Scratches:	A scratch box will be used and located at the Clerk of Course. Scratches prior to the seeding of heats shall be confirmed by properly filling out and depositing scratch card in the scratch box at the Clerk of Course. Scratch deadline for all events is 8:30 am on the day of the event you are wishing to scratch. Any swimmer who fails to compete in an individual event in which they are entered and have not scratched from will be barred from their next individual preliminary or timed final event. In addition, those swimmers must positive check-in for the remaining days, prior to the close of their event in order to be seeded.
Relays:	Relays will be deck entered. Relay-only swimmers must be entered in the meet by the due date. All relays will be swum in finals on Saturday and Sunday. Relay cards will be due as determined by Meet Referee on the day of the event.
Entries:	Team entries should be sent in a Hy-Tek CL2 entry file to the following email address: hernandez234el@yahoo.com. Unattached swimmers affiliated with CCS may enter this meet on the CCS website, as long as the swimmer had registered on the CCS site for their USA Swimming membership. CCS Outreach swimmers who are entered in this meet will have their fees deducted by the Host Club. The Home Club or responsible individual of the Outreach swimmer is responsible for communicating with the Host Team of their roster and fees that need to be deducted. Names of the athletes who are receiving the Outreach incentive may be kept confidential at the discretion of the athletes' Home Club. Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry - see address below. (Instructions on how to create an electronic Meet Entry Report are available on the CCS web site under the Hy-Tek support button on the Coaches Corner page.) The online entry deadline is 11:59 p.m. Tuesday, January 7, 2020. E-mailed entries must be date stamped by the deadline date of Tuesday, January 7, 2020, to avoid paying the late fee. If an E-mailed entry is received after January 7, a \$10.00 late fee will be charged. Payment for late E-mail entries must be received no later than Friday, January 10, 2020. E-mail entries to: hernandez234el@yahoo.com Swimmers may enter as many events as they wish, but may only compete in 3 individual events per day including time trials. (USAS 102.2.6). Once a swimmer is seeded in an event, that event counts towards the 3 individual events, even if the swimmer chooses not to swim and does a "declared false start." Enter short course yards (SCY) times only. Entry fees are \$7.00 per individual event, \$12.00 per relay and an \$8.50 surcharge per swimmer. Relay only swimmers must be listed on an individual entry and must pay the \$8.50 surcharge by the meet entry deadline. Make checks payable to: FDST Booster Club.
Deadline:	Entries must be received no later than Tuesday, January 7, 2020. Full payment must be received by Friday, January 10, 2020. Entries received without full payment by the deadline may be rejected. Late entries accepted until 11:59 pm on Sunday, January 12, 2020, with a \$10.00 administrative fee. Mail hard copy of entries and fees to: Elva Hernandez, P.O. Box 175, Kerman, CA 93630
Eligibility and Bonus Events	Because this is a developmental meet meant to include swimmers who have not necessarily competed in USA Swimming sanctioned meets, swimmers may enter at the minimum time standard if their coach has verified that they have achieved the time standard in a non-USA Swimming sanctioned meet or a time trial. No proof of time will be required. A swimmer who has achieved one or two events may enter one additional bonus event. A bonus event should be entered with the swimmer's best-achieved time that is not an event-qualifying time: NT (no time) is not acceptable.
USAS Registration:	On-deck USA Swimming membership registration will be allowed with a \$20 fee payable by the home club.
Time Trials:	Time trials will be held Saturday and Sunday at a cost of \$10.00 for each swim, the time to be determined by the Meet Referee. The 1650 freestyle will NOT be offered for time trial. Time trials will be run according to the procedures followed at National Championship Meets. Swimmers must provide their own timers and, when appropriate, lap counters and lap counting devices. Time trials are available only for swimmers entered in the meet. The total number of individual events (regular, bonus, or time trial) cannot exceed three for any day.
Meet Referee:	Jim Patterson
Admin Official:	Elva Hernandez: hernandez234el@yahoo.com

Friday, January 17, 2020 – Timed Finals 5:00 p.m.				
Event#	SCY Women	Event	SCY Men	Event#
1	21:43.19	1650 Free*	20:43.19	2
Saturday, January 18, 2020 – Preliminaries 9:00 a.m.				
Event#	SCY Women	Event	SCY Men	Event#
3		200 Free Relay*		4
5	02:39.19	200 IM	02:28.59	6
7	NTS	100 Back	NTS	8
9	02:37.89	200 Fly	02:26.99	10
11	NTS	100 Free	NTS	12
13	02:58.29	200 Breast	02:45.59	14
15	6:20.09	500 Free**	05:58.99	16
17		400 Medley Relay*		18
Sunday, January 19, 2020 – Preliminaries 9:00 a.m.				
Event#	SCY Women	Event	SCY Men	Event#
19		200 Medley Relay*		20
21	NTS	200 Free	NTS	22
23	NTS	100 Breast	NTS	24
25	02:35.39	200 Back	02:25.89	26
27	NTS	50 Free	NTS	28
29	NTS	100 Fly	NTS	30
31	05:39.69	400 IM**	05:17.39	32
33		400 Free Relay *		34

- * Seeded fast to slow, timed finals; relays will be swum in finals
- ** Seeded fast to slow in prelims, alternating women and men

It is understood and agreed that USA Swimming shall be free from all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

